

Rape Crisis Scotland

Annual
Report
2012-13

**RAPE
CRISIS
SCOTLAND**

01. Introduction

Sexual violence can affect anyone. Despite stereotypes involving strangers jumping out from behind bushes, most people are assaulted by someone they know, including partners, family members and acquaintances. Sexual violence is frightening, degrading and humiliating and can have a significant and long-term impact.

For over 30 years, the rape crisis movement in Scotland has supported survivors who have experienced sexual violence, pressed for legal change and countered the many myths about rape and sexual abuse. It is now a thriving network of 13 member centres which provide free and confidential support to survivors of sexual violence by telephone, letter, email and in person. A national office – Rape Crisis Scotland (RCS) – supports the work of local centres and develops new centres in areas where there are no or few specialist services.

This report gives a brief overview of the main developments within RCS and its affiliated centres over the past year. In this time, there have been many significant developments both within RCS and within the criminal justice system.

The RCS helpline, a free and confidential service offering initial support and information, is open every day from 6pm to 12 midnight. Police Scotland also operates a referral system on an opt-out basis to our helpline, meaning that help and support is provided on a proactive basis to survivors of sexual violence.

02. Supporting local centres

Rape Crisis National Service Standards (RCNSS)

The RCNSS were developed in recognition of the need to have in place service standards that are specific to sexual violence services and provide a benchmark for excellence. In recognition of this national development the Scottish Government has included adherence to and completion of RCNSS as one of the conditions of funding for Rape Crisis Specific Funding for RCS member centres. Rape Crisis Scotland member centres are presently undertaking Phase One of the RCNSS: Implementation of the 9 service standards.

The RCNSS self-assessment online tool has assisted with gathering evidence and this is then mapped against all the standard section requirements:

Almost 46% of survivors in contact with rape crisis centres have experienced rape as an adult, while just over 36% are survivors of child sexual abuse.

Section 1: Organisational requirements

Section 2: Values

Section 3: Strategy and Governance

Section 4: Managing services

Section 5: Working with service users

Section 6: Protecting service users and staff / volunteers

Section 7: Diversity, equality and access

Section 8: Service user involvement and participation

Section 9: Developing the organisation

In agreement with the Scottish Government, Phase One of the implementation process is due to be completed by RCS member centres by the end of September 2013. To support this process RCS has facilitated 3 Centre support meetings to discuss progress, share resources (e.g. drafting of model policies). RCS has also hosted 2 consultation meetings to progress Section 8: Service user involvement and participation.

RCS National exchange meeting for Centre board members – July 2012

RCS hosted this event to create a forum for the development of a peer support exchange for boards / trustees within the membership of RCS.

The aims of the day were:

- » *To provide information and training*
- » *To offer updates / resources / Q & A session*
- » *To encourage exchange of ideas / experiences through networking*
- » *To link the governance role with the Rape Crisis Service Standards*
- » *To consult on development of exchange meetings/ forums for board / trustees*

RCS appreciates the level of commitment offered by all centre boards / trustees to their organisation, and hopes that this annual exchange meeting will support them in undertaking this leadership role within the Scottish Rape Crisis membership. In response to requests RCS identified a keen interest in strategic planning as the training topic for the exchange meeting. This event was attended by board members from 5 RC centres and the RCS board.

RCS Shared vision day with centres (World Café event)

The annual RCS World Cafe event took place in June 2012 at the Albany Centre, Glasgow and involved colleagues from Rape Crisis member centres across Scotland and the RCS staff team. The aim of the day was to discuss the Best Practice Model content and to review RCS membership criteria. The Best Practice Model for RC centres lays out the core ethos & values of the rape crisis movement and services. This model was adapted in agreement with our colleagues in Rape Crisis Network Ireland.

The vast majority of survivors were raped or abused by someone known to them – only just under 14% were assaulted by a stranger.

03. RCS Helpline

RCS Helpline

The RCS Helpline offers free and confidential support to female, male and transgender survivors of sexual violence, their friends, relatives and workers. The Helpline is open daily between 6pm – 12 midnight, staffed by trained support workers who provide short term support and information, as well as signposting and referrals to local Rape Crisis Centres or other local services that offer longer term support.

In 2012 – 2013, the RCS Helpline received calls and emails as follows:

- » 3801 support
- » 156 information
- » 548 silent
- » 118 prank
- » 42 abusive

Total: 4,665

This year we have noted a significant increase in all forms of contact. For Support & Information this has been an increase from 2712 support & information contacts (helpline & email) last year to 3957 this year – **an increase of over 42%**.

This is in part due to the Police Direct Referral protocol between the RCS Helpline and ACPOS (Association of Chief Police Officers of Scotland – protocol is now with Police Scotland) to deliver a proactive support service to survivors of sexual violence after they have made a report to the police. The direct referral process is available to any survivor aged 16+, regardless of whether it is a recent or historic crime they have reported. Between April 2012 – March 2013, RCS Helpline received 386 police referrals. As part of the referral process the survivor is offered the opportunity to give structured feedback on their experience of reporting and this is fed back anonymously to ACPOS and each Police Authority (now to each Division of Police Scotland) as part of their ongoing improvement & practice development.

Another contributing factor is the success of the email support service which received and responded to 441 emails, improving access to a

range of survivors and their supporters. From the feedback given those contacting gave a range of reasons why they preferred email including not yet feeling ready to say the words out loud, not feeling able to speak on the phone, being abroad (following an assault), being deaf/hard of hearing and preferring to write and have the information to refer back to. More than 88% of those who completed the feedback survey stated they hadn't used the helpline yet, indicating the importance of email in widening access, particularly around initial support.

