

Rape Crisis Scotland

Annual
Report
2013-14



Introduction

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 14 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 campaigns to improve responses to rape.

The RCS helpline, a free and confidential service offering initial support and information, is open every day from 6pm to 12 midnight. Police Scotland 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.

This report gives a brief overview of the main developments within RCS and its affiliated centres over the past year. One key area is the development of our Sexual Violence Prevention Project – RCS secured funding for nine prevention workers, based in rape crisis centres across Scotland, to work with young people on issues such as consent. In the past year, up until March 2014, the project had worked with 1,821 young people. Feedback from young people has been very positive, and the results from the external evaluation highlight just how important this work is.

01. Supporting local centres

RCS continues to host Centre Development days for member centres. This is an opportunity to offer information and updates on practice, new developments, networking and to invite external speakers for themed sessions which arise from the needs of centre services.

Examples of sessions over the past year:

- » *Update on new RCS survivor support information leaflets plus briefing on new developments e.g. Survivor companion to the Scottish Criminal Justice system DVD and on line safety digital resources*
- » *Monitoring and Evaluation: Making use of the Evaluation toolkit for Rape Crisis Centres and sharing practice*
- » *Trans-inclusive support practice*
- » *Introduction to the work of our partner agency – Voluntary Action Fund*
- » *Working with male survivors*

Rape Crisis Scotland National exchange meeting for Centre board members

RCS hosted this event in February 2014 to create space for shared learning and supportive conversations for centre board members.

The aims of the day were:

- » *To celebrate trusteeship*
- » *To reflect on achievements and learning points*
- » *To explore accountability within trustee roles*
- » *To reflect on inclusive practices within rape crisis centres*

To follow on from conversations on the day another RCS National exchange meeting for board members is planned for November 2014.

RCS Shared vision day with centres (World Café event)

The annual RCS World Cafe event took place in July 2013 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 Scottish Government Strategy on Violence against Women from the perspective of Rape Crisis centres. The four main themes were Prevention, Protection, Provision and Participation. The information gathered from this consultation was used to inform Rape Crisis Scotland's input into the strategy development.

During 2013-14 Rape Crisis Scotland also began work on the development of new Rape Crisis provision for the Highland region. With support and collaboration from NHS Highland, Voluntary Action Fund and the Scottish Government RCS began work on the establishment of the newest member of the rape crisis network. Whilst the new service is in development the Scottish Government have supported the Highland interim service - a partnership between RCS, Victim Support and Ross-shire Women's Aid to provide support to survivors of sexual violence across the Highland area.

Rape Crisis Scotland also co-ordinates quarterly meetings with the Crown Office and Police Scotland and representatives from our member centres to allow practice development between centres and criminal justice agencies.

02. 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 2013 – 2014, the RCS Helpline received calls and emails as follows:

» Support	3,820
» Information	186
» Silent	301
» Prank	43
» Abusive	10
» Total	4,360

Although this figure is slightly down on the previous year, this is due to a reduction in silent, prank and abusive calls. Support and information

calls are both slightly higher than in the previous year when the RCS Helpline experienced a 42% increase.

Of the 4,360 calls to the RCS Helpline: 51% were for survivors of rape, 25% from survivors of CSA, 10% from survivors of sexual assault, 3% were survivors of sexual harassment and 11% from a range of other experiences including stalking, abuse in prostitution and ritual abuse. Feedback from callers suggests that the RCS Helpline continues to offer responsive support tailored to individual needs. Many callers comment upon the suitability of the helpline opening hours, the empathy of the workers and appreciation of having a safe space where they can discuss their feelings:

“It is good to talk about feelings, I would not speak to anyone I know. Thank you for being there. I was overwhelmed with feelings – abuse, trial process, disappointing verdict and it helped to have someone listen and offer support.”

“Your helpline showed me that there are people out there that can support me in the right way, that what I need is available and that I do deserve it. Thank you.”

90% of calls were from survivors of sexual violence, 2.5% from relatives, 1% from friends, 1% from partners 2.5% from workers and in 3% of calls it was not clear who the caller was e.g. silent calls.

93% of survivors contacting the helpline were women and 7% of calls were from male survivors.

» *Support and information is also offered by email, in 2013 – 14 the RCS Helpline received **582** emails. Many survivors using the email support service comment on how helpful it has been as a first step to accessing support: **“I find it easier to write, I am shy about speaking on the phone in general. I felt less like I was on my own.”***

» *The RCS Helpline continues to provide a Police Direct Referral process, offering proactive support and information to survivors aged 16+ who have recently reported to the police. In 2013-14 the RCS Helpline received **565** police referrals.*

» *The RCS Helpline continues to offer a Deaf*

Access service on a Tuesday afternoon between 1.30 – 5pm.

The RCS Helpline produced a range of support materials during 2013-14 which are available in print and online. They allow individual survivors to receive support materials, with a self-help focus, that are tailored to their particular needs. There are 12 support resources covering: trauma, flashbacks, panic attacks, dissociation, anger, nightmares and sleeping problems, relationships, self-harm, suicidal thoughts/ feelings, sexual health, coping after sexual violence and healing from sexual violence. The RCS Helpline has received a positive response from survivors and form agencies using these leaflets:

“These are all excellent! Awesome job to everyone involved with creating them... Definitely going to be letting my GP surgery know they are about”

“These are all brilliant resources... thanks so much for sharing”

In addition to the support resources, the RCS Helpline produced 3 online safety resources, focusing on: dating and online relationships, children and young people and information for parents and carers.

