

Annual Report 2004-2006



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 two years have seen some significant changes at EWRASAC. In 2004-5, EWRASAC successfully managed the transition from its former collective structure to that of a management structure, following the appointment of an Interim Management Committee. A new staff team of Centre Coordinator, Support Service Coordinator and Information Development Worker were welcomed into the organisation in January 2005 and we were delighted to appoint the additional posts of Training Development Worker, Support Worker and Administrator in late 2005 and 2006.

EWRASAC registered as a charitable company limited by guarantee in October 2005 and I am very pleased to report that all six members of EWRASAC's Interim Management Committee, an exceptional group of dynamic and highly skilled women, have continued with the organisation as Directors. Key achievements include the successful facilitation of EWRASAC's restructuring, organisational rebranding, establishment of a Finance Sub-Committee, development of a four-year strategic plan for 2006-10 and comprehensive review of EWRASAC's policies and procedures.

Like many charities, funding remains a constant pressure for EWRASAC. We are delighted however to have received continued support from the City of Edinburgh Council and the Scottish Executive and to have been awarded additional, vital funding from Lloyds TSB Foundation for Scotland, The Robertson Trust, Edinburgh Fund and the Edinburgh Community Safety Partnership.

As always, EWRASAC remains indebted to the invaluable work of its volunteer support workers, without whose unwavering commitment and dedication our service for women and girl survivors would be vastly reduced. The excellent work of EWRASAC's highly-skilled paid worker team must also be acknowledged.

EWRASAC has achieved a huge amount over the past two years- but there is a lot more to be done. The realities of sexual violence perpetrated against women and girls remain sobering: between 1 in 10ⁱ and 1 in 4ⁱⁱ women will experience rape or sexual assault in their lifetime; 21% of girls and young women under the age of 18 experience child sexual abuseⁱⁱⁱ; more than 4000 women are estimated to be trafficked into the UK for prostitution at any one time^{iv}; one third of the general public still believe that a woman is partially or fully to blame for her rape or assault^v; the prosecution rate for rape in Scotland sits at 4.3%. So whilst we acknowledge our achievements in this report, we remember too that we still have a lot of work before us. The good news is that EWRASAC is in better shape than ever to meet these challenges.

ⁱMyhill and Allen, 2002. *Rape and Sexual Assault of women: the extent and nature of the problem: Findings from the British Crime Survey* Home Office Research Study 237

ⁱⁱThe Truth About Rape Campaign, 2006 (www.thetruthaboutrape.co.uk)

ⁱⁱⁱCawsom, Wattam, Brooker and Kelly 2000. *Child Maltreatment in the UK: A Study of the Prevalence of Child Abuse and Neglect* NSPCC

^{iv}Justice Committee on Human Rights, 2006

^vAmnesty International UK, 2005. *Sexual Assault Summary Report* ICM

^{vi}Amnesty International UK, 2005. *Sexual Assault Summary Report* ICM

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, ritual abuse and sexual coercion and exploitation experienced through prostitution and trafficking). EWRASAC also provides support, information and advice for the partners, families and friends of women and girls and the agencies and organisations that support them. It continues to be the only service of its kind in Central East and South East Scotland.

'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

Aims and objectives

EWRASAC aims to:

- Provide and facilitate support for women, young women and girls aged twelve years and over who have experienced any form of sexual violence at any time in their lives via a telephone helpline service and face-to-face support services including one-off appointments, long-term and group support.
- Provide information, advice and advocacy for women, young women and girls who have experienced sexual violence and for their partners, family members and friends and agencies and organisations that support them.
- Raise awareness in relation to the prevalence, nature and effects of sexual violence perpetrated against women and girls and ways of preventing or relieving the suffering it causes through the provision of high-quality training and workshops and the development and distribution of comprehensive informational materials.
- Campaign to change attitudes about violence against women, improve services and legal provision for female survivors and work in a multi-agency capacity with other organisations towards the elimination of violence against women.