"I was scared of the thought of speaking to a stranger face to face initially but after I received a reply email from yourselves I felt it gave me a little more strength and the little push I need to speak to someone face to face, you have made me realise I don't have to feel alone"

- SurveyMonkey feedback quote

Widening access is an ongoing focus for the Helpline, identifying the specific barriers faced by different groups of survivors and working collaboratively with others to try to address these. One area for development this year has been in improving access to Deaf and hard of hearing survivors. Working jointly with Deaf Connections

and Wise Women we have worked to improve access. In September 2012 we began our specific Deaf Access Service every Tuesday 1.30-5pm offering Text Support & free access to support via an online British Sign Language Interpreter through Deaf Connections' Sign on Screen service. We have a section on the website linking to useful resources for Deaf survivors and all of our support information translated into British Sign Language on webclips on the website and on DVDs. An event was held in Glasgow for support agencies to improve their deaf awareness and further events held with the Deaf Community to outline the service and discuss access to support and the Police. Deaf women highlighted some of the difficulties they commonly experience such as a dearth of accessible information, lack of communication options such as text and interpreters, lack of deaf awareness and cited low confidence in hearing organisations being able to understand or meet their needs.

This year has seen a rise in the number of survivors contacting centres by methods other than phone – in particular, support via text has grown significantly.

04. Working for change

Legal change

In the past year **the Scottish Government** outlined its plans to introduce legislation to remove **the requirement for corroboration**. The requirement for corroboration has a particularly significant impact on sexual offences, which often take place in private and can by their nature be very difficult to corroborate. Rape Crisis Scotland has supported the proposed removal of the requirement for corroboration. In this connection, RCS held an event in Glasgow in March to explore the impact of the proposed changes on sexual offence cases and provide a forum for discussion on what this might mean for survivors. Speakers included the Cabinet Secretary for Justice, an Assistant Chief Constable, Head of the National Sexual Crimes Unit and a campaigner for the abolition of corroboration who has been directly affected by its impact.

RCS also responded to a Scottish Government consultation on the **Victim & Witnesses Bill**, calling for sexual offence complainants to be given automatic entitlement to special measures in court such as screens and supporters. We were also involved in setting up a short term working group

to develop **minimum standards for forensic examinations** for sexual offences, to improve the response survivors receive across Scotland.

In the past year, we have been involved in a number of multi-agency activities and groups, including:

- » *Contributing to Crown Office sexual offences training course on regular basis*
- » *Involvement in the Crown Office Expert Group on Sexual Offences*
- » *National Group to Address Violence Against Women*
- » *White Ribbon Steering Group*
- » *Scottish National Stalking Group*

05. Prevention

In September 2012 the new Sexual Violence Prevention Coordinator came to post following a successful application to the LankellyChase Foundation, and since then several developments have been underway.

The first key task has been developing a prevention pack, which has involved discussion with centres and research into the evidence base. Materials will be based on seven themes, each adapted for different ages so that programmes can be tailored to local needs. The prevention pack will be ready in the autumn of 2013 along with an evaluation framework.

In February we submitted a successful application to the BIG Lottery Fund for a prevention worker for centres who do not have one, so this fantastic opportunity to increase the reach of prevention education and recruitment is now underway. We've also been working with partners in the violence against women sector and met with Education Scotland to raise the profile of sexual violence prevention work and pave the way for the new prevention workers to develop links with schools and youth groups in their area.

This developing work takes place in the context of campaigns and action tackling issues of sexualisation and street harassment such as “No More Page 3” and “Hollaback,” as well as increasing calls for compulsory sex and relationships education, and RCS is delighted to be part of this wider movement to tackle values and attitudes underlying sexual violence.

Figures for 2012-13 show a marked increase in sexual bullying reported to rape crisis centres.

06. Offering support & Information

Website

We continued to publish news and updates on our website on a regular basis (22 new stories in the course of the year) and added many new resources to our website, such as our new leaflet for survivors who were assaulted overseas. Our website also now includes a range of videos offering information in British Sign Language (BSL) at <http://www.rapecrisisscotland.org.uk/bsl/introduction/>. We also continued to maintain an active presence across a range of social media, including Facebook, Twitter and YouTube, where over 560,000 people have now viewed our campaign video 'Not Ever'.

Stalls, presentations and enquiries

We held stalls at 8 events and gave 29 presentations. In addition to general administration calls and calls to the helpline, we responded to 461 enquiries, 100 of which were media enquiries (a 14% increase on 2011/12).



07. Raising awareness

Conference

Rape Crisis Scotland held a conference in Glasgow in October. Entitled “Transforming a Rape Culture”, the conference looked at campaigning on sexual violence. Prevention campaigns on rape have historically been aimed at what women can do to prevent or avoid rape. Recent years have seen a welcome shift towards highlighting the need for a change in public attitudes and to focus on perpetrators and potential perpetrators. “Transforming a Rape Culture” provided an opportunity to hear more about different campaigns on sexual violence, and consider further action in this area.

Seminar

As part of the 16 Days of Action (and as part of Engender’s ‘Feminists Talk Scotland’s Futures’ series), Engender and Rape Crisis Scotland held a joint seminar in Edinburgh in December exploring the concept of rape-prone societies and the links between rape and women’s inequality.

“Consent”