03. Working for change

In the last year there have been some key developments and Rape Crisis Scotland continues to work for positive changes, especially in the arena of criminal justice.

The Victims & Witnesses Bill became an Act with increased provision for the automatic right to Special Measures for survivors of sexual violence. RCS also lobbied for the inclusion of a pilot to look at the use of independent legal representation around access to medical and sensitive records and the use of sexual history evidence. This was not included in the final Bill; however we remain committed to exploring options for protecting the rights and privacy of complainers in the justice process. As part of this endeavour we applied for and were successful in securing some funding to establish the first Scottish Women's Rights Centre. This work is currently in development and will be a partnership between Rape Crisis Scotland, the Legal Services Agency and the Strathclyde University Law Clinic.

The Criminal Justice Bill provoked strong reactions regarding the proposal to abolish the requirement for corroboration. RCS gave evidence to the Justice Committee and produced a briefing

paper to inform the debate. As part of this process the government has invited Lord Bonomy to oversee a reference group to review any additional safeguards required to ensure a fair trial. RCS is a part of this reference group which will inform Lord Bonomy's recommendations in his final report in early 2015.

RCS also submitted responses to consultations on sexual entertainment licensing and trafficking and continues to work in partnership with a range of key partners including:

- » *Contributing to Crown Office sexual offences training course*
- » *Delivering training on the Police Scotland SOLO training course*
- » *Involvement in the Crown Office Expert Group on Sexual Offences*
- » *Involvement in the Police Scotland expert advisory group on sexual crime*
- » *National Group to Address Violence Against Women*

- » *Cross party working group on Violence Against Women*
- » *White Ribbon Steering Group*
- » *Scottish National Stalking Group*
- » *Medics Against Violence*

RCS was also part of the NHS Education Scotland working group on the 'One Out of Four' project developing a video, online and workshop based training resource for health professionals including midwives, practice nurses, sexual health, obstetrics and gynaecology. The training resource was rolled out with a series of train the trainer events in early 2014 looking to improve and develop practice within health care settings.

Reporting to the police among survivors supported by rape crisis centres in Scotland during 2013-14 rose by over 35% as compared to the previous year.

04. Prevention

Rape Crisis Scotland secured funding from the Scottish Government's Third Sector Early Intervention Fund to develop a Sexual Violence Prevention Project, delivering interventions to young people across Scotland around healthy relationships. The funding enabled 9 part time prevention workers to be employed in local rape crisis centres across Scotland.

Workers within the national project reached 1821 young people within the first six months. Our external evaluators have reported that:

"Young people's stated attitudes and knowledge are changing in the direction intended by the intervention."

Here is some feedback:

"Really learned a lot today the speaker was very informative and I now feel confident that if this happens to me or anyone I know in the future I know who to speak to."

"I think this session was good because it gives information on why girls might feel under pressure to send photos."

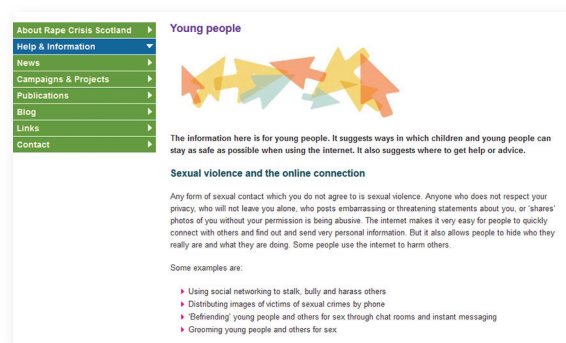
"I thought it was good to learn how to understand what sexual abuse is in and out of school and on the internet."

"Thank you for coming in to talk to us about rape, I now understand the signs of sexual abuse and the law that surrounds it."

05. Information & awareness-raising

Website

We continued to publish news and updates on our website on a regular basis (21 new stories in the course of the year and 6 blog posts) and added many new resources, including our new self-care leaflets for survivors. Our website also now includes a new and discrete section devoted to online safety where our new resources on this subject and links to a variety of agencies offering information and support in this area can be found. We continued to maintain an active presence across a range of social media, including Facebook, Twitter and YouTube, where our campaign video ‘Not Ever’ has now been viewed almost 770,000 times.



Stalls, presentations and enquiries

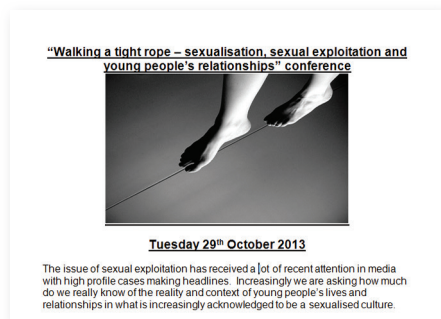
We held stalls at 6 events and gave 24 presentations. One of these was by invitation to the Polish Parliament in Warsaw, to inform campaigning efforts against sexual violence in Poland following the introduction of new legislation there.

In addition to general administration calls and calls to the helpline, we responded to 533 enquiries, 100 of which were media enquiries and 280 of which were responses to requests for information. This represented a 15.6% increase on 2012/13.

Conference

Rape Crisis Scotland worked in collaboration with the Women's Support Project and Rape Crisis Glasgow to organise a conference in October 2013. Entitled "Walking The Tightrope", the conference looked at young people's lives and relationships in a sexualised culture. "Walking The Tightrope" examined young people's exposure to and use of pornography and their attitudes to this experience, sexting (sending and receiving sexualised messages/images), sexual harassment

and activism. Research and possible interventions were discussed as well as examples of promising practice.



