



**RAPPE  
CRISIS  
SCOTLAND**

**Annual Report 2009**

## Introducing Rape Crisis Scotland

Women and girls, regardless of age, race, class and circumstances, are raped, sexually assaulted and/or sexually abused. It can happen to anyone. Most 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. This can be compounded by a criminal justice system in which less than 3.7% of reported rapes result in a criminal conviction; where women continue to be routinely asked questions in court about their sexual history and character; and by society's attitudes towards victims – 'she asked for it'.

For over 30 years, the rape crisis movement in Scotland has supported women who have experienced sexual violence, pressed for legal change and countered the many myths about rape and sexual assault. It is now a thriving network of nine affiliated and three associate centres which provide free and confidential support to women and girls 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 activities within RCS and our affiliated centres over the past year.

There have been many important developments both within RCS and within the criminal justice system. The initial evaluation of our new helpline highlighted many positives, with 4,018 calls between April 2008 and March 2009.

We worked with partners in the Scottish Borders to establish a rape crisis centre in the area and three centres joined the national network as associate members.

There has been significant legal progress with the Sexual Offences Bill receiving the Royal Assent and due to come into force in 2010. Despite this, much remains to be done, particularly on challenging attitudes to

## Introducing Rape Crisis Scotland



sexual violence. We launched a major billboard campaign – **This is not an invitation to rape me** – in October 2008 with three in five respondents consulted saying the campaign had made them consider their attitudes to rape.

Our grateful thanks to all those who have supported our work in the past year. We look forward to working with you again in the year ahead.

*“ The White Ribbon campaign seeks to engage men in tackling violence against women, and in Scotland, we are particularly conscious of the excellent work already underway in the sector by organisations such as Rape Crisis Scotland. We look forward to working together as allies campaigning for a world free of violence.”*

John Watson, Chair, White Ribbon Scotland

The opening of the **RCS helpline** in October 2007 represented a major achievement for the rape crisis movement in Scotland and a significant improvement in the response to all those affected by sexual violence. It is an important milestone, based on significant effort.

**“ Our helpline runs every day of the year with seven paid and sixteen unpaid staff ”**

It means that survivors, friends/relatives and agencies, regardless of where they are in Scotland, can get a high quality service every single day of the year. The fact that the helpline now exists, together with the widespread publicity which accompanies it, sends out important messages: that sexual violence is unacceptable and that those who are affected have a right to support.

Open daily from 6pm to midnight, the helpline offers free and confidential support

to female and male survivors of sexual violence (aged 13+) no matter when it happened. This includes initial and crisis support, information and signposting/referral to follow on services tailored to each person.

The helpline can provide information on health, coping strategies, reporting to the police, the legal process and many other issues. Although unable to offer long-term or in-person support, we help survivors to find this. We work closely with RCS member centres, acting as a first contact for those seeking longer-term support and giving crisis support to those who are already in touch with a local centre but need to speak to someone at other times.

**“ We received over 4,000 calls during the year ”**

We help friends and relatives of survivors, for example to respond to disclosure of sexual violence or support someone close to deal with a traumatic experience.

**Have you been affected by sexual violence?**

**RAPE CRISIS SCOTLAND**

For support and information please call Rape Crisis Scotland Helpline

Freephone  
**08088 01 03 02**  
(voice and minicom)

Language interpreter available  
Open daily 6pm - 12 midnight

Member of the Telephone Helpline Association  
making a difference to people's lives

supported by the Scottish Government

We also work with staff, for example from education, health and social work, to help them support survivors or with general queries.

We use a free-phone number with a minicom service available for deaf or hard of hearing callers. Language interpreters are available for callers whose first language is not English along with information translated into a variety of community languages, and in Braille or audio tape on request.

Feedback from survivors, friends, relatives and workers is important for helping us to ensure quality and plan for the future of the helpline. Tell us what you think, confidentially, at [www.rapecrisiscotland.co.uk](http://www.rapecrisiscotland.co.uk)

**“ Grateful for service, feel better for talking to someone ”**

**“ The service is really good, it has made a real difference ”**

## Challenging attitudes: this is not an invitation to rape me

*“You aren’t being fair to a man to expect him to stop once he has been aroused.”*

This is just one of the many comments made during the testing phase of our hugely successful ‘this is not an invitation to rape me’ billboard campaign. Such comments strongly confirmed just how important it is

to challenge attitudes and raise awareness about the myths about rape.

Launched on 15 October 2008 by Justice Secretary, Kenny MacAskill, this groundbreaking national campaign tackled women-blaming attitudes to rape using striking and challenging imagery.



More information and materials at [www.thisisnotaninvitationtorapeme.co.uk](http://www.thisisnotaninvitationtorapeme.co.uk)

Our campaign built on a successful American campaign adapted for the Scottish context after comprehensive testing through focus groups and an online survey of 700 people.