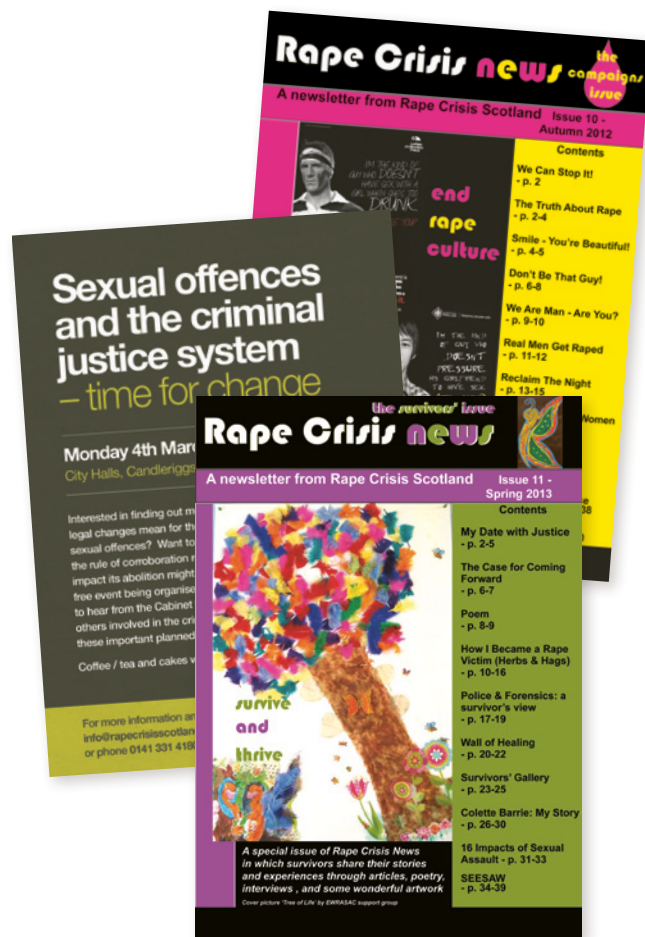
We held another public screening of the drama documentary “Consent” – this year in Dumfries. This was very well attended. The screening was followed by an interesting and lively discussion between an invited panel (including representatives from the local Procurator Fiscals’ Office and police, Dumfries and Galloway Council - Domestic Abuse and Violence Against Women Partnership and Rape Crisis Scotland) together with a local audience.

Campaigning with ACPOS

Our campaigning collaboration with ACPOS reached its fruition in September with the launch of “We Can Stop It”, a campaign designed to highlight changes in sexual offences legislation and to invite people, particularly young men between 18 and 27, to consider their own attitudes and behaviour and the role they can play in preventing rape.

Rape Crisis News

We produced two extensive issues of Rape Crisis News during the period, totalling 80 pages of A4. The first of these looked at a range of campaigning initiatives and included interviews with and contributions from a range of individuals and agencies working to challenge sexual violence and the attitudes which support it. A further issue of Rape Crisis News brought together a diverse range of articles directly from survivors and was illustrated throughout with a wonderful range of survivors' artwork.



08. RCS Database Project

Rape Crisis Scotland's common statistical gathering system for use by member centres continues to produce accurate and reliable statistics on the nature and occurrence of sexual violence experienced by clients using Rape Crisis Centres across Scotland. These statistics also assist RCCs with their continued development and effective operation. During the year covered by this Annual Report, 10 centres participated in the project – these centres were: Glasgow, Dundee, East Ayrshire, Lanarkshire, Argyll & Bute, Fife, Western Isles, Perth & Kinross, Scottish Borders and Central Scotland Rape Crisis.

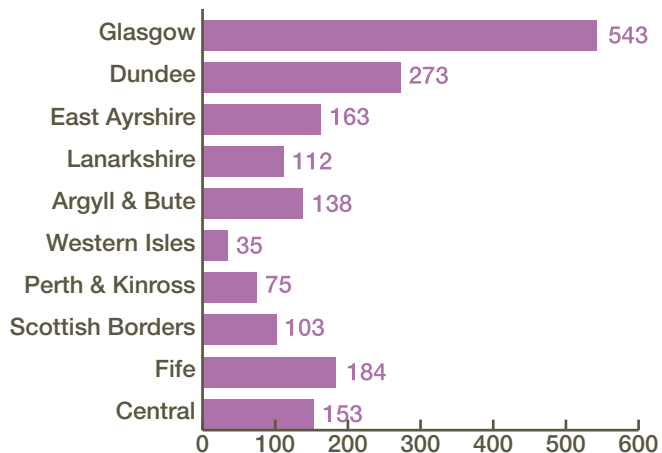
The statistics below give a summary of the support offered by these centres for the period 1st April 2012 – 31st March 2013. It is clear from these figures that there continues to be a significant demand for rape crisis services across the country. It is important to bear in mind that the actual level of support offered by rape crisis centres in Scotland is greater than the figures

given here, as these only represent the data from the 10 of our 13 member centres who participated in the project for this period. The prevalence of sexual violence in Scotland is likely to be far greater than the figures represented here, as many survivors of sexual violence don't feel able to tell anyone about what has happened to them.

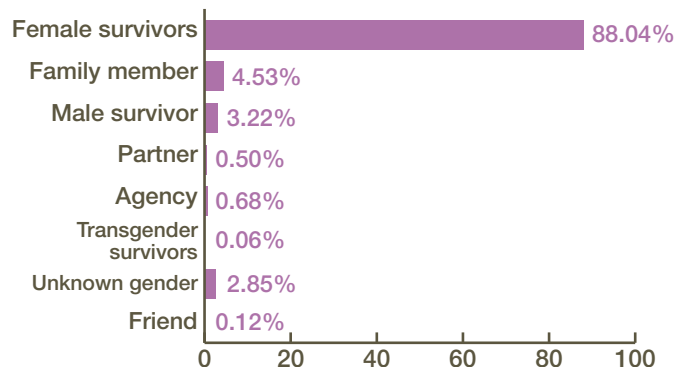
In the past year, rape crisis centres in Scotland provided over 6,000 support sessions to survivors of sexual violence.