About sexual violence

The spectrum of sexual violence

In 2005, the Scottish Executive extended its definition of violence against women to specifically include the spectrum of sexual violence perpetrated against women and children:

'domestic abuse; rape; sexual harassment and intimidation at work and in the public sphere; commercial sexual exploitation, including prostitution and trafficking; adult survivors of child sexual abuse; dowry related violence; female genital mutilation; forced child marriages; honour crimes'

Effects

Women and girl survivors of sexual violence are frequently isolated, stigmatised and vulnerable. The act of sexual violence is one that violently denies women and girls control, choice and personal freedom. The impact and effects of sexual violence are far-reaching and may include loss of self-esteem and self-worth, onset or exacerbation of mental health problems, nightmares and night terrors, panic attacks and anxiety, flashbacks, fears about disclosing or reporting to the police, absence from employment, school, college and/or university, disengagement from social and community life, fears about personal safety or the safety of children or relatives, physical injury and physical health problems, sexual health problems, STI's, unwanted pregnancy, sexual dysfunction, family breakdown, relationship breakdown, inability to work, homelessness and suicide.

Women and girls who have survived sexual violence frequently internalise profound feelings of self-blame, guilt and shame. Many women and girls are afraid to disclose their experience due to very real fears of being disbelieved or blamed for the assault perpetrated against them, particularly in view of the pervasive social stigma associated with rape, sexual assault and sexual abuse.

Some women are, moreover, subjected to further stigma in relation to certain kinds of coping or survival mechanisms, such as self-harm and substance misuse, or to circumstantial factors, such as being involved in prostitution. Other women and girls experience additional discrimination in relation to race, ethnicity, religion, disability, mental illness or mental health problems and age.

In July 2005, a Home Office Report – *The Economic and social costs of crime against individuals and households 2003-04* estimated the health-related costs of rape at £73,487 per case.

984 hours of helpline support were offered across the two years

'If it were between countries, we would call it a war. If it were a disease, we would call it an epidemic. If it were an oil spill, we would call it a disaster. But it is happening to women, and it is just an everyday affair. It is violence against women. It is sexual harassment at work and sexual abuse of the young; it is the beating or the blow that millions of women suffer each and every day; it is rape at home or on a date; it is murder.'

Michael Kaufman, White Ribbon Campaign

Myths and Realities

A considerable number of harmful myths blur understandings about sexual violence. These myths mask the realities of rape and abuse, and function to attribute the blame for sexual violence to the behaviour of women and girls. Indeed, in 2005 Amnesty International commissioned a survey on awareness of sexual assault in Britain. This study showed that over one third of those surveyed believed a woman to be wholly or partially to blame for being raped, if she had been behaving in a flirtatious manner. Just under one third believed that a woman was wholly or partially to blame for being raped if she was drunk, wearing 'sexy' or 'revealing' clothing, or if she had had many sexual partners.

A key part of EWRASAC's work is to challenge the damaging myths that surround rape and abuse. Through campaigning and training, we work to raise awareness and understanding of the effects and issues surrounding sexual violence. Rape and sexual abuse are crimes – a woman or girl is never to blame.

Myth: Women and girls make up stories about rape and sexual assault.

Fact: It is proven that the level of false reporting of rape is about the same as that for any other crime - 2%. The nature of the physical examination a woman is required to undergo when reporting rape, the intimate questioning about her life and protracted legal proceedings makes it highly unlikely that any woman would lie about being raped or assaulted.

176 one-off support sessions were offered to women

Myth: 'Real' rape only occurs at the hands of strangers in dark alleys, at night, behind bushes, in lonely places.

Fact: Research shows that in the majority of cases the rapist is known to the woman. He may be a friend, workmate, relative or husband. Women are most likely to be sexually attacked by men they know in some way, most often partners (32%) or acquaintances (22%). 'Current partners' (at the time of the attack) were responsible for 45 per cent of rapes reported to the British Crime Survey. 'Strangers' were only responsible for 8 per cent of rapes. Evidence from the 2000 British Crime Survey confirms that women are far more likely to be sexually victimised in their own home than any other location. Nearly three-quarters (74%) of incidents involving partners occurred in the victim's own home and a further 16 per cent occurred in the offender's home. This is also the case in attacks by ex-partners.

Myth: Rape is just sex when a woman does not want it.

Fact: Sexual assault and rape are not just sex. They are criminal acts. They involve the total humiliation of a woman. They involve taking control of her body against her will. It is violence when someone forces a woman to engage in sexual acts against her will. It is humiliation. It is degradation. During interviewing rapists say themselves that rape is more about power and violence than about sex.

