



# Frequently Asked Questions

about the Rape Crisis Centre

**support line: 0141 552 3200**  
check answering machine for opening hours

**minicom: 0141 552 4244**

**[support@rapecrisiscentre-glasgow.co.uk](mailto:support@rapecrisiscentre-glasgow.co.uk)**

## **Q. What services can I get from the Rape Crisis Centre?**

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- A. The Rape Crisis Centre has a whole range of services. You can contact us by telephone on 0141 552 3200 for telephone support, you can see a support worker face to face, you can write to us or email us or you can drop in to our Centre any Wednesday between 10.30am and 3pm. All our contact details are at the back of this leaflet.

We are a support service run by women, for women and girls aged 13 and over, who have been raped, sexually assaulted or sexually abused at any time in their lives.

## **Q. Is the Rape Crisis Centre only for women who have just recently been raped?**

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- A. No. Women who have been raped recently, who have been raped or sexually assaulted at any time in the past, or who have experienced childhood sexual abuse can access our services.

If you are a woman who has been raped within the past seven days, you can access the Archway Glasgow ([www.archwayglasgow.com](http://www.archwayglasgow.com)). Here you can receive forensic testing, STI testing and follow up, support, counselling or referral to other agencies. You can access the service directly by calling 0141 211 8175. It's open 24 hours a day.

## **Q. Do I need to pay for the support I get from Rape Crisis?**

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- A. No. All rape crisis services are free of charge. We are funded by a range of funding bodies including local authorities, Scottish Government and grant making trusts. This means that women do not need to pay for our service.

## **Q. I've been to other services and they didn't do me any good. How do I know Rape Crisis will be any different?**

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- A. You don't. However, we will commit to discussing our service with you so that you have as much information as possible to help you decide whether you think Rape Crisis is the best place for you to get your support. Even if you decide against support from us at this time, you can come back to the Centre at any time if you change your mind.

**Q. I phoned Rape Crisis a couple of years ago but didn't turn up for my appointment. I'd feel embarrassed going back.**

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- A.** We understand how difficult it is to take that step over the doorway and we know that when the appointment time comes, many women cannot face it. We also know that it's difficult to contact us again and ask for another appointment, but please don't hesitate to call us. We will be very happy to take telephone calls from you or to see you. If you don't feel you can phone, you can drop in to the Centre any Wednesday between 10.30am and 3pm.

**Q. Is it all counsellors, therapists, psychologists and the like?**

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- A.** Rape crisis support workers are all highly trained, monitored and supervised. However, they are not counsellors, therapists, nor psychologists. We don't operate any kind of medical model at the Rape Crisis Centre but offer women centred support, guided at all times by the women we are working with.

We offer a 'duty appointment' as a first step to accessing our service. This will give you the chance to look around the Centre, to speak to the support worker and to get an idea of what the service is all about. If you decide against accessing support at this time, you can contact us at any time in the future.

**Q. I find it really difficult to speak to someone face to face. How can I get help?**

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- A.** It's really common for women to feel uncomfortable speaking about the sexual violence they have experienced. We understand that this is so, and if you feel you are unable to speak to someone directly you can access support by telephone, by letter or by email if that is better for you.

At some point you may feel more comfortable speaking about the abuse and may want to see a support worker, but don't feel that you have to. Some women get all their support by telephone because they feel much more comfortable that way.

## **Q. I wasn't exactly raped ....**

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**A.** Many women think that because of our name, the Rape Crisis Centre is just for women who have been raped recently. As we have stated above, this is not the case. We see women who have been raped, sexually assaulted, sexually abused as children, women who have experienced stalking and sexual harassment, women who are living with or have been living with ritual abuse, women who have been forced into prostitution or into making pornography. We will speak to women who have experienced any kind of sexual violence or abuse at any time in their lives.

## **Q. My partner has made me do a lot of sexual things that make me feel really bad about myself. Is this right?**

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**A.** No, if you are made in any way to perform sex acts that you do not want, this is sexual violence. Many people think that sexual violence is only true if there is physical force or the woman is hurt or injured in some way. But women can be coerced into sexual acts that make them feel uncomfortable because they know that their partner will be angry, will be in a bad mood, will withhold money from the housekeeping or will verbally abuse them.

A woman doesn't have to be forced to perform sex acts that are abhorrent to her to feel bad. Sex between partners should be a consensual, loving and pleasurable event that makes both partners happy. If one partner is participating because to withhold the sex will result in an adverse reaction of any kind from her partner, this is wrong. The long term effects of this can be depression, low self esteem, using alcohol or drugs as a coping mechanism, anxiety, as well as possible physical effects.

## **Q. I am a deaf woman. Can I get support from Rape Crisis?**

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**A.** Yes. We have a textphone on 0141 552 4244 and we welcome callers who are using Typetalk. We can make an appointment for you and ensure that there is a signer available for your visit. If you wish to bring your own interpreter with you, please let us know.