Total clients: 1,779

Clients supported per centre

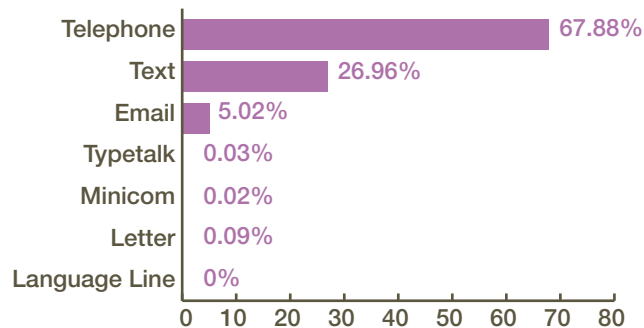
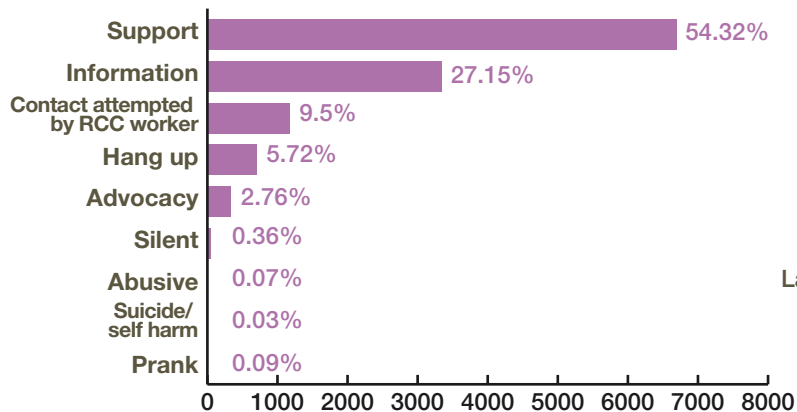


Client type

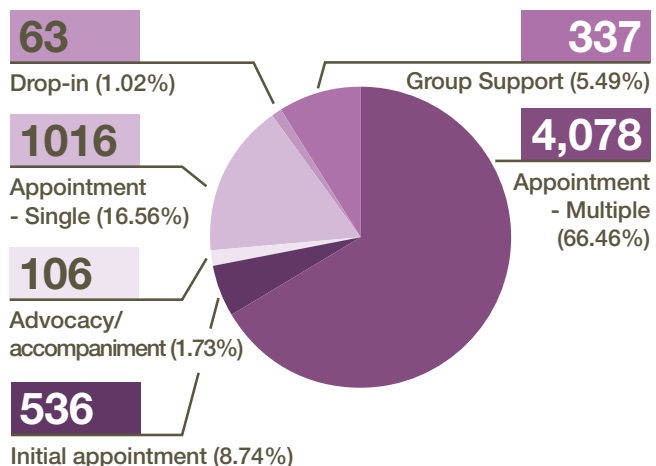


Total calls: 12,337

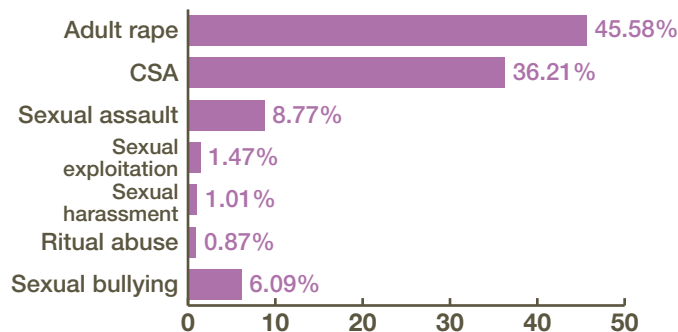
Method of contact



Appointments: 6,136

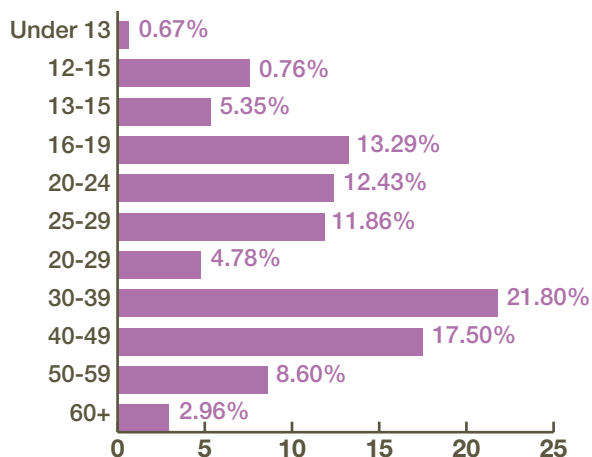


Nature of abuse*



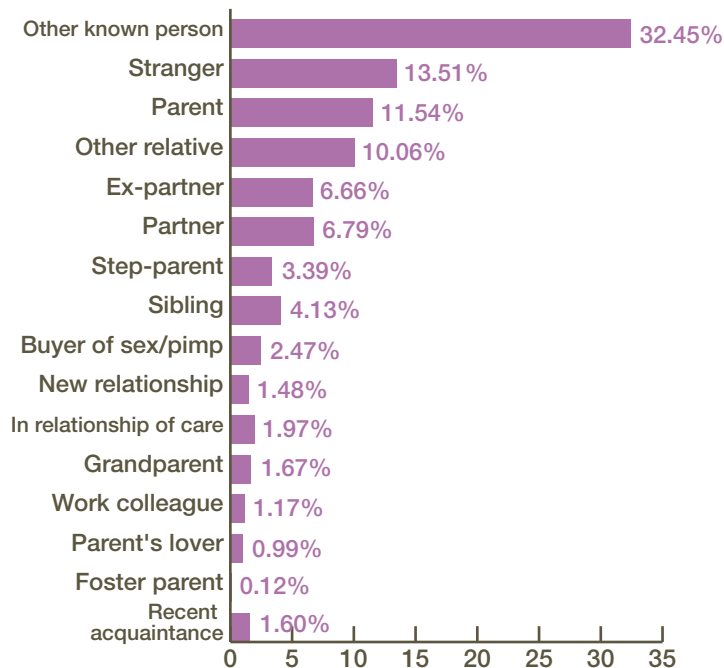
Some clients have experienced more than one form of abuse.