"Consent" screening

We held another public screening of the drama documentary "Consent" – this year at Glasgow University. This was hosted by the university's Amnesty group, and was well attended. The screening was followed by an interesting and lively discussion.

False allegations campaign

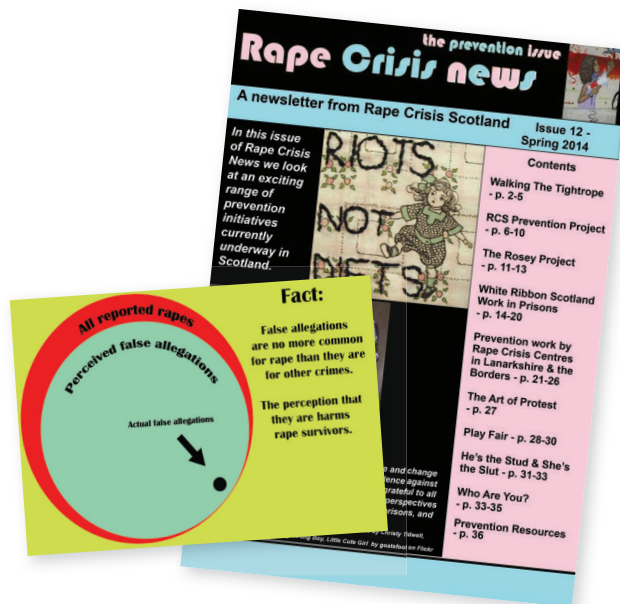
In September 2013 we launched a new campaign challenging the prevalent myth that false accusations of rape are common. Campaign materials, comprising a postcard and briefing paper, were available in both hard copy and digital formats and were widely circulated, receiving a very positive response:

"As ever @rapecrisisscot is leading the way with its '**False allegations**' campaign. V powerful infographic." (Twitter)

"Great infographic on low prevalence of **false rape allegations** from @rapecrisisscot" (Twitter)

Rape Crisis News

We produced a special issue of Rape Crisis News during the period on the subject of sexual violence prevention work. This featured a range of projects and initiatives including current work with young people and in prisons, and interviews with and contributions from individuals and agencies engaged in this work.



06. Finances

Summary accounts for the year ended 31 March 2014

Income

Core funding	£244,000
National Helpline	£269,955
Donations	£4,688
Bank interest	£953
Grants to Local Centres	-
Other restricted income*	£216,420
Other grants received	£5,000
Total:	£741,016

Expenditure

Charitable expenditure	£726,572
Governance costs	£8,706
Total:	£735,278

*Other restricted income	
Lankelly Chase	£28,300
NHS Highlands	£2,950
Big Lottery Fund	£135,170
Advocacy	£50,000

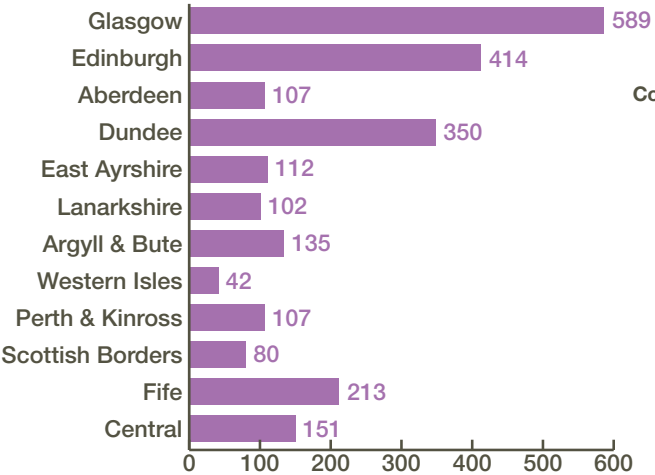
Please contact us if you would like a copy of our audited accounts.

07. News from local centres

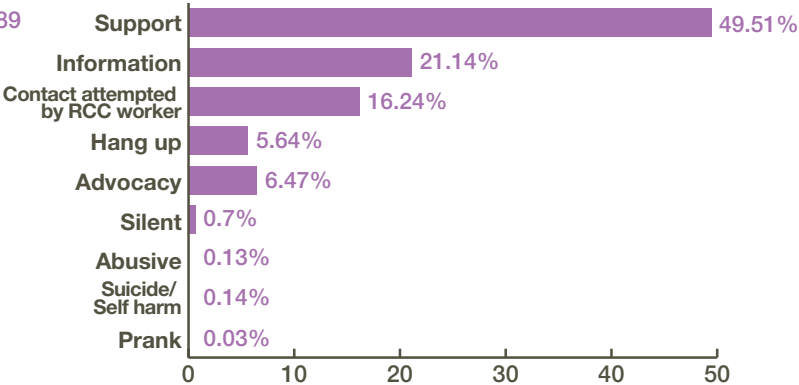
Statistics from rape crisis centres across Scotland.

