



A newsletter from Rape Crisis Scotland

Issue 15 -  
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## Contents

Editorial - p. 2

Glasgow: Interview  
with Isabelle Kerr  
- p. 3-6

Support to Report  
- p. 6-7

Orkney Rape Crisis  
- p. 8-10

Lanarkshire: STAMP  
- p. 11-13

Edinburgh: Prevention  
Work - p. 14-16

Perth & Kinross:  
Children & Families  
- p. 17-19

Stand Up! RASASH  
- p. 19-21

Scottish Borders:  
Recent developments  
- p. 22-3

Dumfries - The Cosy  
House - p. 24-5

Forth Valley Rape  
Crisis - p. 26-29

Fife: Psychoeducation  
& CRM - p. 30-31

East Ayrshire - Support  
& Advocacy - p. 32-3

Shetland Rape Crisis  
- p. 33-4

Centre Contact  
Information - p. 35-6



*Lauren Mayberry and Denise Mina join rape crisis workers at the launch of Glasgow Rape Crisis Centre's 40th Anniversary funding campaign*

***2016 marks the 40th anniversary of rape crisis in Scotland, and in this, the 15th issue of Rape Crisis News, we celebrate and showcase the amazing range of work happening in our rape crisis centres. With contributions from the oldest centre (Glasgow) to the very newest services (Forth Valley, Orkney and Shetland) and many others, we look at the support work, advocacy services, prevention initiatives, campaigns and projects helping survivors the length and breadth of Scotland and engaging with communities to help bring an end to sexual violence.***

***We catch up with Glasgow Rape Crisis Manager Isabelle Kerr for a whistlestop tour of the breathtaking range of work happening there, from the advocacy service Support To Report and the work undertaken by the Ruby Project, a support and advocacy service that works with women from black and minority ethnic communities. We also find out how Edinburgh Rape Crisis is engaging with young people in care, Fife Rape & Sexual Assault Centre is implementing the Comprehensive Resource Model in the support they offer to survivors, and we take a tour of the Cosy House, a unique refuge facility, with the South West Rape and Sexual Abuse Centre.***

***Sincere thanks as always to everyone who has contributed to this issue.***

***If you have any feedback or questions for us about this issue, or are interested in contributing to a future issue, you can get in touch with Rape Crisis Scotland by writing to: [info@rapecrisisscotland.org.uk](mailto:info@rapecrisisscotland.org.uk)***

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# Interview with Isabelle Kerr

## Rape Crisis Scotland caught up with Isabelle Kerr, Manager of Glasgow Rape Crisis Centre...

***At this 40th year marker for GRCC (and for RC in Scotland) would say much has changed in the last 4 decades? What would you say have been the major achievements and what still remains to be done?***

I would say a huge amount has changed in the past 40 years. I didn't come into Glasgow Rape Crisis until 1981 but even since then there have been significant changes. For a start, GRCC was run solely by volunteers and most of the money we had to run the organisation was raised by fundraising and donations. We did have a small grant from Strathclyde Regional Council as I recall but it just about paid for the phone bill and maybe a bit of printing. Biggest changes have been in the way we are now a recognised national response to sexual violence and abuse. And of course we now have a national helpline which is a real achievement. And we must not forget the part we've played in all the legislative changes over the years. These haven't happened in a vacuum and they would not have happened without the pressure from centres across the country, and latterly the pressure from Rape Crisis Scotland. We've also had a significant impact on the investigation of sexual crimes and police responses, working more closely with police is a fantastic step forward, being involved in the SOLO training and our work with the Crown Office. We mustn't forget the role we've had in all these changes over the past 40 years. And of course we still have a great volunteer base which means that we can get maximum value out of every penny of funding we bring in. An additional benefit of this volunteer base is that we have many, many very well trained and skilled women out there in other workplaces,



***Isabelle Kerr,  
launching GRCC's funding campaign***

in other parts of the country and indeed in other parts of the world who are spreading the rape crisis ethos. Not a small achievement at all.

What remains to be done? Well, as a network we are still very under resourced and we need those in power to listen to what we have to say about the huge amount of work we're doing and the needs of survivors. And we have to highlight the different needs of survivors across the country. If we consider the needs of a centre like Glasgow where we cover six local authority areas, a population of 1.2 million (23% of the population of Scotland) and have the most diverse range of communities in the country, those needs are not greater or lesser than Highland, Argyll and Bute or the Western Isles, they are just different. Remote rural areas have to manage widely spread out communities, island communities and sometimes a lot of resistance. It's important that we don't take resources away from anyone,

# Interview with Isabelle Kerr



*Denise Mina and Lauren Mayberry, at the launch of Glasgow Rape Crisis' funding campaign*

but ensure that everyone has adequate funding to do the job that needs to be done.

And of course we need to be listened to. We've been doing this a long time and we know what we're talking about. Listen to us.

***You've just launched a new fundraising campaign '£40 for 40 years' – how did this come about & what do you hope it will achieve?***

This is really exciting for us. We now have three amazing women who are our patrons, Denise Mina, Susan Calman and Lauren Mayberry. They have helped launch this campaign to raise £50,000 over the next year. The idea of '£40 for 40 years' came from Susan Calman during a coffee drinking, scone eating

session at a tea shop close to the Glasgow Centre one morning. Those scones paid dividends because it's a great idea and we're already seeing the benefit with a huge amount of support and our social media growing daily.

I do think social media has been very valuable to us and we're developing it continually. It has been instrumental in the initial success of our funding campaign and in our work with young people. We can't afford to remain out of touch with technology developments as this is how more and more people are finding out about us, contacting us and donating money to us.

***What are GRCC's main priorities at the moment? What are the main challenges faced by the Centre?***

We recognise that we need to strengthen our core service so that we can respond to the ever increasing demands made upon us. We have seen a massive increase in demand over the past three years and we don't think it is going to slow down any time soon. There are also gaps in our services – for example we don't do enough outreach and development work targeting disabled women but that's simply because we do not have the resources. We've applied a number of times for grants to allow us to offer disabled women taxis to and from our centre but haven't been successful, and we just do not have the core funds to allow us to do this. We also have very little publicity around the many colleges and universities in and around Glasgow, because we are afraid that we will just not be able to cope with the numbers contacting us if we launch a publicity campaign. We feel that we're holding

# Interview with Isabelle Kerr

back services from women but we just can't respond. It doesn't sit easily with us but there is so little we can do without the resources or the space.

***GRCC is involved in a breathtaking variety of projects and areas of work – could you take us on a whistlestop tour of these?***

We are indeed doing a huge breadth of work at our wee centre. Without pausing for air .....

**Core support service** where we have our helpline, face to face support, advocacy, drop in and groupwork. The core groupwork programme includes survivor support groups, trauma recovery groups, self care groups and family support groups. We also have an online support forum for anyone who has been supported by rape crisis – this is not an open forum and members must be invited to join so that we can maintain safety for forum users.

We have our helpline co-ordinator who makes sure that we have helpline cover 7 days a week, is involved in new volunteer training as well as making sure that are helpline /shadowing training opportunities for new volunteers, manages our website and all social media and collates all our criminal justice stats as well as providing support for our Women's Legal Rights Centre surgery. We also have our volunteer and training co-ordinator who is responsible for recruiting and training our volunteers, supervising them, and organising our CPD programme. Both the helpline co-ordinator and the volunteer and training co-ordinator are qualified assessors for our training accreditation.

We also have outreach services in Renfrewshire and East Dunbartonshire, we have a weekly Women's Legal Rights Centre surgery as well as benefits and



housing advice surgeries with GEMAP.

**Support to Report** project which includes workers from the National Advocacy Project and offers advocacy support to women and men who are going through the justice process. We have one full time and two part time workers in this project and are getting busier by the week. We have a lot of statements taken at our centre which makes a huge difference to survivors and means that we can develop good working relations with the local Divisional Rape Investigation Unit.

**Ruby Project** is our project for women from BME communities in and around Glasgow. The project works with women from many different parts of the world: in 2015/16 the Ruby Project worked with 141 women from 43 different countries outside of the UK. The project delivers phone support, advocacy, face to face support, support for women who have experienced FGM, specialised groupwork for African women, groupwork for FGM



# Interview with Isabelle Kerr

survivors and health and wellbeing groups. There is also a drop in on a Friday which deals with a range of issues from support to destitution and women who have no recourse to public funds.

**Rosey Project** is the young women's service and has been running for several years. The prevention part of the project is now part of the National Prevention Project working in schools but also carries out specialised work with youth groups and projects, particularly with young people who are excluded from school, young people in hostels and homeless accommodation, young people who have challenging behaviour or who are ex-offenders. We also work with young people in BME communities across Glasgow. This work is longer term and programmes will be customised for individual groups. As well as the

prevention work, we have a young women's support worker who delivers specialised support and advocacy services for young women aged 13 – 25 years. This support is by phone, text, email, face to face and groupwork. The groupwork has been specially developed for young women and has been evaluated very highly.

This is most certainly a whistlestop tour as I can't really explain everything that's going on here in detail.

***If you were to sum up GRCC in five words what would you say?***

Best women in the world.

## Inside focus: Support To Report

**The uptake for Support to Report has been steadily increasing over the last year. At the moment we have around 75 cases, split between one full time worker and two part time workers.**

Although there have been many changes to the way the Service has been delivered over the last two years, the core aim has remained constant: to support and advocate for both men and women going through the criminal justice system.