Survivor age*



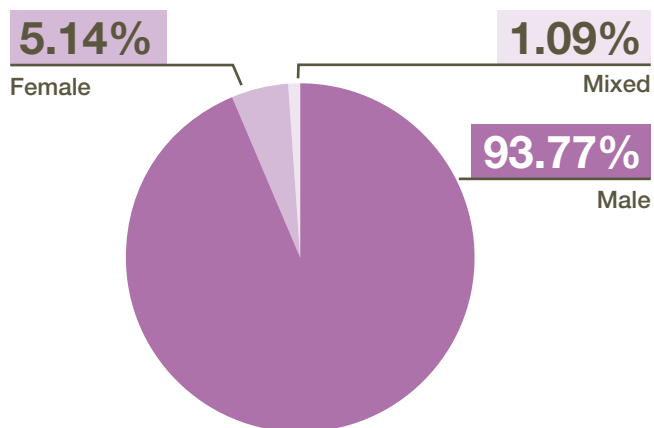
Please note that there is a small overlap in age categories during 2012-13 due to a change in age categorization within the database.

Relationship of abuser*

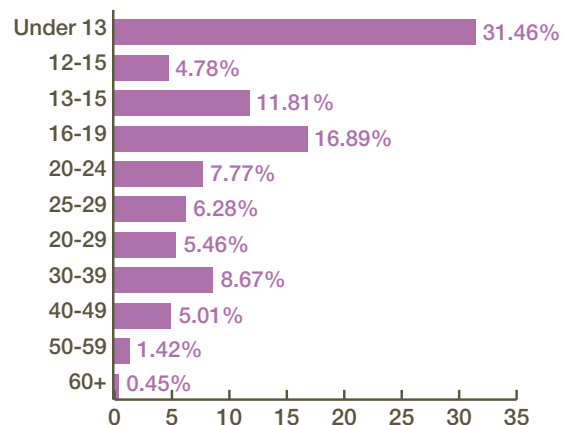


*(where known)

Gender of abuser*

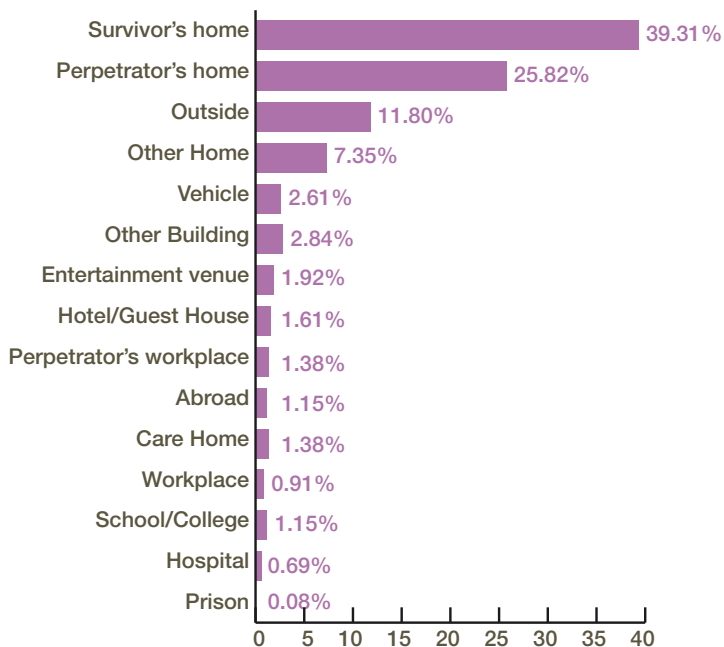


Survivor's age at start of abuse*

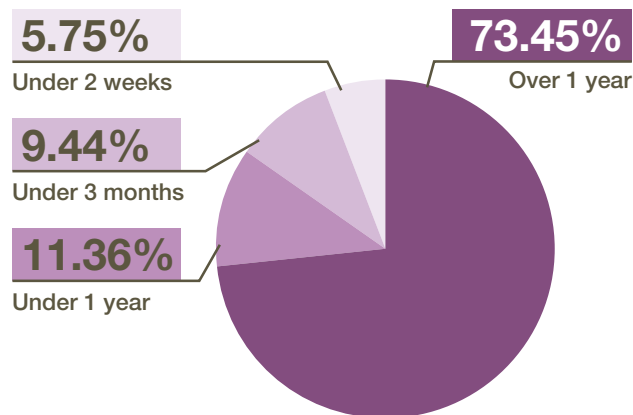


Please note that there is a small overlap in age categories during 2012-13 due to a change in age categorization within the database