Myth: Only young, attractive women are at risk of being raped.

Fact: Women of all ages, classes, racial groups and lifestyles have been raped. No woman or girl asks to be humiliated and degraded by an act of extreme violence.

Support for women and girl survivors of sexual violence

- 2,226 contacts were made by women and girl survivors to EWRASAC's helpline in 2004-6
- 984 hours of helpline support were offered across the two years
- 176 one-off support sessions were offered to women
- 21 women were offered long term support
- 32 women were supported by e-mail
- 20 women accessed group support
- 37 women are currently waiting for long term support

Helpline support

During 2004-6, EWRASAC's helpline was operational on average for five out of seven days per week, for a minimum of two hours per day. A total of 984 hours of helpline support were provided: 468 hours in 2004-5 and 516 hours in 2005-6. 2,226 contacts were made with the helpline by women and girl survivors during this time. An additional 514 contacts were made by agencies and 116 contacts by partners, family members and friends of women and girls.

EWRASAC aims to ensure that its helpline operates a combination of morning, afternoon and evening helplines to maximise its accessibility for women and girls. Occasionally EWRASAC is also able to offer weekend helplines. Each caller can either speak directly to a support worker or recorded information will provide the times of the next four helplines. Callers are invited to leave a message and we are always happy to call a woman back. There is no limit as to the frequency of which a woman or girl can contact us on our helpline.

EWRASAC's aim has always been, and continues to be, to provide a helpline service for every day of the year.

Individual face-to-face support

One-off support appointments

In 2004-6, 176 one-off appointments were offered to women (68 in 2004-5 and 108 in 2005-6). In the first half of 2005-6, 6-8 sessions were being offered per month, but by September to March this had increased to an average of 11 appointments per month.

Long-term support

Long-term support involves 10-12 weekly, hour-long sessions. We are pleased to report that EWRASAC was able to resume the delivery of long-term support in November 2005, following the suspension of this service in early 2004 due to organisational restructuring. At this point, 37 women were waiting to access this service. In recognition of the need for dedicated long-term support delivery, EWRASAC appointed a full-time Support Worker in January 2006. In 2004-6, 21 women were offered long-term support (3 women in 2004-5 and 18 women in 2005-6). Throughout 2004-6, monthly follow-up calls and additional one-off support appointments have been offered to women waiting to access long-term support.

21 women
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long term
support

As additional women contact the service and request long-term support, however, EWRASAC's waiting list still stands at 37 women. We fully recognise that this waiting list represents a significant gap in our support service and a key objective outlined in our strategic plan for 2006-10 is the increase in long-term support service provision.

Group support

EWRASAC's support groups are facilitated for women who have expressed a preference for working with other survivors. Each group usually begins with around nine or ten women and is facilitated by two or three EWRASAC support workers. Group activities are semi-structured and groups are in large survivor-led. 20 women accessed group support in 2004-6. Two ten-week support groups were facilitated during this period.

Feedback from women who have accessed EWRASAC's support group service

"I benefited immensely from the group- I could almost say it was a life-changing nine weeks. I only wish I had been aware of its availability and the amazing impact it would have on me years ago"

"Knowing I had a safe space each week really helped me to manage any difficult feelings I was experiencing- I knew I had somewhere to go with them"

E-mail support

In 2004-5, EWRASAC established a dedicated support email address for women and girl survivors who prefer to make contact with the organisation via email, support@ewrasac.org.uk.

EWRASAC is also working towards developing a website, and currently has an information page within Rape Crisis Scotland's website which includes information for survivors about our services (www.rapecrisisscotland.org.uk).