We have found that the Service meets a diverse range of needs and by taking a holistic approach, we not only deal with issues directly related to the criminal justice system, but also assist with day to day life challenges that our service

users face. This can range from helping to make a GP appointment, accompanying to appointments with solicitors or other agencies or supporting through employment tribunals and providing housing information and advice. We recognise when someone is involved with criminal justice, it can have a huge impact on all areas of their life and support and advocacy can really make a difference.

We publicise the service through Facebook, Twitter, our own Glasgow Rape Crisis Centre website and through distributing posters and leaflets, and already have a constant stream of referrals which keeps us very busy. Most of our referrals come from within Glasgow Rape Crisis Centre, Rape Crisis Scotland or directly from service users themselves. Promotion of the Service is definitely something we intend to make a priority in

# Support to Report

the near future.

One of the main barriers to accessing Support To Report is making the public aware of what it can offer, and how we can support and advocate for them to ensure they receive the best possible outcomes. One of the main things we do is to arrange with Police Scotland to have statements taken in our office or where the person feels most comfortable, with support from a worker who will be there for them throughout the whole process from the beginning of giving a statement, right the way through to court and sometimes beyond. Giving a statement is a huge thing and if this can be done in a supportive way, where the service user feels some level of control and comfort, this helps the police to gather the best evidence possible. We work closely with Police Scotland to ensure that a survivor is given all the information and support they need to allow them to proceed through the system with as little upset as possible.

Another barrier is social attitudes to sexual violence and the perceived shame and stigma attached to that. Often people feel they don't want to report because it happened a long time ago, it may involve family members or friends or other worries. We would say to them, it's never too late to report and even if you are not sure what you want to do, you are

welcome to meet with us and talk through what would happen and how the process works.

Our referral process is very simple, you can email or call Glasgow Rape Crisis Centre to make an appointment directly with Support to Report or phone the helpline or attend the drop in where you will be given advice about all the services Glasgow Rape Crisis offers.

In the future I can see the Service really expanding as more people become aware of how we can help. I would like to see us working in closer partnership with more agencies to ensure everyone receives the right support and advocacy to meet their needs and that their experience of the Criminal Justice system is as good as it can be. The more people become aware of the effects of trauma and distress and look at ways this can be minimised

and supported within the system, the better the evidence will be and this will be reflected in conviction rates for crimes of domestic and sexual violence.

We have come a long way in the last few years but much more work is needed to ensure that Survivors voices are heard and the perpetrators of these crimes are brought to justice.

**Cat Storrie**  
**Support To Report Coordinator**



The poster is for the 'Support to Report Project' and 'RAPE CRISIS SCOTLAND'. It features a green background with white and black text. The main headline asks 'Have you experienced sexual violence? Thinking about telling the police?'. Below this, it states that the project is a free and confidential service offering support and advocacy to survivors of sexual violence. It provides the contact number 0141 552 3201 (open daily 9am-5pm) and the website www.rapecrisiscentre-glasgow.co.uk. It also mentions that police investigations and court processes can be supported by contacting the project at the Glasgow Rape Crisis Centre. At the bottom, there are logos for Police Scotland, Rape Crisis Scotland, Rape Crisis Archway, and The Scottish Government, along with the slogan 'No matter what the circumstances, WE CAN SUPPORT YOU.'

**Support to Report Project** **RAPE CRISIS SCOTLAND**

**Have you experienced sexual violence? Thinking about telling the police?**

The **Support to Report Project** is a **free and confidential** service that offers support and advocacy to survivors of sexual violence before, during and after reporting to the police, the police investigation and the court process. For more information please contact the **Support to Report Project** at **Glasgow Rape Crisis Centre** on:

**0141 552 3201** (Open daily 9am-5pm) **or Police Scotland on 101**  
[www.rapecrisiscentre-glasgow.co.uk](http://www.rapecrisiscentre-glasgow.co.uk) **In an Emergency dial 999**

**No matter what the circumstances, WE CAN SUPPORT YOU.**

This is a joint initiative between Police Scotland, Rape Crisis Scotland and Glasgow Rape Crisis Centre

**POLICE SCOTLAND** **RAPE CRISIS SCOTLAND** **rapecrisis archway** **The Scottish Government**

# Orkney Rape Crisis

**Orkney is amongst one of the safest and happiest communities in Scotland, so the tourist adverts and the various commercial lifestyle surveys tell us. The islands of Scotland are some of the most popular places to choose to live, bring up children and retire to because of the low crimes rates.**

All of this is true. However, the islands still experience the same problems as mainland Scotland and I understand that when it comes to acknowledging the extent of sexual violence it's a difficult subject to believe is happening in our close knit communities and probably an issue some would prefer we didn't draw attention to.

The price of turning away and denying that these despicable attacks exist is that we would be failing victims and allowing perpetrators to go unpunished. By negating the experience of survivors and by denying that the issue of rape and sexual assault exists we silence survivors, give tacit permission for these crimes to continue and minimise the devastating impact on the lives of victims and their families.

Ten years ago, I was working in a statutory agency helping people back into the job market and latterly I've been working in various third sector organisations. While working in these agencies people would sometimes choose to disclose their harrowing experiences to a worker or agency they felt they could trust. I think we often felt there was something more we could be doing to support people who had experienced sexual violence. Although agencies were providing all the support they could, I know staff and volunteers



sometimes felt overwhelmed, and felt there was a gap in provision for a specialist service supporting survivors in Orkney.

In September last year the Scottish Government announced an extra £1.85 million to be invested in providing additional support for victims of sex crimes across Scotland. The funding was to include the development of new local Rape Crisis services in Orkney and Shetland.

When I took up the support and development post for the new Orkney Rape Crisis service in January I set about trying to research the prevalence of sexual violence in Orkney. I knew that sexual crime figures had increased by 11% in Scotland but I didn't know if that was also the case in Orkney. I knew that sexual abuse was more common than people in my community might imagine. I was also interested to find out if there were any patterns to perpetrator behaviour or if certain groups were more at risk.

The Police Scotland statistics for the Orkney Island Council area state that during 13-14 there were 51 reports of Group 2 sexual crimes, the following year



# Orkney Rape Crisis

this reduced by 13.5%, bucking the national trend.

In 14-15 the 44 reports of sexual crime in Orkney included 10 rapes, 2 intended rapes and 8 sexual assaults. It is recognised that only between 1 in 5 and 1 in 8 women report they have been attacked. So, if this is the tip of the iceberg, we could estimate that there is one rape happening in our safe community, every week. This seems particularly shocking for an island population of 21,500.

Local stakeholders were asked to complete a survey asking what support they would like the new Orkney Rape Crisis service to provide, who should be consulted and how the service should be delivered. There was a comprehensive response asking that the service should provide information, advocacy, prevention and support for survivors, their friends, families and professionals. We were told that development of the service should draw on input from across statutory and third sector agencies and the experience of survivors.

Stakeholders highlighted concerns relating to perpetrators targeting some of the most vulnerable women and men in our communities. A need for a crisis service and support for historic abuse survivors was seen as essential. Prevention work relating to the understanding of consent and the law, sexting amongst young people, stalking behaviours and the negative effects of victim blaming survivors was also stressed as a necessity.

Professionals identified a need for specialised support for people with learning difficulties and the elderly, training for professionals and young people in schools, qualified and trained staff in the service. People also wanted



**Photo: Rape Crisis Scotland National Coordinator Sandie Barton with Orkney Rape Crisis Support & Development Worker Zelda Bradley at the launch of the new Orkney Rape Crisis Service**

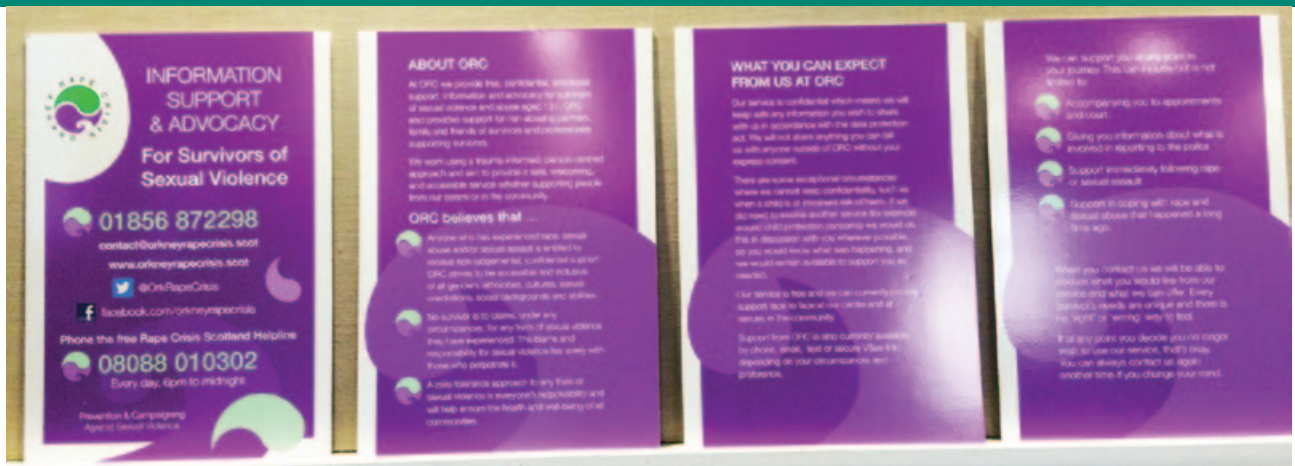
help when reporting to the police, going to medical appointments, solicitors and court. The wish list continued to grow.