Location of abuse*

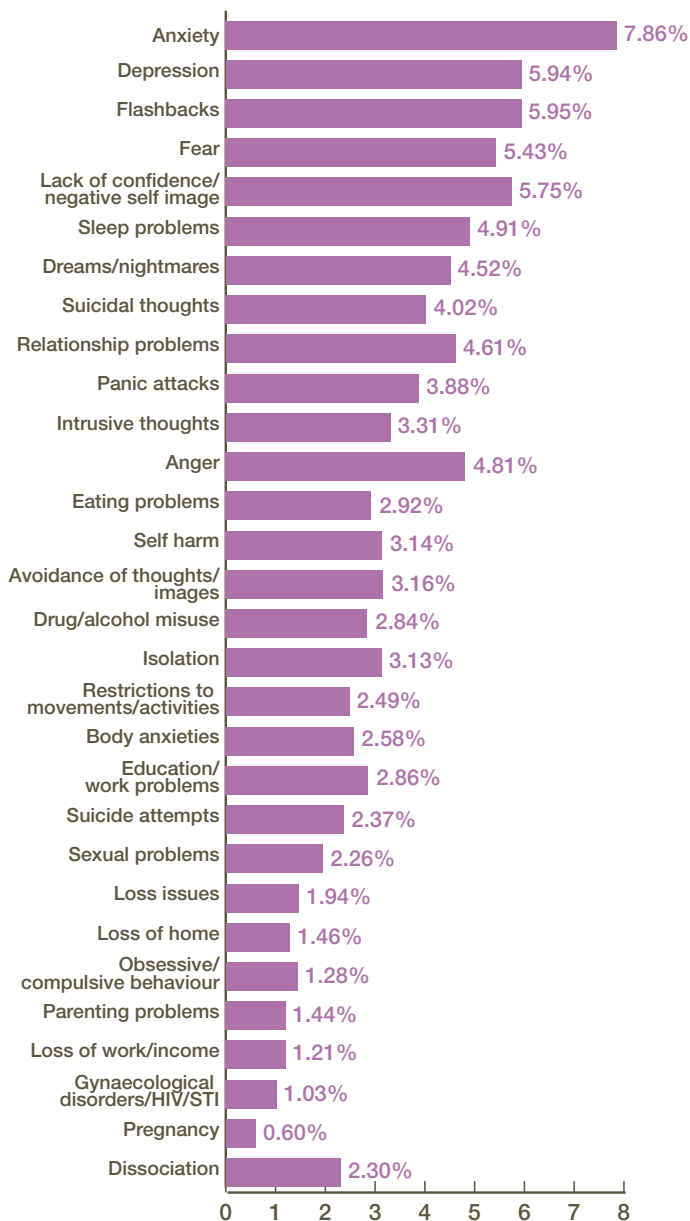


Time elapsed since abuse*

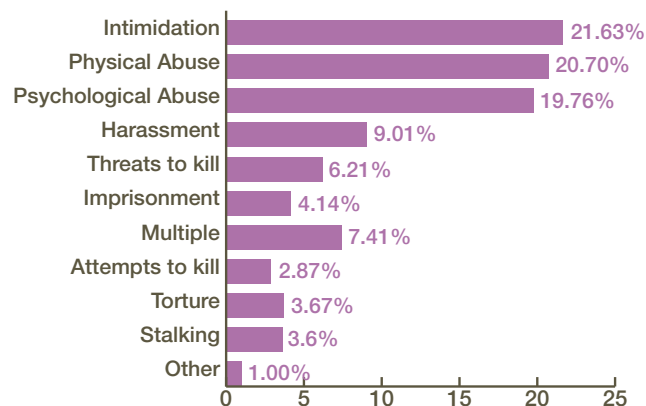


*(where known)

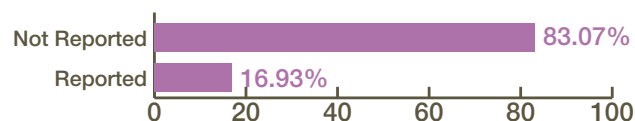
Effects of the abuse*



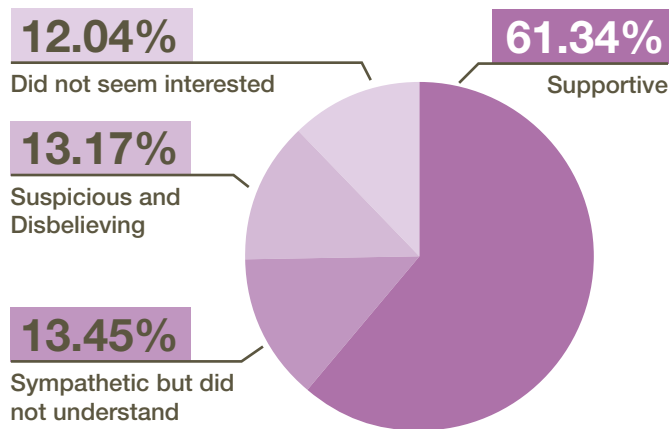
Additional violence involved*



Reported to the police*



Perception of police response*



*(where known)

Less than a fifth of survivors in touch with rape crisis centres have reported their experience to the police

Over 65% of incidents of sexual violence took place either in the home of the survivor or in the perpetrator's home.

Statistics for the three remaining member centres – Aberdeen, Edinburgh & Dumfries & Galloway – may be available either from their websites or by contacting the centre directly. Please visit the RCS (www.rapecrisisscotland.org.uk) website for contact information. These centres are members of the database project but have been unable to participate actively in the project for the year April 2012 - March 2013 due to resource issues.

09. Finances

Summary accounts for the period April 2012 – March 2013

Auditor: Campbell Dallas

Income

Core funding	£244,000
National Helpline	£260,000
Donations	£4,944
Bank interest	£1,336
Grants to Local Centres	£650,000
Other restricted income	£27,800
Total:	£1,188,080

Expenditure

Charitable expenditure	£1,158,730
Governance costs	£5,976
Total:	£1,164,706

Please contact us if you would like a copy of our audited accounts.

10. News from local centres

Aberdeen

Major highlights/achievements of the past year have included:

- » Continuing to support survivors despite losing Violence Against Women funding. We secured funding from Aberdeen City Council and the Volant Trust (Foundation Scotland) for 3 years.
- » Fundraising through a variety of sources – Baker Hughes, Baxter’s and the Balmoral runs.
- » A cohort of 9 new Volunteer Support Workers was recruited and is now active.
- » We completed our first transgender survivor engagement and the service has been adapted correspondingly.
- » Our Volunteer Co-ordinator is part of the planning team involved with the new Health Village that will open in November 2013 with the SARC team/Police Scotland.

Other major developments include:

- » We made a successful application to the Voluntary Action Fund for an additional part-

time Shire volunteer co-ordinator

- » We are continuing to develop service user standards and introducing new monitoring and evaluation tools.

Argyll & Bute

Our main focus this year has been the slow, but continuous expansion of Rape Crisis services to a number of areas in Argyll and Bute where no specialist services existed for survivors, particularly the more remote islands. We can now provide a monthly support and development service on the Islands of Mull and Tiree.

Our Partnership Group Support Therapies continue to receive very positive evaluation from participating agencies and their service users. We’ve found partnership group work to be a really valuable form of support for survivors with complex issues who do not feel confident or ready to access face to face support services.

TESSA, our Youth Prevention Project has just completed its first year programme of age appropriate workshops in all 10 secondary

schools Argyll and Bute wide (funded by Comic Relief).