Clients supported per centre

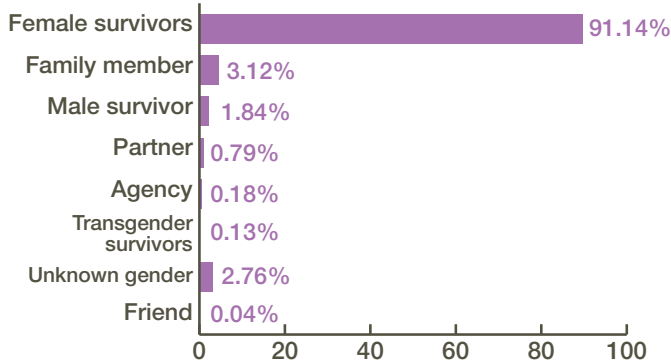
Total clients: 2,402



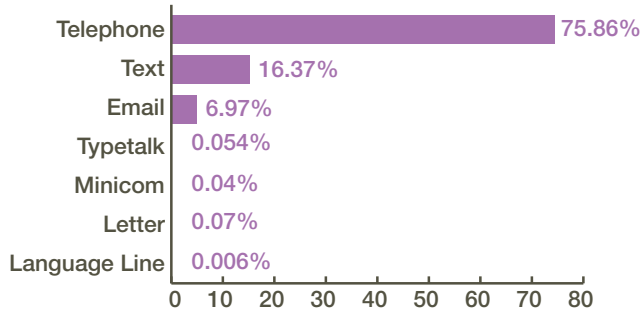
Total calls 2013/2014: 14,859



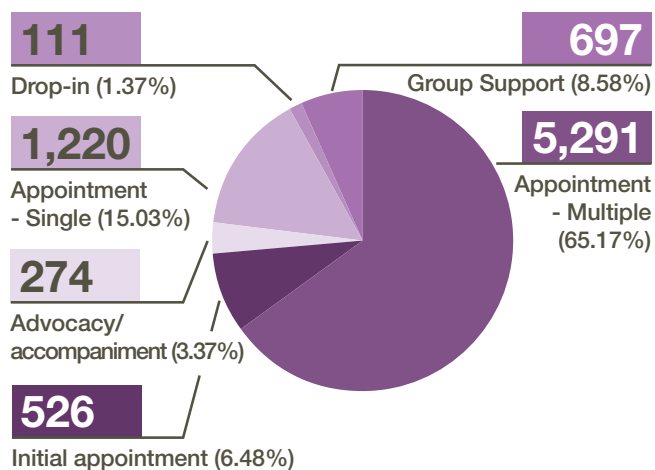
Client Type



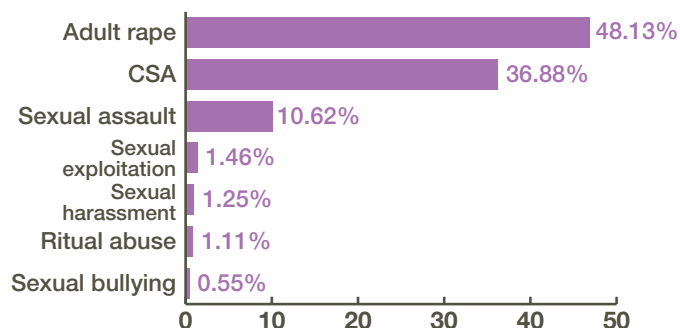
Method of contact



Appointments: 8,119

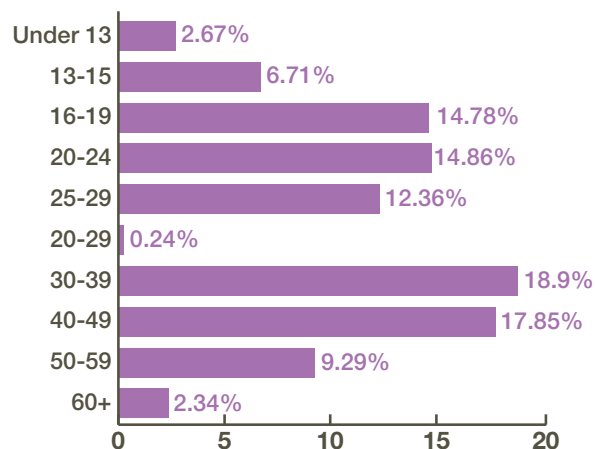


Nature of abuse*



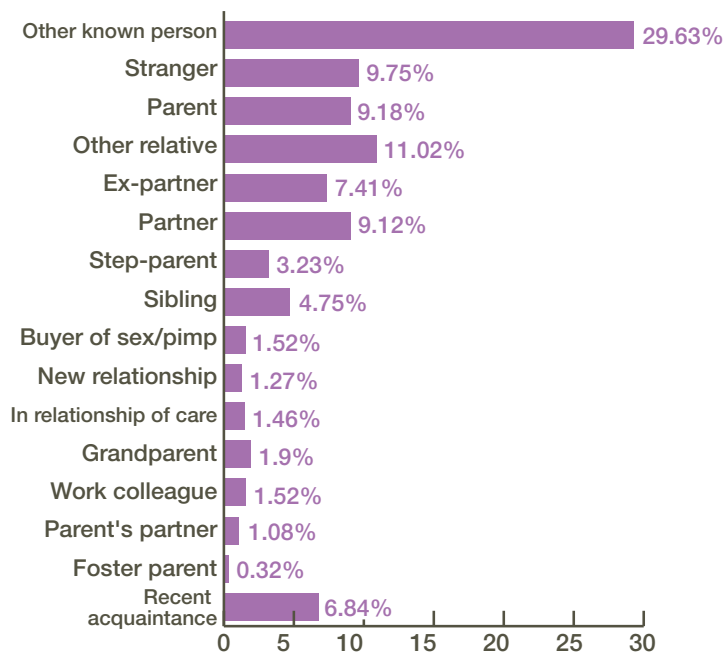
Some clients have experienced more than one form of abuse.