Everyone responding thought it was of the utmost importance that accessing the service should be confidential, discreet, accessible and creative in supporting service users from rural and outer island areas. Campaigning to improve the responses of agencies and the experience of survivors comes under the remit of the new service too and this includes providing feedback and highlighting where improvements can be made.

Since I came into post on 25th of January I have been working towards meeting the expectations of everyone who contributed to the initial survey. I'll be adding to the community wish list in the months and years to come by collating feedback. The new service is already supporting service users and plans to develop and grow the service with a view towards the creation of an independent local charity with specialist trained staff and volunteers.

I was so excited and proud to be able to say at the service launch of Orkney Rape Crisis held at the Orkney Library, on Friday 22nd April that I offer information, support and advocacy to anyone aged 13 and over who has experienced sexual violence. Psychologically we struggle

# Orkney Rape Crisis



**Anyone can access Orkney Rape Crisis by calling 01856 872298 or emailing: [contact@orkneyrapecrisis.scot](mailto:contact@orkneyrapecrisis.scot) or Rape Crisis Scotland on 0141 331 4180 9.30-4.30 Mon to Fri .**

**The National RCS helpline 08088 01 03 02 is free and open 6pm – midnight daily.**

to accept that perpetrators may also be people that we know and trust. Part of the remit of the new service is to work to bust myths and outdated attitudes surrounding sexual assaults which lead to victim blaming and minimising of these serious crimes.

Currently I am the only service worker and potentially this might feel quite isolated. In fact, the support and development worker is an employee of Rape Crisis Scotland, the service is hosted within Women's Aid Orkney and mentored by Rape and Sexual Assault Service Highland (RASASHI) have a supervisor in Tayside and a new colleague in Shetland, Linda Gray. I feel completely integrated within a supportive team and benefit from their wealth of experience in this important area of work.

**Zelda Bradley,  
Support & Development Worker  
Orkney Rape Crisis**



**Lanarkshire Rape Crisis  
Sexual Violence Prevention  
Worker Hannah Brown spoke  
to Rape Crisis Scotland about  
the innovative STAMP project  
– an exciting opportunity for  
young people in Lanarkshire to  
challenge harmful stereotypes  
and messages in the media.**

***RCS: What is STAMP and how did it come about?***

HB: STAMP is a peer led project to educate other young people about gender stereotypes and sexualisation in the media, through the use of social media. We arose out of the sexual violence prevention workshops, where discussions around sexual violence and harmful gender norms in the media led to young people feeling as though they wanted to take action. From this we held some focus groups to write up a proposition for a project, applied for two years funding from Young Start Awards, and decided on a name! We were awarded £47,646 in January 2015 to run the project for two years.

***RCS: Who's involved and what kind of activities has STAMP undertaken?***

HB: We currently have 33 young people aged between 16-24 from across Lanarkshire involved in the project. We engage in activism and awareness raising online, but we also write a newsletter and have a blog where members can write about relevant issues. We attend various events across Scotland. Most recently we attended the 'Ask the First Minister' event in Edinburgh, where our members submitted two questions related to gender inequality and helping to reduce sexism in male dominated fields of work. We presented

our project at the Scottish Parliament and have spoken in panel discussions, for example at the Women's Library. We strive to find positive representation for all genders in the media, and we find and interview positive role models. We have interviewed a Canadian artist 'Ambivalently Yours' and she has done a piece of artwork specifically for STAMP. After this, we interviewed our First Minister Nicola Sturgeon, where she told us about the barriers she faced as a result of gender inequality and sexism in politics.

***RCS: What are the main objectives and what kind of messages is STAMP trying to get across?***

The main purpose of STAMP is to help redefine media for young people, and to encourage positive use of social media for education and activism. We want to empower young people to discuss these issues and give them control over the kind of messages they consume. We want to highlight the connections between harmful gender norms and sexual violence. We also want to offer young people opportunities for young people going into the workplace, college or university.

***RCS: What has the response been locally?***

HB: The response to STAMP locally has been overwhelmingly positive, as there hasn't really been a project like this previously. Young people are generally very excited to have the opportunity to discuss these issues and schools have embraced the project as an opportunity for young people to acquire leadership skills.

***RCS: Why do you think community prevention work/engagement of this kind is important?***



HB: I believe that community engagement of this kind is incredibly important. I think that often we dismiss the voices of young people as irrelevant and unimportant.

***doing relate to other LRCC activities e.g. support work?***

HB: STAMP is about activism and



***Photo: Young people from STAMP spoke at an event at the Scottish Parliament recently***

However, I believe that young people are the most affected by the messages from the media, and that these messages are targeted towards young people. Therefore, young people will have the most influence and ability to make significant, positive changes, and are best equipped to talk about what the issues are. I think that it is important to empower young people to address these issues so that they feel as though they can do something, and that they do have control over the kinds of messages about gender and sexual violence being fed to them from the media.

***RCS: How does the work STAMP is***

empowerment. We do not train the members of STAMP to deal with support, but as peer mentors within their schools, they know how to signpost young people who have attended sessions to support. Within STAMP we try to teach the members to recognise the links between gender inequality, gender stereotypes, sexual violence and rape culture. If we can recognise these links then we can work to prevent sexual violence by changing attitudes and by putting young people in the driving seat of this movement.

**RCS: What planned activities does STAMP have going on at the moment/ what will be happening in the future?**

HB: We are currently writing a number of articles on relevant issues, such as the impact of pornography on young people's attitudes towards sex and relationships, the Kesha trial, etc. We are also in the middle of working with feminist clothing company Double Crossed Clothing to design a fundraising t-shirt for STAMP. Proceeds from this will be going towards the publication of a booklet to raise awareness of sexual violence within school, and give young people guidance on how to safely intervene when they witness this. We are holding our next focus group in May and we have also submitted a funding application to Awards for All so that we can run a summer school for members. During this summer school, the members will be taught to make digital graphics and short videos to raise awareness and educate other young people about relevant issues. These materials will be sharable via social media and can be used in prevention workshops. Additionally, we will be making a documentary about STAMP, to showcase our work. During this summer school the young people will be taught how to use film equipment, how to edit videos and script-write, as well as how to use social media effectively.

**RCS: How can young people get involved in STAMP and where can STAMP be found online?**

HB: Any young person between the ages of 16 and 24 can get involved. We can be found on Facebook, Twitter, Instagram and Tumblr under the handle LRCC Stamp and if you are interested in attending one of our focus groups or finding out more about us, please send an email to [hannah@lanrcc.org.uk](mailto:hannah@lanrcc.org.uk) or check out our website at [www.lrccstamp.co.uk](http://www.lrccstamp.co.uk)

Young people can be involved in whatever capacity they like – whether that be attending events, writing articles for us, designing graphics, editing, peer mentoring or simply following us on social media and joining our online discussion group!

***"It became evident to me on my first day of university that my gender made me stand out. Before STAMP, I wouldn't respond when I heard a sexist comment because I didn't have the knowledge to retaliate, but the education STAMP has provided me with is invaluable and has helped me gain to confidence to challenge patriarchy in my own life. Beyond this, STAMP has opened up an amazing feminist community in Glasgow for me, and taught me valuable skills in online blogging. I definitely credit STAMP for my confidence to challenge why my gender is considered of greater importance than my intelligence" –***

**STAMP member, 18**



# Edinburgh Rape Crisis Centre

## Edinburgh Rape Crisis Centre's sexual violence prevention project recently delivered work with young women in a residential school.

Young people are often referred to residential and secure services from a variety of sources including social work departments, education services, children's hearings and more, and can come from family homes, children's homes, secure units, foster care or intensive support services.

We hear from the perspectives of ERCC's prevention worker Nadine, three young women from the school, and their teacher, about their experience of Rape Crisis prevention work. For confidentiality the school and the young women have been kept anonymous.

### ***Perspective of the Prevention Worker***

I worked with young women in S4 and S5 from the school for a number of months, exploring issues to do with sexual violence and how we can help create change. The first workshop was on Gender, where we talked about gender stereotypes and ideas about gender and connected these with people's attitudes and behaviours when it comes to sex. After the session one young woman fed back that she'd learned "how women are persuaded to be someone else", and how "men are pressured to think of women in a certain way". We then went on to look at sexualisation, consent, what is sexual violence, social media and sexting, impacts and support, and how we can help prevent sexual violence. The structure of our lessons was very conversation based – together, sat in our circle we'd talk about the materials and ideas presented, creating a space for the young women to give their thoughts and develop their ideas about the key issues we were discussing.



***Above: images made by young women aged 14 and 15 as part of the programme***

I have a great respect for the young women I worked with, and this respect only grew over the course of our time together. Once, they asked me about my early start to get to the school on time, and if I'd be glad when I didn't have to do it anymore. I told them, on the contrary, it was the highlight of my week – and not just because I was occasionally offered a breakfast roll on arrival! In our work together we laughed, but we also discussed things which are serious and hard to talk about, and grew in understanding of what we can do to take action. The best part of my job is watching the young people I work with grow – and week on week I witnessed the individual journey of each young woman; growing in confidence, understanding, conviction and determination to use her voice. An example of this was our conversations about victim blaming and sexting. Following watching a video made by other young people involved in ERCC prevention work, some of the young



# Prevention work in a residential school

women voiced strongly that when it comes to conversations around sexting it isn't about blaming girls for sending pictures, or as simple as just telling them not to send them in the first place. Instead, it's about understanding the pressures they are under, questioning whether it really is a 'free choice', and shifting the focus to the boys and young men asking for and circulating these photos, as well as wider social pressures. Consistently throughout our time together the young women loved the films made by other young people from ERCC's Do You Know project and subsequent Young Voices DVD with RCS and Media Co-op. I think the reason for this is that the films were made by and for young people – using their language and focusing on issues which matter to them in a way which is authentic for them. Young people's participation in interventions aimed at them is key, and the approach of the Rape Crisis prevention network has always firmly sat within the belief that we should be talking with, rather than at, young people to identify their views and include their voices. This is why I wanted to end the work with the school with a session focused solely on participation – on creating a space where young women could reflect on the prevention work and express what they will take away and what messages they would want to share with other young people.