Funding secured from the Third Sector Early Intervention Fund will allow us to build on Tessa by offering bespoke workshops to young people who have learning disabilities in schools and youth groups throughout Argyll and Bute.

Central Scotland

Central Scotland Rape Crisis & Sexual Abuse Centre has had another busy year providing support for survivors and we continue to raise awareness about the work we do and the service we can provide to local community groups and other voluntary agencies.

Our Youth Project and Senior Pupils Presentations continue to be well received in the local secondary schools with over 8,582 students who have given positive feedback about the projects and the demand for classes for the forthcoming academic year has been overwhelming! Taking account of all the services we provide, on an annual basis there are in excess of 11,050 people who benefit in some way from the work CSRC&SAC does!

East Ayrshire

Kilmarnock based Rape Counselling & Resource Centre underwent a major transformation during the year 2012 - 2013. A Collective organisation since its inception in 1987, RCRC began the change process by developing its first Board of Trustees to oversee the change process and with a view to building the necessary requirements for a new management structure. As a result, RCRC were delighted to meet the criteria for and become a Scottish Charitable Incorporated Organisation on 31st March 2013.

Despite achieving our SCIO status, and after a year of big changes to the centre, including moving to new offices, unfortunately RCRC lost the majority of its funding. During austerity cuts which have affected the sector more widely, RCRC were hugely disappointed not to receive ongoing funding locally but continue to provide services to women and girls across East Ayrshire, albeit with reduced coverage in the short term; finding new funding streams is keeping everyone at RCRC busy.

We now have a healthy list of women interested in participating in Volunteer Support Worker training which we hope to run later in the year. Following a well received presentation to the East Ayrshire Violence Against Women Partnership Group,

RCRC are also looking forward to hosting one of the Prevention Worker Posts.

Dumfries & Galloway

Our work with survivors continues to move from strength to strength. We were delighted to receive funding from the Big Lottery to develop the Cosy Garden – a previously derelict space adjoining our Cosy House refuge, which has now been transformed, and even has its own shed and greenhouse. Developing the garden has proved very therapeutic for survivors, who really value the space and time spent in it, and an open day took place for centre staff to witness the full extent of the transformation. We have also been very active doing talks and training with Senior pupils in schools in Castle Douglas, Stranraer and Newton Stewart, and are continuing to work towards the National Service Standards.

Dundee

WRASAC Dundee have had a very busy and successful year delivering a wide range of quality support services.

We were delighted that during the last year WRASAC was awarded £527,000 from Big Lottery to continue and further develop Vice

Versa – our specialist support service for women involved in prostitution. The grant, which will provide 5 years secure funding for the project, has enabled WRASAC to increase the capacity of the project to include an additional drop-in support worker, a part time administration worker and a substance misuse support worker who is employed by CAIR Scotland with whom we work in partnership to deliver Vice Versa.

The ongoing recruitment and training of volunteers in 2012 took us to having a total of 25 volunteers and placement students. Our volunteers continue to be an asset to the organisation. However the ongoing demand for our support services means we still have a waiting list for support. We conducted a survey with service users in March 2012 in relation to the potential of setting up a Befriending project; this was followed by our first service user consultation event. Befriending has been established as a priority for development over the coming year.

Edinburgh

Our main focus for 2012/13 was to secure funding as five years funding towards 60% of our support service came to an end. We ran a successful fundraising appeal and secured funding from several new funders, and therefore did not have to reduce our service. They are: Edinburgh and

Lothian Health Foundation, NHS Lothian, The Robertson Trust, Young Start and Lloyds TSB Foundation for Scotland.

Alongside our long-term, advocacy and crisis support, we continued to provide specialist services: STAR project for girls and young women, complementary therapies, counselling, art therapy, outreach services in Midlothian and East Lothian and ran groups throughout the year.

New developments include a dedicated service for women who have experienced commercial sexual exploitation, dance movement therapy groups and a new trauma recovery booklet for survivors. We have had an increase in demand for our training services, and continue to input into the police sexual offences training.

Fife

We have continued to develop and provide relevant counselling and support services to survivors of Rape and Sexual Assault within Fife. We have achieved 75% of the Rape Crisis National Service Standards. We have introduced psychodrama for our service users which is a therapy where action methods are used to enable past, present and future life events to be explored. In October this year we will have been providing one to one support services for 10 years within Fife.

Glasgow

Demand on the service has increased significantly and we have had a marked increase in the number of women accessing our drop-in which we have extended to include a Wednesday evening session. Our helpline hours have increased and we have introduced a freephone helpline number.

Our groupwork programme is developing significantly and we have developed a 'groupwork manual' to ensure that survivors have a consistently high quality service from us and to help newer workers to benefit from the experience of skilled group work staff.

We have secured funding from BBC Children in Need for support work with young women as well as a grant from Comic Relief to continue our work with women asylum seekers and refugees.

We have also employed a worker to deliver support services to women from BME communities across Glasgow.

We are working more closely with Police Scotland to provide additional support to women who are making reports of historical abuse. Women can have statements taken at Rape Crisis with their support worker present. We have had very positive feedback from both women and police.

Lanarkshire

One of the main highlights for LRCC in the past year was a development day that was attended by the board, staff and volunteers in the month of February. The event was very well attended and an external facilitator was able to help everyone recognise many achievements, while identifying areas for expansion and development.

Other highlights include: the fundraising events which raise almost £4,000; positive feedback from service users about the impact of support services; an increased input to local strategies re violence against women; improved partnership work with various agencies; consistent support services. Completing the Rape Crisis National Service Standards has been very challenging, but this process has provided LRCC with an opportunity to review and develop its work and structure further. LRCC supported 112 survivors in the past year, 67 of which were new referrals, and we also supported over 1300 calls to the help-line. A 16 week waiting list for face to face was reduced to 10 weeks by the Support Co-ordinator, and we are currently working to reduce this further. Very positive feedback has been received from service users.