How EWRASAC helps...what women tell us

Women have told us that accessing support at EWRASAC enables them to feel or experience some of the following:

- Feel listened to, believed and supported to make their own choices
- An increased sense of control over their own lives, choices and decisions- by being able to talk through their feelings and options with a support worker who works from a non-judgemental perspective and who does not tell them what to do
- An enhanced awareness of the choices available to them
- Support to build the confidence to make these choices
- An increased understanding of their own survival and coping mechanisms
- Support to address coping mechanisms that they identify perhaps impact negatively on their lifestyles or physical and mental health, for example, substance misuse
- An increased sense of self-worth, confidence and self-esteem
- Opportunities to meet and develop mutually supportive relationships with other women who have survived sexual violence in support groups
- A reduced sense of self-blame
- A reduced sense of shame or stigma
- A reduced sense of isolation

Training Development at EWRASAC

'I have been very impressed with the way the course has been delivered. The handouts have been relevant and interesting and both trainers pleasant, approachable, interesting and obviously very passionate about their work.'

Community Midwife, NHS Lothian

The training delivered by EWRASAC, both internally and externally, has developed significantly over the past two years, and we have seen a considerable increase in training requests from external agencies and organisations in this time. This clear demand for EWRASAC's training service led the organisation to appoint a Training Development Worker in November 2005, whose remit includes the planning, preparation, delivery and evaluation of both internal and external training.

'The training was very thought-provoking and informative. The delivery was excellent and very involving for all participants. I could not fault the training in any way.'

Homelessness supported accommodation worker

External Training

15 training sessions were delivered to external agencies in 2005-6, including Lothian and Borders Police, Scottish Women's Aid, Gowrie Care and the Crown Office and Procurator Fiscal Service.

In 2005-6, external training requests were received from a total of 9 organisations from the voluntary and statutory sectors, including Lothian and Borders Police, Scottish Women's Aid, Gowrie Care Homelessness Accommodation Services, NHS Lothian Community Midwives (West Lothian), Crown Office and Procurator Fiscal Service and Lothian and Borders Police Forensic Science Unit. A total of 15 training sessions were delivered in this period. In 2006, training has additionally been provided to the Scottish Women's Aid Network, the Women's Support Project, Penumbra (West Lothian), NHS Midwives (Edinburgh) and Neighbourhood Support Teams in Edinburgh.

'Excellent, will be recommending this training to my manager for the whole team'

Participant in EWRASAC's multi-agency training

EWRASAC has also hosted and delivered 3 multi-agency awareness-raising training events. This training was initially piloted as a one-day course repeated two weeks later and evaluated to identify if there was a need for this type of training. We are delighted to report that the initial course was so over-subscribed that a further two days are already planned, with the first of these already full. The evaluations revealed that 100% of participants on the pilot course agreed that the course met their expectations.

32 women
were
supported
by e-mail

'Very important and necessary course'

Women's Organisation

Training of Volunteer Support Workers

EWRASAC continues to deliver high-quality training to our volunteer support workers, to ensure that they have the skills, confidence and competence to deliver support to women and girl survivors of sexual violence. This training is of 60 hours duration and delivered one day per week for ten weeks. The training focuses on the spectrum of sexual violence, its impact and effects on those who experience it, the coping mechanisms used by survivors, support skills, mental health issues, pornography, prostitution and trafficking.

4 volunteer training programmes were delivered in 2004-6, with 20 volunteers completing training.

'I have learned so much today...less scared of disclosure. Very professional and enjoyable.'

Participant in EWRASAC's multi-agency training

In-House Training

An internal training calendar is currently being developed by EWRASAC to ensure that the continuous personal and professional development needs of all workers are met. A needs assessment audit of all workers is underway to enable EWRASAC to develop a comprehensive and thorough programme. Training on Child Protection is delivered by external trainers and attendance at this will be compulsory.

'This course heightened my awareness of the definition of rape and the different forms abuse can take. It was a good refresher and reminded me of the do's and don'ts in cases of disclosure'

Participant in EWRASAC's multi-agency training

Consultancy

EWRASAC continues to offer a consultancy service for practitioners and organisations who are supporting survivors of sexual violence.

'Very good discussion. Offering an excellent service.'