The focus of the session was creative - using found images such as magazine clippings etc., and making posters about sexual violence. It was great to see how much focus the young women were putting into their posters – they knew what they wanted to make and what they wanted to say. It was powerful to see what the young women were focusing on as well; consent, having a voice to speak out, challenging 'victim blaming', and more.



***An acrostic, made by one of the young women (age 15) sharing what she learned about enthusiastic consent, being an 'active bystander', the impacts of sexual violence, and never blaming survivors***

At the end of the session one young woman wrote that the project had "helped me realise what I can do to support or nourish someone who has experienced sexual violence". This word 'nourish' really struck me – something so at the heart of the Rape Crisis ethos of investing in the individual, providing a space in which they can access the tools and support to grow and thrive, was found here in the work of this young woman. She'd gained the understanding and recognition of that ethos through our work together, and that is what she was taking away. And what better a message than that to end on.

**Nadine Jassat**

## ***Perspective of Two Pupils***

Our time with Nadine was very good. We learned lots. I think the way she done the classes was good too, she put activities in and made it fun so it wasn't so gloom and doom. I think we all took a lot outa what she was saying. Because it was fun we all paid attention. We would look forward to her coming. I think the most important bit for me was that I now know if I get into any situations that I don't feel comfortable in I know how to get out them or help others get out them. Before those lessons I didn't know what to do... As much as I think Nadine does amazing work I think Rape Crisis do amazing work in general. I loved the lessons and so did the other girls. It was a huge eye opener, truly for

# Edinburgh Rape Crisis Centre

us all. How people can be in situations that they're totally oblivious to and it's okay for us watching the video saying "don't do that", "don't go home with them", "don't get that drunk" but the other person [perpetrator] knows exactly what they are doing and enjoys the power and control.

- Two Young Women, Aged 15

### ***Perspective of a Teacher***

Everything was brilliantly planned and I knew in advanced what was proposed for that day's lesson and a written plan as well... Nadine had a great manner with all the pupils who found her easy to talk with, ask questions and they listened well. The classes were fast paced but at an appropriate level with lots of variety i.e. videos, discussion cards, inspirational quotes, and posters. In a non-judgemental way there were great discussions and a substantial amount of learning took place as evidenced by the girls oral and written feedback to me. The lessons were enjoyed by all the girls and they developed a bond with Nadine, eagerly looking forward to each class. I am delighted that Nadine from ERCC came to school and had a very successful time with some of the most challenging pupils and would highly recommend this service.

### ***Perspective of a Pupil***

During the lessons we all discussed openly about these topics [such as sexual harassment, body image, power and control, and how to help someone at risk of sexual abuse]. No one was ever made to feel targeted or uncomfortable. If at any point the discussion was a little intense you were able to leave the class and one of the teachers would follow after to re-assure that you're okay.

In the sexual harassment topic [Gender and 'Sexual Bullying'] we learned what sexual harassment really is and how pressured boys and girls get to do things they wouldn't want to do. For



**Images made by three young women (aged 14 – 15) as part of a wider montage. Beauty and Beast rape joke image credit: feministdisney.tumblr.com. Snow White: Disney.**

example if a boy is a virgin or doesn't want to have sex with a girl, his friends would try to manipulate and make the boy feel pressured into doing it. In the body image topic [Sexualisation] we looked at how magazines and CD covers or any billboards or that airbrush girls and send a stereotypical idea to teen minds as to how they should look. For example, when you see music videos most of the time the girls are always dancing with little short tops on or short shorts due to their music producers.

When we looked at helping others we looked at it in several different ways, such as if you know someone who has experienced any violence or that, you may be able to support them and remind them that they are okay. We also looked at how if you see a really drunk man or women with someone a lot more sober than them you could possibly ask the drunk person if they are okay.

If you or anyone you know has experienced sexual violence you should try and get in contact with Rape Crisis this is a brilliant service that makes you feel happy and welcome. They are always there for you when you need them. **DON'T FEEL ASHAMED OR EMBARRASSED BY WHAT HAS HAPPENED. IT IS NEVER YOUR FAULT. NO MEANS NO**

- Young Woman, Age 15

**RASAC P&K was established in 2007. Since this time, our organisation has supported over 500 survivors age 12+ with one to one support and the helpline has received in excess of 4000 calls.**

We have a successful history of supporting survivors, and their supporters, through their recovery from abuse with survivors exiting our service with increased resilience, increased coping strategies and ability to utilise these, improved understanding of why abuse happens and recognition that the responsibility for abuse lies with the perpetrators.

Following the development of the RASAC Youth Initiative project and delivery of workshops in schools, referrals to RASAC Support Services from young survivors tripled. As a result of this increase we engaged in consultation with agencies, survivors, young people and parents. This consultation identified that there was a need to develop a specific project for young people and families to strengthen our existing services and to support families in becoming stronger and more resilient in the aftermath of abuse or exploitation. Some of the comments from survivors included;

“Letting families know if a child discloses there is support for them too and guidance. For parents it must be so frightening to have your child disclose harm”.

“It would provide support to both, giving them somewhere to come and talk. Especially family members as they don’t often get this”.

“I think this service would be very beneficial”.

Disclosure can have devastating effects within families when survivors all too often

face not being believed, are blamed or held responsible for their victimisation or are ignored. We regularly see the impact upon supportive family members also. Fear of saying the wrong thing or feeling overwhelmed with grief for their loved one can be extremely difficult for both survivors and their supporters to manage. This often results in survivors feeling guilty and to blame for the distress caused.

Our work with adult survivors also evidenced the need for a dedicated Family Worker. Many adult survivors express parenting difficulties which they identify as a direct impact of the abuse they experienced. Such difficulties can often depend on the age and stage development of the child. It is common for parents to experience difficulty when their child is of the same age they were during the abuse. A host of fears exist for such parents who are often too scared to seek support for these in the event that they are held accountable or are forced to disclose a situation that they do not want to. Additionally, adult survivors often experience difficulty with parenting in terms of boundaries, fear of physical contact with their child, heightened over protection which results in challenging behaviours from children and creates a cycle of difficult relationships.

The project will promote early intervention, consistent and appropriate support of young survivors across P&K. We recognise the needs of young people and we know that supporting young people draws on different skills and approaches from supporting adults. With the numbers of young people accessing our services continually increasing we recognise a significant need to employ a worker dedicated to young people’s needs who would have the capacity to work with family units.



# Children & families Project

The project will continue to offer direct one to one support to young survivors age 12+, but will enhance our service provision by offering alternative support options including:

- \* Families work consisting of up to 12 sessions with young survivors and their immediate family members.
- \* Regular family support groups dedicated to family members and partners, offering them the safe space to explore feelings, examine coping strategies and identify helpful ways of meeting the needs of survivors.
- \* Support groups for young survivors
- \* Support for family members of children younger than 12 who have experienced sexual violence.
- \* Supporting for mainstream organisations to further understand the prevalence, context and impact of abuse upon young survivors, their families and our communities. We seek to share our knowledge, experience, statistics and good practice through the publication of impact newsletters across strategic forums. Additionally, the Young People and Families Worker will establish strong links with teaching and community based staff.

Additionally, we recognise the low numbers of male survivors accessing our service (2 across 2014/2015). We consider this low number to be due to the fact that our support workers were well known and established within the local community for working with women and girls only. Although RASAC Youth Initiative (RYI) has a very visible presence within youth settings, our support team are not currently as visible within the multitude of youth settings. RYI are committed to ensuring that the support service is promoted amongst both boys and girls, however we feel that the visibility of a young people's / family support worker would



improve accessibility for young people, by increasing their familiarity with our organisation. We believe that this would also increase the numbers of boys seeking support.

Our Support/Group Worker piloted a 6 week family support programme. The group was established following increasing requests for family support. This group aimed to increase knowledge and understanding in relation to the needs of survivors. It sought to strengthen relationships and build confidence in being able to provide appropriate support. The group also focused on the needs of family members / partners and offered a range of positive coping strategies applicable to individual needs and family dynamics. 6 Sessions were delivered and feedback included:

“Tonight was really helpful, I appreciate being given the opportunity to voice what we want from the group”.

“It is hard to hear other people’s stories, but it shows that we are no longer alone”.

“My goal was to be able to tell my story without getting upset. I’m feeling so much better now that I’ve managed to speak about this with someone”.

# RASAC Perth & Kinross

"I still find her self-harm very difficult to understand but you have given me such reassurance about how I can support her. I really feel I'll change my approach now".

"I just feel I've spent so long keeping it together for her, as I should. But I've been so angry, so, so angry. I never thought I'd overcome that but I now believe I will".

"Thank you so much for all your support. I wish this had been available 2 years ago".

"I feel this group would make a big difference to families out there. It's so needed".