Survivor age*



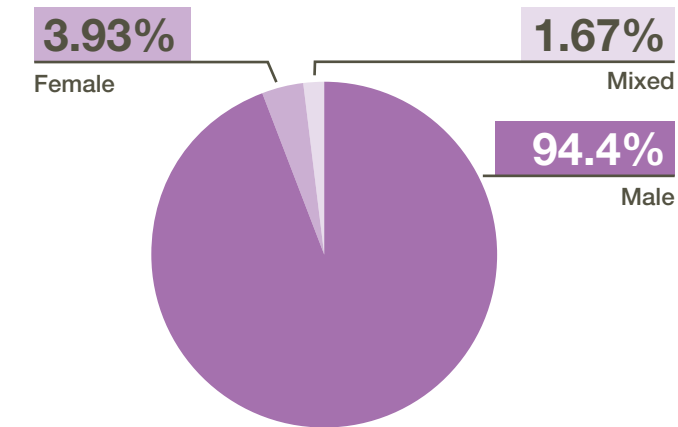
Please note that there is a small overlap in age categories during 2013-14 due to a change in age categorisation within the database.

Relationship of abuser*

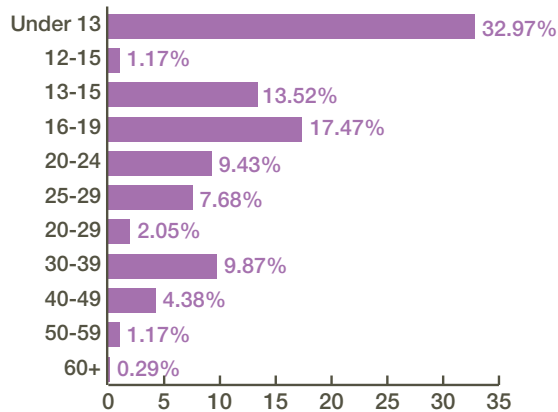


*(where known)

Gender of abuser*

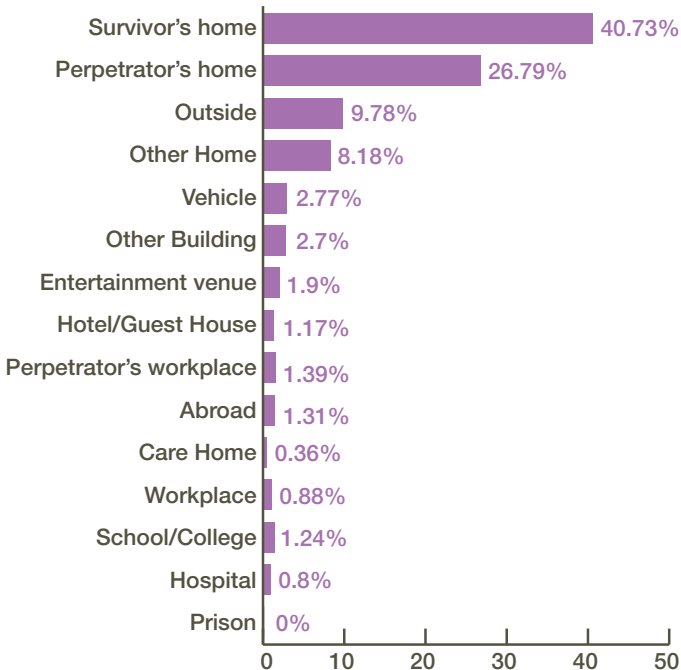


Survivor's age at start of abuse*

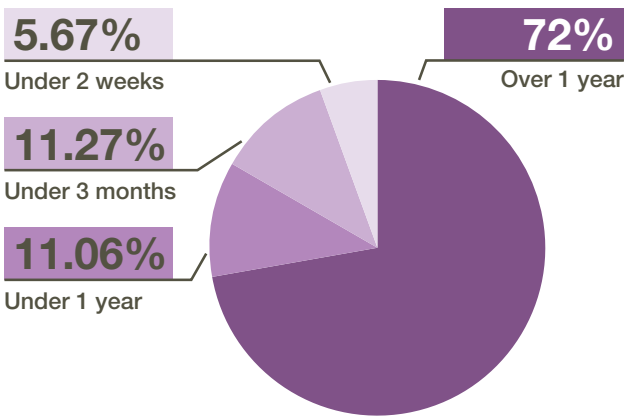


Please note that there is a small overlap in age categories during 2013-14 due to a change in age categorisation within the database.