Lothian and Borders Police

37 women are currently waiting for long term support

Information Services

'Knowledge is Power'

Information distributed to agencies and organisations

In 2005-2006, 1405 leaflets and information packs were distributed to agencies via requests to the helpline and administrative office, at training events and publicity mailshots

Information requests from female survivors via our helpline

In 2005-2006, 75 support and information packs and leaflets were requested

A key aspect of EWRASAC's work over the past two years has been the expansion of our information service for female survivors of sexual violence, their friends, family members and partners and the agencies that support them. To this end, we have developed the following wide range of high-quality information resources for survivors and their supporters:

- Leaflet for women survivors about our support services
- Leaflet for family friends and partners of survivors
- Leaflet on self-harm for survivors
- Leaflet for survivors of childhood sexual abuse
- Leaflet about group support
- Leaflet about long-term support
- Leaflet for survivors of ritual abuse
- Leaflet for male survivors of sexual abuse
- Leaflet for organisations and agencies about our training and consultancy services
- Information and support pack for women survivors
- Information booklet for women survivors on reporting to the police and legal proceedings

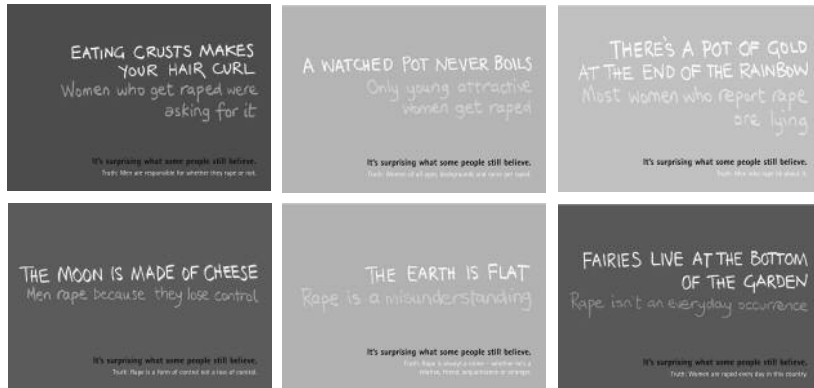
Copies of our leaflets and other information resources can be requested by contacting EWRASAC on 0131 557 6737 or downloaded from Rape Crisis Scotland's website www.rapecrisisscotland.org

In 2005, as part of our commitment to provide high quality information, we also produced a comprehensive directory of agency contacts. This was designed to help provide up-to-date and relevant information for female survivors, external agencies and organisations.

Raising awareness and campaigning: Challenging the myths and breaking the silence

An important part of EWRASAC's work is to raise awareness of the prevalence and effects of sexual violence, to enhance public knowledge and understanding of the issues, and to challenge the myths which surround it. As part of the 16 days to End Violence Against Women Campaign in November - December 2006, we produced a series of 6 postcards in conjunction with the Truth About Rape campaign. These campaign postcards highlight the myths which exist within society about rape and sexual abuse and strive to inform and educate the public about the spectrum and prevalence of violence against women.

Our campaigning work continues to include: public awareness-raising campaigns and events; participation in events to mark International Women's Day and the Sixteen Days of Action Against Violence Against Women, including Edinburgh's annual Stop Violence Against Women March; responding to media requests; information stalls at conferences and events; awareness-raising training; multi-agency working.



Future plans

EWRASAC is currently developing a website, which it is anticipated will be a valuable resource for women, agencies and the general public. To accompany the planned website we plan to produce an information resource pack for agencies. In addition to this, we are aiming to produce further information leaflets on: nightmares, panic attacks, rape and sexual assault and drug-assisted rape.

Another key development of our information service will be to improve access to our information and support services for women with hearing and visibility impairments and the translation of our leaflets into community languages.

Volunteering with EWRASAC

Our volunteer support workers constitute an integral and much valued part of our support team. All volunteer support workers are required to complete a comprehensive 60 hour training programme, following which they undertake an individually tailored induction. A three-month probationary period follows the completion of a worker's induction, during which she attends regularly support and supervision sessions to review her progress and work practice.

Support for Volunteer Support Workers

EWRASAC has a number of formal and informal structures in place to ensure that all workers feel supported and able to access either immediate or planned support for themselves.

20 women
accessed group
support

Support team meeting: These meetings are held fortnightly to facilitate a regular, safe, peer supervision setting within which support workers are able to access and provide support, encouragement and share knowledge and information with co-workers.

Supervision: Provides a regular and confidential one to one forum for each volunteer support worker to meet with EWRASAC's Support Service Coordinator. Supervision provides the opportunity to focus specifically on supporting each worker with any professional or personal issues around the effective delivery of support.