RASAC has 5 years of funding to develop the project we anticipate that we will be able to engage with and work with a wide range of local agencies, Women's Aid, Barnardo's, WEB Project, LGBTI Youth Scotland and Social work. It is an exciting development and we were delighted to welcome the new worker Chris Gray into post on the 20th June.

**Rachel Coleman,**  
**RASAC Perth & Kinross**

## Stand Up! RASASH

**Rape Crisis Scotland spoke to RASASH, the Rape Crisis Centre based in Inverness, about a great initiative for engaging with young people in the Highlands, 'Stand Up! RASASH'.**

### ***What is 'Stand Up! RASASH'?***

Stand Up! RASASH is a young person's volunteering project which provides a platform for young Highlanders between the ages of 13-25 to stand up against sexual violence and gender inequality. The project is young person led and community focused: that means we ask young people what they think the biggest issues in their local communities are and we work together to come up with ideas to make a positive difference.

Young volunteers can get involved either as Young Ambassadors, who receive training and work at the heart of our prevention and campaigning work, or as Young Community Fundraisers who engage more casually with the project to fundraise for RASASH while raising awareness of the issues the project hopes to tackle in their community.



### ***How did it come about?***

We started the project in April 2015 with funding from VAF's Voluntary Support Fund. We were aware that there was a lack of social activism on this subject in the Highlands and were very keen, as a new organisation at that time, to inspire community action in working towards the elimination of sexual violence.

Young people were telling us about how the everyday normalisation of sexual violence and the sexualisation of culture was affecting their everyday lives, and though they wanted to change these things, they didn't know how to. We wanted to learn from them about how we could support them to bring about that change themselves. In doing so, we

# Stand Up! RASASH



hoped to be able to take a step towards a Highlands in which communities address sexual violence issues together, where survivors were better supported and where young people had the opportunity to become agents for change.

## ***Who is involved in the project?***

'Stand Up! RASASH' is led by Melody, our Prevention and Campaigns Worker. Over the course of the year we have had 9 Young Ambassadors involved – 7 young women and 2 young men – and around 15 Young Fundraising Volunteers. Though Ambassadors can be any age between 13-25, the majority have been between 15-18 years old. They are based all over the Highlands, in Thurso, Dingwall, Ullapool and Ardnamurchan.

## ***What kind of activities has 'Stand Up! RASASH' undertaken?***

The 'Stand Up!' Ambassadors began by completing a couple of days of training on sexual violence, challenging rape culture and the way these things relate to gender. We then sat down as a group and discussed their experiences of these issues in their local communities and came up with ideas together on how we could work to campaign against and ultimately prevent these attitudes and behaviours.

One thing a group of Young Ambassadors identified, for example, was the frequency of street harassment in their area and the attitudes people had towards it as a bit of harmless banter. We had the opportunity



to use a window space in Inverness city centre and the young people decided that they'd like to create a display that challenges these views, uses real quotes from experiences of cat-calling in the Highlands and unequivocally states that 'street harassment is sexual violence'.

Ambassadors were also involved in the 'Young Voices Preventing Sexual Violence' event at the Scottish Parliament in December, presenting on why they believe this work to be necessary and important.

They have also been wonderfully active in their own communities, raising awareness about RASASH and sexual violence issues. For example, one Ambassador created posters to display around her community challenging the idea that



# Rape & Sexual Abuse Service Highland



sexual violence 'doesn't happen in the rural Highlands', while another organised meetings with teachers to discuss the demand for consent education in the classroom. It's also the little things – like Ambassadors telling us that their training means they now feel more comfortable calling out behaviours among their peers that they didn't know how to broach before.

## ***What has changed as a result of this project?***

The thing we hear the most amongst all the overwhelmingly positive feedback we've had from the young people involved has been how empowered they feel as a result of 'Stand Up!'. One Ambassador said:

"It was so refreshing to have someone stand up and talk to us about sexual violence as it is something which is rarely discussed. Sexual assault has always angered me but I have always felt powerless to do anything about it. I loved being given the opportunity to finally take a stand"

With another, talking about her experience of the parliament event, saying:

"It was great to see that so many young people all across Scotland, of all genders, were taking a stand against sexual violence and making the people who have the power to act more against it sit up and take notice."

Ambassadors have also reported a significant increase in their communities' awareness and response to sexual violence as a result of the project's



presence in those communities: rating their community's attitudes, on average, as 'poor' before the project, and as 'good' after.

## ***What have you got planned for 'Stand Up! RASASH' in the future?***

The original funding for the project was only for one year but, having strong evidence of the positive impact the project has had, the need for it and the demand for it from young people we applied for funding to continue the project for another year and have just found out that our application has been successful – woohoo! We intend to keep the project growing: to expand it to new areas of the Highlands, to reach more young people, and to develop it so that young people can become leaders, working with other organisations and agencies to influence change on a higher level.

## ***How can people find out more about 'Stand Up! RASASH' and get involved in the project?***

We are always delighted to hear from young people keen to get involved in 'Stand Up!' and organisations interested in working together to maximise the great benefits of this project. You can find more information about the opportunities available and our social media channels on our website: [rasash.org.uk/campaigns/standup-rasash](http://rasash.org.uk/campaigns/standup-rasash) or by emailing [prevention@rasash.org.uk](mailto:prevention@rasash.org.uk)

**STANDUP!**  
RASASH

# Scottish Borders Rape Crisis

## Railway Celebration Ball

SBRCC hosted a Railway themed event to celebrate the return of the railway to the Scottish Borders.

It was held on 25th March at Ednam House Hotel in Kelso, we had approximately 80 members of the local community who live or work in the Scottish Borders attending as guests. Scottish Borders Council funded this event which meant that it was a free event to attend, we used this opportunity not only to celebrate the return of the railway but to raise the profile of the organisation and to raise much needed funds for the organisation. We are delighted that we raised over £4000 from a charity auction, raffle and donations on the night. It was a fantastic evening enjoyed by all, we had a lovely three course meal followed by a ceilidh.

## New Publication Material

SBRCC has recently had some new publication designed by Borders College HND Graphic & Design Students.

A request from Borders college was put out to invite local charities to apply for their organisation to be selected for the students to design new resources and publication materials. We were delighted to hear that SBRCC had been one of the chosen charities, the students competed against each other to create the winning design. We were impressed by the quality of all of the four groups work and it was a tough decision to make. As we were so impressed and pleased with the winning group's design we decided to have them printed and now have a full range of new information resources and service stationary.

The students designed:

- An adult survivor information leaflet, a young person's leaflet and an LGBT leaflet

- Service poster
- Recruitment poster for volunteer support workers
- Service cards for survivors
- Headed paper, compliments slips and business cards

We are continuing to work with the winning students and hope to have a regular giving form and a new look annual report ready in the coming months. This has been a great opportunity for SBRCC to work with the college and raise the profile and awareness of the organisation in the college as a whole. It was also a great opportunity for the students as they are able to add the printed material to their portfolio and see their wonderful work come to life.

## SYPC Event

Scottish Young People Creating Change (SPYCC) is a relatively new initiative, we decided to host this event in the Scottish Borders and this was the first of its kind in the Borders.

The event was held on 8th March, International Women's Day. SYPC involved local young people coming together to talk about GBV. The purpose of the event is to work with young people in Scotland on the subject of gender-based violence, providing education and equipping Scotland's young people with the tools to create change.

The day involved workshops from SBRCC, LGBT Youth and Shakti Women's Aid. We had 29 young people from 5 local schools attending, it was a great day and all the young people were really engaged and full of enthusiasm and ideas of how they could create change. This event was supported by our local VAW partnership, Borders Women's Aid, LGBT Youth and Shakti Women's Aid and transport was provided at a nominal

# Some recent developments



fee by Highland Explorer Tours . In the coming months we will produce a report collating the young people's views on the issues that affect them enabling young people's voices and concerns to be heard amongst professionals, public and service providers.

Thank you to all who supported this event, it was a great day.

## **Reclaim The Night Borders**

We have taken a lead role in organising this event over the last 5 years and every year more people are attending the march itself and its becoming more widely known about generally.

Our last march was held in Galashiels and was well attended and was covered well in the local press. We had itv Borders covering the march on the night and Christine Graham MSP spoke on the evening and Calum Kerr MP also attended the march. This event is supported by many local organisations:

VAW partnership, Safer Communities Team Scottish Borders Council, LGBT Equality, Borders's Women's Aid, Students Association Borders College, Police Scotland and Children 1st , VOMO and MacArts. We are about to start planning this year's march very soon.

**Susie Stein**  
**Centre Manager**  
**Scottish Borders Rape Crisis Centre**





# The Cosy House

**South West Rape Crisis and Sexual Abuse Centre started The Cosy House in January 2003 with money from what was then called Transitional Housing Benefit, and later became known as Supporting People. The Centre rents the Cosy House from DGHP (Dumfries and Galloway Housing Partnership).**

For a long time prior to this funding we had identified the need for a safe place women could go to for a break, a rest or the opportunity to do therapeutic work in a supportive environment. It was all very exciting and a huge rush to get the Cosy House ready for the first of many women who have stayed with us since 2003. The Cosy House we have at present is located in a quiet estate on the outskirts of Dumfries, and we rent it from the local authority. It is a lovely house with 3 bedrooms, a communal living room, kitchen and bathroom with back and front garden.

The smallest bedroom we use as a staff office and we can therefore have up to two women staying at any given time. Staffing in the Cosy House is now two members of staff who between them are in 5 days a week for 7 hours a day. At all other times there is an on call phone system.