Location of abuse*

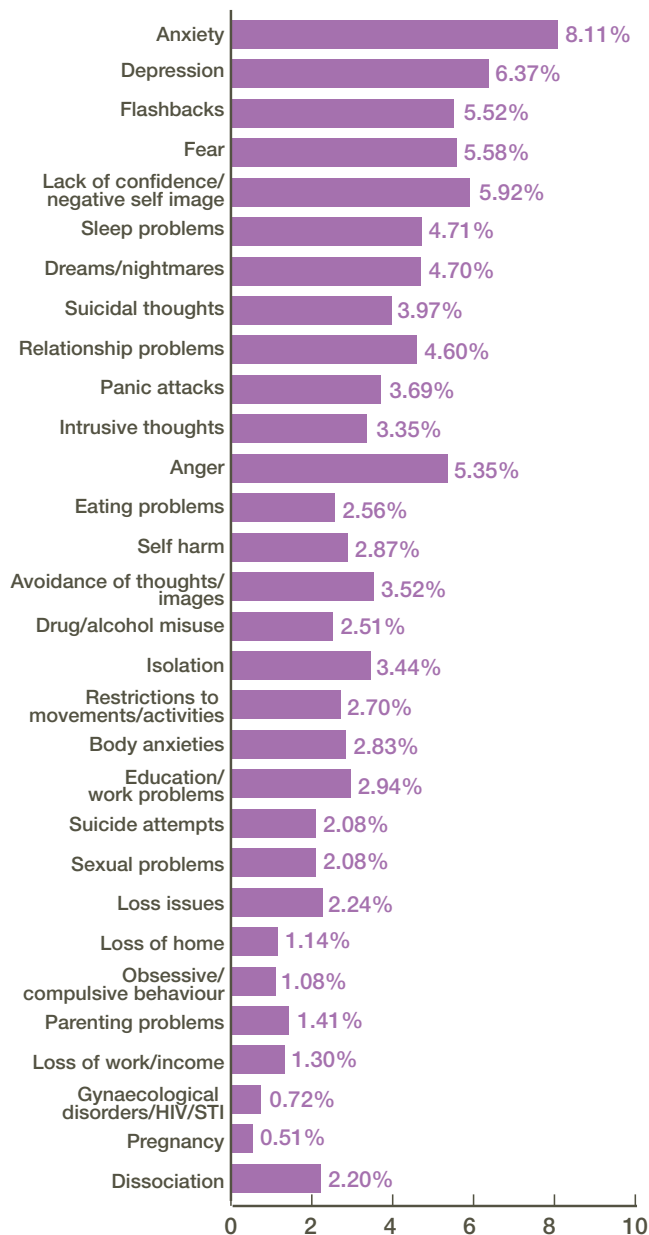


Time elapsed since abuse*

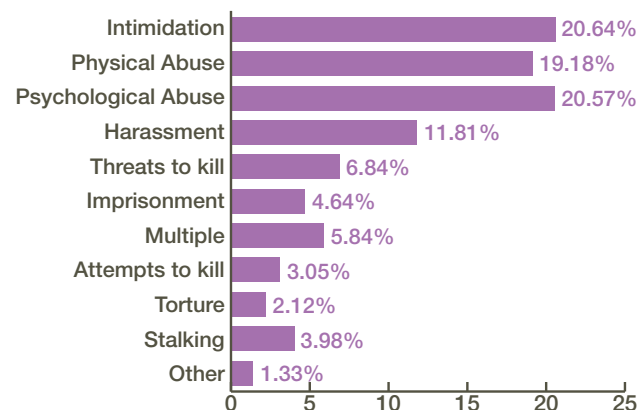


*(where known)

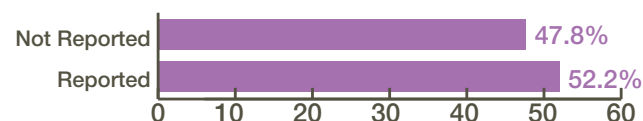
Effects of the abuse*



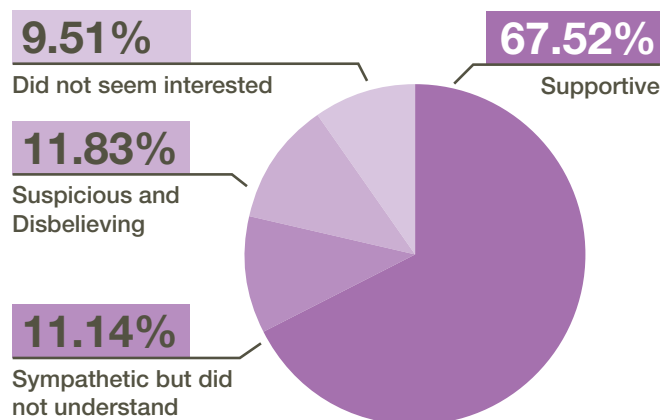
Additional violence involved*



Reported to the police*



Perception of police response*



*(where known)

Aberdeen

Major highlights/achievements of the past year have included:

Securing funding from a number of sources to help develop our service including funding from: the Third Sector Internship Scotland to employ a researcher to do a scoping exercise to look at the barriers women face accessing the services of the centre; funding from Investing in Ideas to employ a researcher to do a scoping exercise on working with boys over the age of 13 and men in Aberdeen City and from Volunteer Support to employ a volunteer co-ordinator to enhance the service in Aberdeenshire. A satellite office in Fraserburgh already existed, now there are offices in Peterhead, Inverurie and Stonehaven.

- » Sexual Violence Prevention Worker in post.
- » Joint project with Roshni – employing a part time worker to work with British Multi ethnic community affected by childhood sexual abuse.
- » Raising the profile of RAS by events – Facebook campaign in August 2013, Christmas raffle raised £1700, Aberdeen Football Club – bucket collection, Aberdeen Women’s Alliance, VAW -16 days of Action events, presentations to external bodies.

Argyll & Bute

The expansion of our Partnership Group Support work across a number of areas in Argyll and Bute has been hugely rewarding. Group work has been extremely beneficial in the support of survivors and those who are extremely vulnerable to sexual exploitation. Due to a number of complex issues, they are unable or not yet ready to access face to face support services and this is an excellent way of taking support/therapy service to them. Key workers within partner agencies also take part in group support and tell us that they now have an increased understanding of the trauma experienced by their service users because of sexual abuse and feel more confident in their supporting role and how to refer on when appropriate.

The TESSA one to one and small group work sessions for young people who have mild to moderate learning disabilities has been really successful. Initially we had hoped to reach more schools in Argyll and Bute, but the intensity of support required by individual young people has meant that until further funding can be found, this project is confined to Campbeltown, Lochgilphead and Dunoon.

TESSA mainstream workshops have now completed a full rolling programme and all young people in each year group have participated in the

range of age appropriate workshops.