Ad Hoc Support: Our support workers are encouraged to access support from any available co-worker should any issue or concern have arisen for her during the delivery of support.

Phone Tree: This is a list of co-workers telephone numbers which can be used by a worker if needed for immediate support if working alone in the building.

Volunteer Support Worker Handbook

EWRASAC is currently developing a comprehensive handbook for all its volunteers.

Internal training

EWRASAC delivers internal training for its volunteer and paid support staff based on their training needs.

If you are interested in applying to become a volunteer support worker with EWRASAC, please contact us on 0131 557 6737 for an application form.

Multi Agency Working

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

EWRASAC 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
- Lothian Sexual Abuse Reference Group
- Lothian Domestic Abuse Training Consortium
- Rape Crisis Scotland Network
- Edinburgh Volunteer Organisers Forum

'Violence against women limits opportunities and blights the lives of women, men, children and young people. The voluntary sector has historically been a key provider of violence against women services. This Strategy acknowledges and respects the lead role of voluntary organisations such as Shakti Women's Aid, Edinburgh Women's Aid and Edinburgh Women's Rape and Sexual Abuse Centre'.

**Edinburgh Community Safety Partnership (2005).
No Excuse! Multi-Agency Strategy to Address Violence Against Women 2005-8**

Finances 2004-6

Income	£
City of Edinburgh Council, Corporate Services	3,000
City of Edinburgh Council, Health and Social Care	39,601
Edinburgh Community Safety Partnership	528
Scottish Executive, Violence Against Women	49,992
Service Development Fund	
Scottish Executive, Rape Crisis Specific Fund	50,000
Self-generated income	908
Donations	4,880
Investment income	2,891
Total income	148,800
Expenditure	£
Salaries/ pensions	31,904
Service user/ support costs	6,396
Administration and management	19,921
Premises	32,768
Total expenditure	£90,989

2004-5

Income 2006	£
City of Edinburgh Council Corporate Services	3,000
City of Edinburgh Council Health and Social Care	39,661
Edinburgh Fund (Community Enterprise Ltd)	5,191
Scottish Executive Violence Against Women	49,731
Service Development Fund	
Scottish Executive Rape Crisis Specific Fund	50,000
Self-generated income	995
Donations	5,015
Investment income	3,632
Total income	157,225
Expenditure	£
Salaries/ pensions	122,038
Service user/ support costs	6,521
Administration and management	13,241
Premises	41,408
Total expenditure	£183,208

2005-6

A full copy of EWRASAC's audited accounts is available on request

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, Deirdre, Ellie, Gillian, Kirstie, Rose

Volunteer Data Entry and Administration Workers

Georgia, Helen, Pearl

Board of Directors

Morag Borowski	Director
Sarah Coleman	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 2004-6.

Acknowledgements

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

Ali Paterson; Anne Mitchell (City of Edinburgh Council Child Protection Team); City of Edinburgh Council Health and Social Care and Corporate Services; Creative Link; Crown Office and Procurator Fiscal Service; Edinburgh Fund (Community Enterprise Ltd); Edinburgh Violence Against Women Partnership; Gillespie MacAndrew; Gowrie Care; Gregor Clark and Co; Hazel Smith (Verve Associates); Helen Morgan (City of Edinburgh Council); Ian McFadyen (Gowrie Care); Jean Cuthbert (Volunteer Centre Edinburgh); Jim Kelly; John Jennings; DCI Linda Little (Lothian and Borders Police); Lloyds TSB Foundation for Scotland; Lothian Domestic Abuse Training Consortium; Lothian and Borders Police; MMS Secretarial Solutions; Nada Hudson; Nel Whiting (Scottish Women's Aid); NHS Lothian Midwives; Paul Cooper; Penumbra; Rape Crisis Scotland and its member centres; The Robertson Trust; Sandy Brindley (Rape Crisis Scotland); Scottish Executive; Steve Kent (EVOG); Scottish Women's Aid; Scottish Women's Aid Network; Women's Support Project; The Truth About Rape Campaign.

EWRASAC would particularly like to thank the women and girl survivors and their supporters who have used our services. Your strength and courage is an inspiration to us all.



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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, Edinburgh, EH7 5WX