**Q. I am a disabled woman and I can't leave home without help. How can I get support?**

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- A.** There are a few options for you if you cannot come to the Centre for a face to face appointment. You can access your support by telephone, by letter or by email. We could also arrange to support you in your home but as this requires two workers, it may take slightly longer to arrange than our usual appointment times.

**Q. I think I'd prefer the support of a group. Can you help?**

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- A.** Rape Crisis runs survivor support groups. Please call us for information about when the next group will be starting. In the meantime, you can access telephone, letter, email or face to face support if you wish.

**Q. My partner is having a difficult time dealing with this. Is there an organisation he can get help from?**

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- A.** Your partner can also access support here at the Rape Crisis Centre. We understand that this can be a very difficult time for partners and other family members and we can offer support plus some written materials. This part of our service is open to men and we often support partners, fathers, mothers, sisters etc.

**Q. I want to report to the police but I think it was all too long ago...**

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- A.** It is possible to report cases of historical abuse/rape to the police but there may be some additional difficulties due to the nature of Scots Law and the need for corroborating evidence – which is usually forensic. However, if you feel you would like to discuss this with a police officer, you can get support from Rape Crisis. You may also be able to see the police at the Rape Crisis Centre, but this would have to be arranged and agreed in advance.

**Q. I'm waiting for the case to come to court and I'm terrified of going alone. Can you help me?**

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- A.** A support worker will be able to advise you when the case will be likely to go to court and what will happen at this time. She will also be able to arrange and accompany you to a pre-trial visit to the High Court which will be facilitated by the Witness Service. This will allow you to see the court surroundings and ask any questions you may have in relation to the legal proceedings.

A support worker can also accompany you to the precognition by the Procurator Fiscal (however, she will be unable to sit in with you); she can sit with you for support when you are interviewed by the defence. This can take place at your home, at the Rape Crisis Centre or at a police station, whichever you feel most comfortable with. It may be possible for your support worker to be with you in court when you are giving your evidence but this has to be agreed with the court prior to the trial.

# Publications available from Rape Crisis

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All our publications are free of charge to survivors of any form of sexual violence, their family members or friends.

## **For Survivors**

Rape and Sexual Assault – information booklet

Childhood Sexual Abuse – information booklet

Ritual Abuse Information for Survivors

Stalking – information booklet

Free from Sexual Violence – for young women

Rape and the Law - factsheet

## **For Partners/Family Members/Friends**

Rape and Sexual Assault – information booklet

## **For Workers**

Rape and Sexual Assault Handbook

Ritual Abuse – information booklet for workers

## Other useful contacts

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### **Rape and Sexual Assault Helpline**

**Phone:** 08088 01 03 02

Open every day of the year between 6pm and Midnight

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

### **SAY Women**

**Phone:** 0141

For young women 16 - 25 years who are homeless or are threatened with homelessness and who are survivors of rape or childhood sexual abuse.

[www.say-women.org.uk](http://www.say-women.org.uk)

### **Women's Support Project**

**Phone:** 0141 552 2221

For information, support, training on all aspects of violence against women.

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

### **Wise Women**

**Phone:** 0141 550 7557

For courses in women's safety, self esteem, confidence building

### **Archway Glasgow**

**Phone:** 0141 211 8175

Sexual assault referral centre for women, men and adolescents who have been raped or sexually assaulted within the past seven days.

[www.archwayglasgow.com](http://www.archwayglasgow.com)

### **Women and Children 1<sup>st</sup>**

**Phone:**

Support and advocacy for survivors of any form of violence against women.

## **T.A.R.A.**

### **Phone:**

Support for women being trafficked into Scotland for the purpose of sexual exploitation

## **Sandyford Initiative**

### **Phone:**

Sexual health services, pregnancy testing, family planning, counselling services under one roof.

[www.sandyford.org](http://www.sandyford.org)

# Contact Rape Crisis:

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**By phone:** 0141 552 3200

Weekday	Daytime opening	Evening opening
Monday	10am – 12pm	6pm – 8pm
Tuesday	1pm – 3pm	5.30pm – 7.30pm
Wednesday		4pm – 6pm
Thursday	12pm – 2pm	5.30pm – 7.30pm
Friday	1pm – 3pm	
Saturday	11am – 1pm	
Sunday		6pm – 8pm

**By fax:** 0141 552 3204

**By textphone:** 0141 552 4244  
You can contact us via Typetalk on 0141 552 3200

**By email:** [support@rapecrisiscentre-glasgow.co.uk](mailto:support@rapecrisiscentre-glasgow.co.uk)

**By letter:** rapecrisiscentre  
5th Floor  
30 Bell Street  
Glasgow  
G1 1LG

**Drop-in:** At the above address any Wednesday between  
10.30am and 3pm

**Our website:** [www.rapecrisiscentre-glasgow.co.uk](http://www.rapecrisiscentre-glasgow.co.uk)

You can get more information about Rape Crisis at our website, you can download information booklets and you can keep up to date with any new improvements and developments within our service.