We now have our own support premises in Dunoon, Oban and Rothesay.

Central Scotland

Enhancements made to our Core Service have greatly improved the support offered to survivors and enabled us to work closely with partner organisations like Women's Aid and Police Scotland.

A complete overhaul of training has been instrumental in supporting new volunteers now confidently tackling everything from core support to fundraising.

We'd like to thank the staff in Fife, Perth, Dundee, Aberdeen and Glasgow Rape Crisis Centres and our partner local authorities for their generous support & advice, without which we would have struggled to survive.

East Ayrshire

We have had a very busy year following changes within the Management structure of our Centre. However the results of these changes are starting to show and we are now seeing a positive impact. One of the highlights has been the recruitment of a Sexual Violence Prevention Worker. This appointment has ensured that we are able to

continue to raise awareness of rape, sexual violence and abuse and provide an opportunity for our younger people to be educated on all issues relating to their sexual health and well-being.

In July we organised and hosted a 'Feel Good' Fayre in the beautiful setting of Dumfries House estate. Apart from raising awareness of our service locally, and reaching out to the community we raised just over £2,000 for the Centre!

One of the major developments in the Centre has been the Volunteer Project. This has enabled 12 local women to engage with training that is relevant to our centre. The project has been enthusiastically attended and we have created a strong and positive community for women who want to learn more about the effects of gender-based violence. In an evaluation of the training we are delighted to report that many of the women feel 'more positive and confident in their lives' and 'have an improved sense of purpose or direction.'

The Centre has increased its operational hours and is now open from 9am to 5pm Monday to Friday.

Dumfries & Galloway

SWRC&SAC had a good year in 2013-2014. We were really busy supporting survivors in each of our core projects: Counselling, Outreach and our Cosy House. We also recruited our Sexual

Violence Prevention Worker and she has worked extremely hard promoting the pack and beginning to deliver sessions to young people. We have just begun to work on our first ever survivors club. Survivors themselves have ownership of the New Beginnings Club with our staff facilitating. So it has been an exciting time for all of us. We also had our Care Inspectorate Inspection for our Housing Support services and were awarded 5's and 6's rounded down to an overall grade of 5, Very Good.

Dundee

Over the last year we have seen demands on our service grow by an incredible 51%. This isn't a one off rise – over the past 3 years we have seen the number of referrals increase by 76%!

At the same time we have lost significant pieces of funding. This has meant many women needing our support have been on our waiting lists for 6 months or more. This has necessitated a change of approach to how we provide support. For example we have:

- » Introduced time limited support
- » Established a 'Drop In' once a week
- » Introduced more group work

The drop in and group work are proving to be

extremely popular. So far this year we have offered:

- » Creative Group
- » Transactional Analysis Group
- » Peer Support Group (pilot)
- » Pathways Group

Befriending

WRASAC has developed a befriending service for service users. This service was voted as the most important and beneficial service needed by the women during a service user focus group in March 2013. Many women who have experienced sexual abuse become socially isolated and can find it difficult to navigate their social environment or be part of the community due to having lost confidence and self-esteem. Women are now offered this support as part of our core service, it is proving to be very successful.

Reclaim the Night – a huge success!

We had our first Reclaim the Night march this year – which was a HUGE success! Over 350 people attended from all parts of the community...we plan to make this an annual event.

Edinburgh

In 2013-14 we supported 414 service users (223 of whom were new referrals to our service) and responded to 2,489 calls to our helpline. Alongside our core specialist and trauma-informed support services for survivors, including helpline and email, long-term, group, and crisis and advocacy support, we also continued to provide additional dedicated support services for young survivors aged 12-18 (the STAR project), outreach services in East and Midlothian, specialist counselling for survivors affected by alcohol misuse in partnership with Edinburgh and Lothian Council on Alcohol, and specialist trauma-focused complementary therapies.

New service developments include a dedicated service for women who have experienced commercial sexual exploitation (the Aurora service) and a community garden group work project for survivors. We were also delighted to join Rape Crisis Scotland's Sexual Violence Prevention project and recruited for a new post of Sexual Violence Prevention Worker in February 2014.

Our training service continued to raise professional and community awareness of sexual violence through the delivery of 15 training events to 183 participants from a broad range of statutory and voluntary sector services and

community groups, and we continued to input into Police Scotland's sexual offences training. We also distributed 6,523 information packs, including 405 copies of our new trauma-informed psycho-educational resource for survivors, the Little Green Book.

A key challenge for 2013/14 was to secure funding to continue our frontline service delivery, due to existing funding streams coming to an end in 2014. We ran a successful community fundraising appeal which raised £45,463, which has funded a full-time support worker post and helped bridge gaps in funding streams. We also successfully secured funding from several new funders, including Comic Relief, The RS Macdonald Charitable Trust and the Bank of Scotland Foundation.

Fife

We have completed Rape Crisis National Service Standards.

We have continued to provide quality counselling and or support services to survivors Fife of Rape and Sexual Assault within Fife. We were also in a position to offer 20 weeks of psychodrama group work and access to NPR Sessions (Neuro Psychological Reprogramming) which assists in the management of anxiety.

We undertook refurbishment of rooms with donations received (this was the highest number of donations received since FRASAC started with the total received standing at £7656.95)

We received funding during the period for a Prevention Worker Post, and we currently have two counselling students on placement.

Glasgow

In the past year the Rape Crisis Centre has undergone a reorganisation that will ensure a better service for survivors and increased access for women who need to contact our organisation. As well as our helpline, we offer one to one support for survivors and family members, a drop-in facility, groupwork and advocacy services. We also have specialised services for young women and girls and also for women from BME communities which includes advocacy services for women in the asylum or immigration process.