Our funding from Supporting People guarantees a monthly income which covers wages, management costs etc, and depending on the woman's financial status we are often able to claim Housing Benefit on top of that. There are certain rules in the Cosy House which women have to sign up to and uphold. These include maintaining the confidentiality of the address, having no illegal drugs or alcohol in the Cosy House and having

respect for any other woman in at the same time. There is no real time limit on length of stay - some women have been with us for over a year while others just seek to come in for a weekend if a room is free.

The only criteria that women have to meet to be considered eligible for the Cosy House is that they are survivors of sexual violence. The circumstances in which women come to the Cosy House are very varied. Some women come for a short-term stay in order to get some respite from things happening in their lives, others may come to the Cosy House as a mean to escape abuse. However, the most common reason that women come into the Cosy House is for support in addressing a wide range of issues that they may struggle with such as mental health issues (depression, anxiety, eating disorders, PTSD), social difficulties (lack of confidence, problematic relationships, isolation), practical support (house-keeping, budgeting). The only limitation on someone's stay in the Cosy House would be if there were substance abuse issues present (this is something that would be dealt with on a case by case basis) or if a resident was exhibiting threatening behaviour to other Cosy House residents or staff.

Women largely decide for themselves what they want to focus on when in the Cosy House, especially if they are staying for several months. This could mean revisiting basic living skills that will enable them to move into their own tenancy and (with support) sustain it, it could be time to work on acquiring new skills and greater confidence, or it could simply be in order to have a pressure-free rest. Cosy House residents can receive support for a range of issues and a flexible and individual approach is taken for each woman.

Work plans are developed by the

# South West RC & Sexual Abuse Centre

Cosy House workers with collaboration from the survivor, in order to highlight specific areas that will be worked on. As such, support is delivered in many different forms with a general aim to improve the survivor's state of well-being as much as possible.

The Cosy House is not publicised locally amongst the general public, but other support agencies are contacted frequently to make them aware of the service we provide.

Referrals mainly come from Social Work, Community Mental Health Team and the Crisis Assessment Treatment Service team, but it is entirely possible for other centres within the Rape Crisis network in Scotland to refer to the Cosy House, and this is something that we would like to see happening more. We feel that the Cosy House is a unique and valuable service and would provide a fantastic respite for women outwith Dumfries and Galloway. If another centre would like to refer a survivor to the Cosy House they can call or email our centre in order to refer.

There are no funding implications. Survivors would not be penalised with regards to benefits. If they are in receipt of housing benefit at their own address, they can claim for the Cosy House too and are able to claim for both properties for 12 months.

We have managed to meet the exacting regulatory demands of SCSWIS (Scottish Care Commission) and of our funding body whilst remaining true to the Rape Crisis ethos and spirit of working with survivors of sexual violence. The Cosy



House works, and is a huge asset to women and young women survivors in Dumfries and Galloway. So much so, in fact, that at the moment we are in the process of trying to secure a second Cosy House property.

We have also secured funding under Awards for All to renovate the garden. It now has a greenhouse and raised beds, where the women grow a wide range of vegetables, soft fruit and herbs. There are also many colourful flower beds.

**Iraina McGroarty**  
**South West Rape Crisis &**  
**Sexual Abuse Centre**

# Forth Valley Rape Crisis Centre

Rape Crisis Scotland met up with the dynamic team who are taking forward the development of a brand new Rape Crisis centre for Forth Valley, based in Stirling, and found out how their plans are progressing... Megan Johnson, the new Centre Manager, Loraine Williams (Sexual Violence Prevention Worker), Wendy Brochie (Support Coordinator) and Emma Corkery (Children & Young People) spoke with Eileen Maitland:

**EM:** *How has it been setting up a brand new rape crisis centre for Forth Valley - what sort of stage are you at?*

Megan: It's been great! Personally it's been one of the best experiences I've ever had – I think it's quite unique. It's been hard work. We're now an established charity with SCIO status and we have a Board of Directors, and 5 staff members: myself, Wendy heading up the support side of things, Loraine is the new Prevention Worker, Katie is the Advocacy Worker, and Emma's doing predominantly work with young people at the moment. The thing we're waiting on in terms of the next stage is planning permission for the house so that we can begin to deliver services from here.

## **Staff profiles**

**Loraine:** I'm the Prevention Worker for Forth Valley. I've been working in the women's sector for 8 years – before this I worked in a support agency Say Women and in the Domestic Abuse courts, but largely my background is in supporting young women. So the prevention stuff is quite a bit different for me, but bringing



the knowledge from the other jobs that I've had - I've been volunteering with Rape Crisis Scotland for four years. I'm really excited about it and looking forward to start doing workshops all over Forth Valley.

**Megan:** I'm the Centre Manager – previous to this I worked at Scottish Women's Aid for two years and prior to that I worked for a charity where I developed a number of outreach projects. I was on the Board of Edinburgh Rape Crisis and I guess that was part of the reason I wanted to work for rape crisis... I think actually everybody who works at the centre started at rape crisis which obviously shows like that when you start with rape crisis you don't really want to leave.

**Wendy:** I'm the Support & Development Coordinator. I started to volunteer with Glasgow Rape Crisis about 10 years ago and throughout my time there I had various roles. I was the prevention worker for about a year but my main role there over the past few years has been to develop the outreach service in East and West Dunbartonshire. So it was a big shift, moving from the job I'd been in there for so long, but I'm so excited to be here, helping to develop the support. There's something really exciting about us all starting together, being part of the movement, and you've got time to take a step back from the stuff that you've been doing for years, and think how to do



# Forth Valley Rape Crisis Centre

things differently...maybe do those things that once you're up and running and busy it's like oh we'd love to do that...

**Megan:** Emma is also a helpline volunteer for Rape Crisis Scotland but she previously has worked mostly in housing and also in some children and young people specific projects within it. It was through rape crisis helpline that she realised that maybe this is the sector she wanted to bring her support skills to.

**Loraine:** Katie's worked on the helpline since it started 8 years ago. Previous to this she worked in Edinburgh Women's Aid in a number of roles so she worked in refuge but she actually moved through part of their court advocacy service EDACS. Katie already has a great range of skills that she's bringing for doing advocacy work and also the helpline so she's really excited to be here.

**EM: What is the process for seeking support at the moment – how should people get in touch & what can they expect to happen?**

**Megan:** We still don't have a business line so it's mostly via helpline or direct police referrals or through other practitioners that make referrals. We've set up email: [contact@forthvalleyrapecrisis.org.uk](mailto:contact@forthvalleyrapecrisis.org.uk) if people need to get in touch with us. We've had our first few people get in touch by email. I suppose the thing that's harder for people at the moment is making self-referrals that don't have to come through

an agency but hopefully that will change after the cabling is put in today so we'll have a phone number. There's a wait for longer term support but if you're trying to look at things that we can do for people in the short-term we are diversifying activities - we have an advocacy worker now so there are different needs that we're able to meet.

**Wendy:** At the moment we're offering people some telephone support just in the interim and I think that's something we'll be looking to develop anyway to have more structure. We're also talking about in future being able to offer some sort of Skype services to people who maybe couldn't

leave the house, or are disabled, so

we're certainly looking for more unique ways to be offering support, and that will include email support and things like that.

**Megan:** We support men and women – we support people of all genders and we work with people 13 and up.

**EM: What kind of uptake has there been so far/do you anticipate?**

**Wendy:** At the moment we have I think about 40 people on the waiting list – we've been getting referrals quite regularly. I don't anticipate that that's going to slow down because we've not really been advertising ourselves to any extent – it's really just been through the helpline.



*Loraine, Megan and Wendy at Forth Valley Rape Crisis*

# Forth Valley Rape Crisis Centre



**EM:** *Will you recruit volunteers?*

**Megan:** We just got a volunteer grant money, so that'll be the next stage – looking at getting some volunteers with different roles within the centre, so we have a bit of flexibility around volunteering and what people can offer ... we'll be looking at fundraising, giving information and stuff like that so yes I'm really excited about that...

**Lorraine:** There don't seem to be a lot of other services like us in Stirling at all – we're looking for sister agencies that we can connect with. I'm guessing as well because the university's there and they have a gender studies department there's going to be a fair bit of interest with that.

**EM:** *Is there a partnership or a MAP locally?*

**Megan:** There are three and we sit on all of them. I think we're building good referral pathways with people like mental health, advocacy agencies, and so on, and in terms of others there's a Women's Aid group in Stirling and Clackmannanshire.

**EM** *What about a website & social media?*

**Megan :** We have a Twitter feed now : (@fvrapecrisis). The website's built so I think the aim is that before the summer's



out we'll have a launch. By then we'll have web pages and logos and Facebook pages but we just have a Twitter page for now...

**EM:** *What kind of response has there been locally?*

**Megan:** I think there's been a really positive response. We've definitely developed some partnerships with the police, the NHS and so on. I also think we've probably developed some new partnerships with people who had not done work with rape crisis before. I think the most interesting one for me is there's an advocacy agency that works locally specifically with people with learning disabilities. We've basically set up a kind of reciprocal thing where if they identify a survivor within their support they can say we can support you to access rape crisis; also, if we have referrals that are made for people with learning disabilities, they will support us to meet their communication and understanding needs so that they can access our services. We're also going to swop training. So that

# Forth Valley Rape Crisis Centre

has definitely increased our accessibility because we now have two or three survivors who are working with us who have learning disabilities that are only able to do that because they have an advocacy worker who is helping with certain aspects of that process.