Perth & Kinross

A significant development for RASAC P&K throughout 2012/2013 was the move our new Centre. We have doubled our number of support rooms and have the space to deliver group work. We've had wonderful feedback from survivors about our new premises, many of whom have said the Centre has a very warm and relaxing atmosphere.

RASAC Youth Initiative, formerly SYSTA, has been well received in schools and throughout the community. TESSA prevention workshops took place across a range of formal and informal settings, including 4 Perth & Kinross schools.

Demand for our Outreach Service is increasing, with 60% of survivors accessing RASAC for support living in rural communities. In year 1 of our Outreach Service we carried out 47 Outreach support appointments.

Our groups went well throughout 2012-2013. Our weekly arts and crafts group is ongoing and we have also delivered time-limited programmes including stress management, exploring self-esteem and self-defence. Feedback has been positive and survivors are consulted about all current and forthcoming group work within the centre.

Scottish Borders

Highlights and achievements of this year included:

- » Managing a 74% increase in access to our service.
- » A huge challenge and achievement was embarking on completing the National Service Standards. It was a really useful experience, however it was time consuming and stretched our small capacity a bit!
- » Co-facilitating 4 multi-agency Rape and Sexual Abuse Awareness Raising Training sessions in partnership with NHS Borders.
- » Participating in local community awareness raising, around the impact of VAW.
- » Promoting our service in a variety of forums e.g. Freshers Week, Community Forums and partners agency meetings.

The major developments for this year were:

- » Inducting our second group of volunteer support workers to enable them to carry our helpline and face to face support.
- » Achieving a successful funding bid to pilot self-esteem and confidence building group work with survivors.

- » Developing survivor centred advocacy.

We also held a very successful fundraiser 'Ladies Night' which raised almost £600 and helped promote our service. This was held on the UN Elimination of VAW Day, 25th November.

Western Isles

Our outreach work is paying off in terms of our service being accepted in the more rural areas & we have built up a trusting relationship which is brilliant. We still need more suitable premises and hope to progress this in the coming year and raise awareness in our funding efforts of the importance of maintaining a women only space.

Our outreach work to Barra, which is extremely well received is being hampered by local authority cuts to the plane services between Benbecula & Barra and Stornoway to Benbecula.

11. Looking ahead

Our priorities for the coming year include continuing to support centres in implementing the National Rape Crisis Service Standards. We will also support centres in establishing the Prevention Project funded by the Third Sector Early Intervention Fund. We look forward to continuing to develop a range of positive partnerships and projects with agencies and individuals in criminal justice and health and hope to report on outcomes from these in the coming year. We will also continue to provide crisis and short-term support to anyone affected by sexual violence through our national, daily helpline.

Contact information

Aberdeen

Rape and Abuse Support (RAS)
88 John Street, Aberdeen AB25 1LE

Helpline: 01224 620 772

Office: 01224 639 347

Email: info@rasane.org.uk

Web: www.rasane.org.uk

Argyll & Bute

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

Email: support@ab-rc.org.uk

Web: www.ab-rc.org.uk

or visit www.tessaproject.co.uk

Central Scotland

Rape Crisis & Sexual Abuse Centre
1 Glebe Avenue, Stirling FK8 2HZ

Helpline (women): 01786 471771

Helpline (men): 07733 964478

Office: 01786 446887

Email: csrcc@ic24.net

Web: www.rapecrisiscentralscotland.co.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: swrcandsac@btconnect.com

Web: www.rape-crisis.co.uk

Dundee

Women's Rape & Sexual Abuse Centre

PO Box 83, Dundee DD1 4YZ

Helpline: 01382 201 291

Office: 01382 205 556

Fax: 01382 226 936

Email: wrasac@btconnect.com

Email (Support): support@wrasacdundee.org

Web: www.wrasacdundee.org

East Ayrshire

Rape Counselling & Resource Centre

PO Box 23, Kilmarnock KA1 1DP

Helpline: 01563 541 769

Office: 01563 544 686

Email: rcrc1@btconnect.com

Edinburgh

Edinburgh Women's Rape

& Sexual Abuse Centre

1 Leopold Place, Edinburgh EH7 5JW

Helpline: 0131 556 9437

Office: 0131 557 6737

Email (support): support@ewrasac.org.uk

Email (general): info@ewrasac.org.uk

Web: www.ewrasac.org.uk

Fife

Fife Rape & Sexual Assault Centre

182a The Esplanade, Kirkcaldy KY1 1RE

Office: 01592 642 336

Email: info@frasac.org.uk

Web: www.frasac.org.uk

Glasgow

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

Web: www.rapecrisiscentre-glasgow.co.uk

Lanarkshire

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

Web: www.lanrcc.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

Support: rasacpk@gmail.com

Web: www.rasacpk.org.uk

Scottish Borders

Rape Crisis Centre

41 Bridge Street, Galashiels TD11SW

Office: 01896 661070

Email (office): info@sbrcc.org.uk

Email (support): support@sbrcc.org.uk

Web: www.scottishbordersrapecrisis.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

Web: www.wircc.org.uk

Rape Crisis Scotland would like to thank everyone who has supported our work during the past year. We are grateful to the Scottish Government for their continued financial support, as well as to the many individuals who have made incredible fundraising efforts on our behalf.

Rape Crisis Scotland

Tara House

46 Bath Street

Glasgow

G2 1HG

Office tel: 0141 331 4180

Office fax and minicom: 0141 332 2168

Email: info@rapecrisisscotland.org.uk

Web: www.rapecrisisscotland.org.uk

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RCS Helpline 08088 01 03 02

(voice and minicom)

Open daily 6pm – 12 midnight

Deaf access is available every Tuesday 1.30-5pm.

See our website for details.



Rape Crisis Scotland

T: 0141 331 4180

E: info@rapecrisisScotland.org.uk

Or visit our website www.rapecrisisScotland.org.uk