This year we have been working with Rape Crisis Scotland and Police Scotland to pilot a new initiative that involves having a rape crisis worker on hand for police statements at any time of the day or night. This pilot runs until 31st March 2015 and is being independently evaluated.

We are currently updating our groupwork programme so that it offers specialised groupwork for more women and girls who use the service.

We plan to develop a new, focused group programme which will complement the current support group model in use and we will also produce a groupwork manual for work with young women and girls, and with BME women. This work will form the basis for a groupwork project that we aim to formally resource in 2015/16.

We are also working with the National Union of Students, exploring the possibility of developing services specifically for women students across our service area. These discrete services will offer support at our city centre base or within the institutions, whichever is most convenient for the woman. We hope to have this project in place before April 2015.

Lanarkshire

Lanarkshire Rape Crisis Centre has been busy working to develop partnerships and improve access to services over the past year. As well as developing our own up to date 5 year strategy, we have also been involved in helping to develop local VAW strategies, which has been very beneficial to LRCC, partnerships and survivors.

We achieved 100% of the Rape Crisis National Service Standards in September 2013 and continue to review and develop this work. All policies, procedures and service provision were reviewed and developed.

Funding was secured from the Russell Trust and

Bernard Sunley Charitable Foundation to develop a new website. This has been achieved and is now more accessible to young people.

www.lanrcc.org.uk

LRCC has seen a 7% increase in demand for telephone support while new referrals has increased by 19%. We have been in discussions with LGBT and are planning more training around this, and establishing more links with BME and other minority groups to help improve access to and availability of services.

The delivery of sexual violence prevention work has increased and one of the main achievements has been the growing relationship with schools in North and South Lanarkshire, in particular, St John Ogilvie school in Hamilton which has proven to be very beneficial to staff, pupils and parents alike.

Perth & Kinross

2013/14 has been another busy year for RASAC P&K. We have experienced an increase in referrals, both self-referrals as well as those from external organisations and services. We continue to offer an Outreach service and with support from local agencies, we have identified 15 optional venues for support. Additionally, our young people's project (RASAC PK Youth Initiative) has increased its engagement within both schools and community youth settings.

Alongside good feedback from young people taking part, 46 young people have received support as a direct result of their participation within the project.

We have been busy proactively promoting RASAC P&K and raising awareness about the prevalence and impact of sexual violence. Stalls were taken to 13 awareness-raising events including Perth College Fresher's Fair, a Building Safer Communities Event and various rural information events. We delivered our multi-agency training calendar throughout October and November 2013 to over 50 professionals across the region.

A major achievement for RASAC this year has been the development of our monitoring and evaluation. With support from VAF and Evaluation Scotland, we protected time to improving the ways in which our information is obtained and evaluated in a more effective way. This has greatly improved the ways in which we consult with survivors and ensure that women and young people have a voice in relation to our services, their experiences and contribution to national consultation.

For the first time we have recruited a volunteer coordinator to develop our volunteers programme and build our capacity. 7 new volunteers have been trained and completed induction and we are busy planning for the next round of training.

Scottish Borders

Our work with survivors continues to develop and strengthen. Over the last year the centre responded to changes in three staff members positively and successfully. Interim management arrangements were put in place during this time and we were able to maintain the service to survivors. This is a reflection of the skills, commitment and motivation of the volunteer support workers, staff and trustees. We are delighted that a new Service Manager, Admin worker and Prevention Worker are now in post.

We are delighted to be awarded £30,000 funding over the next three years from the Robertson Trust, this is a welcomed contribution to our core running costs and Lloyds TSB Foundation awarded us a £4000 contribution to our rent.

We successfully ran the Butterfly Project: this was our first project which went beyond face to face support. The project was very successful and we received very positive feedback from the survivors who attended the group. We have made a further funding application to develop and expand this service.

We have just secured new larger premises, this will enable us to expand and develop the services we are able to offer to survivors, we will also have space to run groupwork and training from our own premises.

Western Isles

We have a new prevention worker for the Western Isles and there has been an excellent response from schools throughout the Western Isles and local groups who work with young people. This work will be invaluable to our young people in terms of empowering them through knowledge and highlighting the service.

WIRCC has now been operational in the western isles for 10 years. This is still significant stigma for local survivors who speak up about their abuse. We see the best way forward in changing attitudes is the prevention work done with young people so they will have a deeper awareness and understanding of the effects, thus making it a safer place in the future for survivors to disclose and report abuse and change attitudes within the community.

08. Looking ahead

In the coming year we will be launching the Scottish Women's Rights Centre, which will provide free specialist legal advice to women experiencing gender based violence. This is a much needed service which will help survivors access legal support and protection. We will also be continuing to develop our prevention project, to ensure that young people across Scotland are able to access safe spaces to explore issues surrounding consent.

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: 01786 471771

Mobile: 07434 532229

Office: 01786 446887

Email: info@rapecrisiscentralscotland.co.uk

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: admin@rape-crisis.org.uk

Web: www.rape-crisis.co.uk

Dundee

Women's Rape & Sexual Abuse Centre
2 Dudhope Street, Dundee DD1 1JU

Helpline: 01382 201 291

Office: 01382 205 556

Email: info@wrasac.org.uk

Email (Support): support@wrasac.org.uk

Web: www.wrasac.org.uk

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

Support: support@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

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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.



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Or visit our website www.rapecrisisscotland.org.uk