**Loraine:** The first week we had handover for the prevention stuff at a local all girls school for young women who have been removed through the children's panel. I was in yesterday doing introduction sessions, which was really great. The minute you're in the door they want you there and when I've been getting in touch with people they're like 'oh, let's meet up' – brilliant really. People have just been saying we're so glad that there's something like this in the area again, you know? There's been a real gap.

## ***EM: Rabbits: who how and why?***

**Loraine:** It does seem to be, for the young women, a really great way of getting them engaged. The appointments aren't easy to come to here for a lot of people, in terms of what you talk about...

**Megan:** They sort of calm you down. Animals do reduce your blood pressure... We read about therapy pets and we talked about things like touch...

**Loraine:** Safe touch and comfort and bonding and maybe other people recognising that pets would be a good thing in their lives... There's something very therapeutic for workers as well...

**Megan:** It was a really good idea... but to be honest that's been part of what's so great about having colleagues again, just how many ideas people bring that you hadn't even thought of.

## ***EM: Anything else you'd like to highlight?***

**Loraine:** When you're starting to feel like you've got a part in how things'll run and you all figure out together how you want to do it rather than just being told to do something, it's lovely, it's really great, really unique.

**Megan:** I think people really do think our jobs are really depressing but they're not, and I feel people can't understand why I'm so excited. I feel very fortunate with the colleagues that I have here. I don't think we could've hoped for better people to be involved. And all very dedicated to rape crisis as well, which I think is important. Because when you come to work and there's no phone and no internet (there will be soon), it's that dedication - and these are all just details.





## **Psychoeducation and CRM: Educating and Resourcing Service Users**

Over the past 12 years FRASAC has witnessed an increase in demand on Rape and Sexual Abuse services as our waiting lists get longer and funding gets harder to secure.

Over the past 10 years a number of positive changes have taken place within other statutory agencies which have assisted in encouraging survivors of sexual abuse to come forward. We have seen the introduction of Sexual Offence Liaison Officers (SOLO) which massively improved the reporting procedure, and we also saw the introduction of VIA - Victim Information and Advice improving the communication between survivors once they had reported. In 2009 we welcomed the introduction of the sexual offence prosecution team and specially trained procurator fiscals. These developments are all positive but the lack of support services for survivors remains a massive issue.

Two years ago at FRASAC we found ourselves in a position where we were being contacted by survivors of sexual crimes and were having to put them on an 8 month waiting list. Edinburgh Rape Crisis had closed their waiting list and Dundee had similar waiting times to ourselves. After a lot of discussion FRASAC took the decision to time limit our counselling /support session to 24 weeks. Service users can re-refer themselves straight back onto the waiting list as many times as they wish. Although we felt it was the right move to make, we were very aware that a number of our service users experience complex trauma, and 24 weeks of therapy would only be scratching the surface.

We looked at different approaches to

this and agreed that pre therapy, where we provide education and resourcing techniques, was a positive development within our services. FRASAC were already offering some pre therapy work through psychoeducation, which is an educational approach to understanding how trauma effects the brain. The goal is for the service user to understand and be better equipped to deal with the effects and mental health issues that can occur due to sexual violence (clinical depression, anxiety disorders, psychotic illness, eating disorders and personality disorders). It can reinforce the service user's own strengths, resources and coping skills, helps them to understand that relapse is a part of their recovery, and we have seen it contribute to health and wellness on a long term basis. The theory is, the better the knowledge a woman has of what she has experienced, the better she'll be able to cope.

The Comprehensive Resource Model (CRM) training attended by our staff has allowed us to take this several steps further. The aim of CRM is to remember, re-process, and release traumatic material from the nervous system in order to provide the opportunity for re-connection to one's true self, the meaning of the truth of one's life.

The Comprehensive Resource Model modality is a nested modality with each internal resource used in a fashion that paves the way for the next level of resource to be developed and utilised. The final goal is processing the traumatic material from a place of complete neurobiological resourcing in various brain structures simultaneously. Eye positions are used to anchor the resources during processing.

The nested or layered conceptualisation and use of resources is a flexible and "forgiving" model. The individual

# Psychoeducation & CRM

resources as well as the model as a whole can be used during any and all types of psychotherapeutic models including:

- CBT,
- Psychodynamic psychotherapy,
- EMDR,
- AEDP,
- Somatic Experiencing,
- Sensorimotor Psychotherapy,
- Clinical Hypnotherapy,
- Internal Family Systems, and many others.

Providing education through psychoeducation and resourcing through the Comprehensive Resource Model has not only proved beneficial to our service users, but have also proved beneficial to our staff. Staff using this model feel resourced themselves which assists in the minimisation of vicarious trauma.

Service users' feedback has been very positive:

'I was scared because this counselling was very 'real'. I was also afraid of failing and then I was terrified that my time would run out and I was no further forward. However, when my counselling support worker went on holiday, it felt like a natural break, I have been using my breathing and made a safe place for myself and that gave me confidence to try volunteering, which has increased my self-confidence, my sense of belonging and many other positives. I know I have many problems and I don't believe they can be solved within 28 weeks. However,

if I had the option of open-ended counselling, I don't think I would have had the confidence to take a break, I think I would have clung on and would have been afraid to be without the support.

The counselling sessions were very intense for me. I don't think I was prepared for this. However, I have asked to go back on the waiting list and now that I have my safe place, I believe I will be more prepared and I will be able to cope with the emotional fallout.

I know that I didn't have that many sessions, but I do believe they have helped. I haven't self-harmed, abused my medication or wanted to die in maybe a month (not sure on time span)- but that has been the longest time in ten years.

I have also coped with rejection and I have taken chances and put

myself in new situations that would have previously terrified me. (Tea with a girl from University). I feel I have taken the beginners counselling course, it has taught me to look after myself and I will be ready for the next round'

As you can see from this feedback the use of breathing and finding a safe place has assisted in this service user being able to better self-manage her symptoms, which in turn increased her confidence. On our self-reflection scale this service user reported that her self-esteem / confidence, her emotional wellbeing, her depression, her anxiety, her isolation, her stress and her happiness had all improved.

**Jan Swan, Centre Manager  
Fife Rape & Sexual Assault Centre**



*Trauma, by George Liquor  
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***The National Advocacy Project is funded by the Scottish Government and is a partnership between Rape Crisis Scotland and local rape crisis centres across Scotland. The project aims to provide support and advocacy to survivors who have engaged or are considering engaging with the criminal justice system following a sexual crime.***

***The broad objectives of the project are:***

- ***to improve the support available to victims of rape and serious sexual crime***
- ***to improve the experience of the criminal justice process for victims of rape and serious sexual crime and***
- ***to develop a better understanding of motivations to proceed or not to proceed within the criminal justice process and what difference advocacy support makes to this decision***

***Support and Advocacy Workers are now in place in 14 rape crisis centres across Scotland. The Rape Counselling and Resource Centre in Kilmarnock describes how this new role is making a difference across East Ayrshire:***

The Support and Advocacy role within the Rape Counselling and Resource Centre is an integral part of our core service. Our advocacy response stems from the following routes:

**Police referrals immediately after a survivor has reported sexual violence**  
In the first instance, survivors are offered emotional support and information on

how to cope with their symptoms of trauma.

They are then provided with information to enable them to understand the stages of the criminal justice process, their role within this and what support they can expect from the centre e.g. support to cope with the impact if charges are dropped; ongoing support through the often lengthy investigation stage; support to deal with the emotional impact if a case does not proceed to court and when it does proceed, support to attend PF/Crown appointments and court appearances.

When survivors are going through the criminal justice process, there are usually additional advocacy needs e.g. GP/hospital appointments, benefits, housing and education in the case of young women and girls.

We are also developing group support for some survivors who have indicated that they would benefit from peer support, sharing of experiences and coping strategies, especially during the investigation stage.

## **Referrals of historical abuse**

These referrals have come from the police, education and social work, Women's Aid and ASSIST. We respond in the same way as to a report of recent sexual violence and provide additional support where the decision to report has resulted in the breakdown of family relationships and has a significant impact on the survivor. In some instances, family members are supported by our other support worker.

## **Support to report**

Survivors, including young women, who are initially supported to deal with their experience of sexual violence, are also



**Rape Counselling and Resource Centre (SCRC) Kilmarnock**  
Working with and for women and girls to reduce the harm caused by rape and sexual violence



# East Ayrshire - Support & Advocacy

provided with information on their options to report to the police. If they then decide to report, they will receive additional advocacy support through the criminal justice process.

## Partnership Working

Given that partnership working is critical to developing the advocacy role, we have developed productive working relationships with various partners i.e. we have developed a strong working relationship with local Public Protection colleagues and Rape Investigation Unit and are using these links to access information on individual cases, which helps keeps survivors informed. We are in the process of developing a shared protocol with the Police and plan to develop a joint training programme on

sexual violence and trauma with relevant Units across Ayrshire Division.

We are also building on pre-existing relationships with schools and colleges and as part of the East Ayrshire VAWG Partnership, we are looking to develop wider advocacy pathways with colleagues from Education, Social Work and the NHS.

## Advocacy cases referred

July – November 2015	9
Since December 2015	32

**Pamela Drenth**  
**Support & Advocacy Worker**  
**East Ayrshire Rape Counselling & Resource Centre**

# Shetland Rape Crisis

**The newest service within the rape crisis network in Scotland is Shetland Rape Crisis, which was launched at The Mareel in Lerwick on Tuesday 24th May. Linda Gray is the Centre's Support and Development Worker, and has been planning towards the launch of the service since February.**

Shetland Rape Crisis, which is based in Lerwick, offers support, information and advocacy to survivors of any form of sexual violence aged 13 or over (all genders), no matter when in their lives it happened, as well as support for family, friends and workers.

Sexual violence has been on the rise in Shetland, with 30 cases reported to the police in 2014-15 - up by over 43% on

the previous year. Linda highlights 'There can be many reasons why people don't tell, not only the Police but those around them, so we know this is not the full picture. We are here to offer a safe space to talk, where people will be believed and supported, whether or not they decide to report'. While figures for many crimes in Scotland are going down, for sexual offences they continue to rise. Overall reported sexual assaults - including rape - rose 11% nationally in 2014-15 to 9,557 from 8,604.

The new service in Shetland is funded by the Scottish Government as part of the additional £20 million pounds to tackle violence against women, is managed by Rape Crisis Scotland, with mentoring support from the Rape and Sexual Abuse Service Highland based in Inverness. Cabinet Secretary for Justice Michael Matheson said:

# Shetland Rape Crisis

“We are absolutely committed to tackling domestic abuse and sexual violence and recognise the importance of supporting victims no matter where they live. Last year we provided extra funding of £1.85 million to Rape Crisis Scotland to help to ensure specialist support is available to victims across Scotland.

“As well as providing the 14 existing rape crisis centres with an 80% boost in funding, this money supported facilitated the opening of new centres in Shetland and Orkney, where historically it has not been easy for victims to access vital services.

“We recognise the importance of the work of Rape Crisis Scotland to ensure victims of sexual violence have a voice and get the help and advice they need and we are pleased to be able to support that vital work.”

In addition to offering support, Shetland Rape Crisis will be working towards raising awareness and changing the culture locally, where a subject like rape is still taboo, and survivors can be reluctant to talk about what has happened to them, because, as is the case in many rural areas, the community is a small one, where everyone knows everyone else, and where survivors, in addition to the many other pressures on them, can worry about the impact of naming the perpetrator and seeking justice on the community, and what that will mean for them.

Another priority for Shetland Rape Crisis will be talking to and educating young people, by generating discussions on vital issues such as consent and healthy sexual relationships, and challenging the damaging impact of pornography, and the problematic attitudes and misconceptions it can create. Raising awareness of so-called ‘revenge porn’ and challenging



*Support & Development Worker Linda Gray with MSP for Shetland Tavish Scott, at the launch of Shetland Rape Crisis*

potentially criminal behaviours before they have a chance to develop is very much part of this.

To get in touch, find out more or make a referral you can email:

**contact@shetlandrapecrisis.scot**  
or phone 01595 745078.

Website:

**<https://www.shetlandrapecrisis.scot/>**

Facebook: **<https://www.facebook.com/groups/195302234180099/>**

Twitter: **@ShetRapeCrisis**



# Centre Contact Information

**Glasgow Rape Crisis Centre**  
5th Floor, 30 Bell Street, Glasgow G1 1LG  
Helpline: 08088 00 00 14  
Office: 0141 552 3201  
Minicom: 0141 552 4244  
Email: [info@rapecrisiscentre-glasgow.co.uk](mailto:info@rapecrisiscentre-glasgow.co.uk)  
Support:  
[support@rapecrisiscentre-glasgow.co.uk](mailto:support@rapecrisiscentre-glasgow.co.uk)  
Web: [www.rapecrisiscentre-glasgow.co.uk](http://www.rapecrisiscentre-glasgow.co.uk)

**Edinburgh Rape Crisis Centre**  
1 Leopold Place,  
Edinburgh EH7 5JW  
Support service:  
0131 556 9437  
Business: 0131 557 6737  
Email: [support@ercc.scot](mailto:support@ercc.scot)  
(Support enquiries)  
Email: [info@ercc.scot](mailto:info@ercc.scot)  
(General email enquiries)  
Web: [www.ercc.scot](http://www.ercc.scot)

**Women's Rape & Sexual  
Abuse Centre**  
- Dundee & Angus  
2 Dudhope Street  
Dundee DD1 1JU  
Helpline: 0300 365 2001  
(Mon, Wed, Fri 10am-12pm)  
Office: 01382 205 556  
Email: [info@wrasac.org.uk](mailto:info@wrasac.org.uk)  
Email (Support): [support@wrasac.org.uk](mailto:support@wrasac.org.uk)  
Web: [www.wrasac.org.uk](http://www.wrasac.org.uk)

**Perth & Kinross  
Rape & Sexual Abuse Centre**  
Perth & Kinross (RASAC P&K)  
18 King Street, Perth PH2 8JA  
Helpline: 01738 630 965  
Office: 01738 626 290  
Email: [info@rasacpk.org.uk](mailto:info@rasacpk.org.uk)  
Support: [rasacpk@gmail.com](mailto:rasacpk@gmail.com)  
Web: [www.rasacpk.org.uk](http://www.rasacpk.org.uk)

**Fife Rape & Sexual Assault Centre**  
38/40 High St, Kirkcaldy KY1 1LU  
Office: 01592 642 336  
Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)  
Web: [www.frasac.org.uk](http://www.frasac.org.uk)

**Scottish Highlands  
Rape and Sexual Abuse Service Highland  
(RASASH)**  
Support line: 03330 066909  
Office: 01463 257657  
Email (Office): [info@rasash.org.uk](mailto:info@rasash.org.uk)  
Email (Support): [support@rasash.org.uk](mailto:support@rasash.org.uk)

**Aberdeen  
Rape and Abuse Support (RAS)**  
112 Crown Street,  
Aberdeen AB11 6HJ  
Helpline: 01224 591342  
Office: 01224 590932  
Email: [info@rasane.org.uk](mailto:info@rasane.org.uk)  
Web: [www.rasane.org.uk](http://www.rasane.org.uk)

**Dumfries and Galloway  
South West Rape Crisis  
& Sexual Abuse Centre**  
9 George Street Meuse  
Dumfries DG11HH  
Helpline: 01387 253 113 (Dumfries)  
Helpline: 01776 889 331 (Stranraer)  
Email: [admin@rape-crisis.org.uk](mailto:admin@rape-crisis.org.uk)  
Web: [www.rape-crisis.co.uk](http://www.rape-crisis.co.uk)



# Centre Contact Information

**Forth Valley Rape Crisis Centre**  
Email (Support):  
[support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)  
Email (General):  
[contact@forthvalleyrapecrisis.org.uk](mailto:contact@forthvalleyrapecrisis.org.uk)  
Web: [www.forthvalleyrapecrisis.org.uk](http://www.forthvalleyrapecrisis.org.uk)  
Phone number coming soon.  
For support in the meantime,  
please call the National Helpline  
(6pm-Midnight) on 08088 01 03 02

**Shetland Rape Crisis**  
Voluntary Action Shetland  
Market House, 14 Market Street  
Lerwick, Shetland ZE1 0JP  
Office: 01595745078  
Email:  
[contact@shetlandrapecrisis.scot](mailto:contact@shetlandrapecrisis.scot)  
Web:  
<https://www.shetlandrapecrisis.scot/>



**East Ayrshire**  
Rape Counselling & Resource Centre  
PO Box 23,  
Kilmarnock KA1 1DP  
Helpline: 01563 541 769  
Office: 01563 544 686  
Email: [rcrc1@btconnect.com](mailto:rcrc1@btconnect.com)

**Orkney Rape Crisis**  
Room 2, Flat 3, Phoenix House,  
Junction Rd, Kirkwall, KW15 1AX  
Office: 01856872298  
Email:  
[contact@orkneyrapecrisis.scot](mailto:contact@orkneyrapecrisis.scot)  
Web:  
<https://www.orkneyrapecrisis.scot/>

**Lanarkshire Rape Crisis Centre**  
Brandon House Business Centre, 23-25  
Brandon Street, Hamilton ML3 6DA  
Helpline: 01698 527 003  
Office: 01698 527 006  
Minicom: 01698 527004  
Email: [info@lanrcc.org.uk](mailto:info@lanrcc.org.uk)  
Web: [www.lanrcc.org.uk](http://www.lanrcc.org.uk)

**Western Isles Rape Crisis Centre**  
74 Kenneth Street, Stornoway,  
Isle of Lewis HS1 2DS  
Helpline & Office: 01851 709 965  
Email: [info@wircc.org.uk](mailto:info@wircc.org.uk)  
Web: [www.wircc.org.uk](http://www.wircc.org.uk)

**Scottish Borders Rape Crisis Centre**  
1A Wilderhaugh, Galashiels, TD1 1PW  
Office: 01896 661070  
Email (office): [info@sbrcc.org.uk](mailto:info@sbrcc.org.uk)  
Email (support): [support@sbrcc.org.uk](mailto:support@sbrcc.org.uk)  
Web:  
[www.scottishbordersrapecrisis.org.uk](http://www.scottishbordersrapecrisis.org.uk)

**Argyll & Bute Rape Crisis Centre**  
PO Box 9338, Dunoon PA23 8WS  
Helpline (women): 0800 121 46 85  
Helpline (men): 0800 032 0399  
Office: 01369 700 800  
Email: [info@ab-rc.org.uk](mailto:info@ab-rc.org.uk)  
Email: [support@ab-rc.org.uk](mailto:support@ab-rc.org.uk)  
Web: [www.ab-rc.org.uk](http://www.ab-rc.org.uk)  
or visit [www.tessaproject.co.uk](http://www.tessaproject.co.uk)