We launched the campaign with outdoor advertising on billboards and bus shelters together with a campaign pack; press and cinema and washroom advertising; displays in hospitals and images on bus tickets.

Giving the powerful message that women do not invite rape by what they wear, how much they drink or their desire for sexual intimacy, the campaign was clearly a success. Evaluation interviews with 882 members of the public found that, as a result of the campaign, 65% would be encouraged to talk about the issue and 61% would consider their own attitudes towards rape. Some people reacted very strongly against the campaign. For example, “You wouldn’t walk the street with £1000 in cash, because people will get tempted...wearing revealing clothes...sadly that is the way it is.”



Whatever the attitude, it certainly had an effect and prompted great discussion and debate. We are now planning phase two of the campaign.

## Challenging attitudes: extreme pornography

Pornography has the potential to cause serious harm in distorting people's views of sexuality, and contributes to a 'rape culture'.

In extreme pornography, sex is presented as abusive and violent towards women. It sexualises abuse, systematically exploits women and portrays women as objects to be abused, degraded and bought. It perpetuates the myths that women are sexually available, can be persuaded or forced to have sex and are subordinate to men.

In early 2009, the Scottish Government announced plans to introduce legislation to criminalise the possession of 'extreme' pornography. Along with the Women's Support Project, we organised a seminar bringing together Kenny MacAskill, MSP Cabinet Secretary for Justice, Professor Clare McGlynn, Durham Law School and Linda Thompson, Women's Support Project. We followed this up by preparing a briefing paper for the consultation phase of the Bill.

The proposed legislation sends a clear message to both pornography users and the wider public that such material is unacceptable and harmful.

While we welcome the Bill, it is only a starting point. Further reform is needed and we will be interested to see future approaches addressing the wider harm caused by pornography.

We also need public education on the realities of internet pornography. Our sense is that many parents/carers are completely unaware of the type of material that young people may be seeing, and would be horrified if they knew how easily available it is.

We continue to raise awareness of the issues through a slide show presentation. We are also keeping a watching brief on the Bill as it progresses through parliament.

## Supporting Rape Crisis

*"Last month our maturing Scottish Parliament has acted to codify an entire area of Scots common law, placing sex offences on the statute book. The primacy of Parliament in determining the law of the land is one of the hallmarks of democracy and I regard this Bill as a landmark worthy to mark the 10th anniversary of devolution. But this Bill is simply one part of a wider package of measures that Government is taking forward to improve public safety and help victims – steps such as taking forward the recommendations from the Crown Office review of the investigation and prosecution of rape and sexual assault, and our support for Rape Crisis Scotland's campaign work. These measures can help deal with those committing sexual offences – and help the victims of such appalling crimes."*

Kenny MacAskill, Justice Secretary

## Finances

### Summary accounts for the period April 2008 – March 2009

Auditor: Campbell Dallas

Income	Total: £923,383
Core funding	£212,595
National Helpline	£204,272
Grants to Local RC Centres	£448,231
Campaign	£28,305
Other restricted	£18,289
Donations	£1,689
Bank interest	£10,002

Expenditure	Total: £1,224,529
Charitable expenditure	£1,221,074
Governance costs	£3,455

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

Note: expenditure exceeds income for the period because of restricted funds which were carried forward.

## Woman to woman

The first centre in Scotland opened in 1976, and this year, we marked the experiences of the many women involved in the first 15 years by publishing *Woman to Woman, An Oral History of Rape Crisis in Scotland 1976-1991*. This is a powerful account of the strength in taking action together, of centres emerging and skills and knowledge developed. It charts a movement based on extraordinary effort by many individuals to respond to the pain and the wrongs experienced by so many women and girls, for so long.

*“You move at a glacial pace to make small progress and you can easily take a big step back. But at least once the ground’s been broken, I think you can pass through it again a bit more quickly. And you mustn’t give up hope.”*

## Independent legal representation

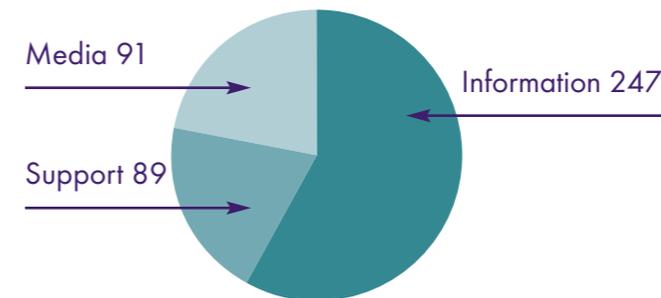
An option for improving women’s often traumatic experiences in the criminal justice system may be for women to have their own advocates. Currently, if someone is prosecuted for sexual violence, the survivor is a witness in the case and has no right to independent legal representation. We commissioned Professor Fiona Raitt of Dundee University to research practice in other countries, and consider the benefits or otherwise of independent legal representation and how this could apply in Scotland. Fiona has now reported on her findings. From these, we have published an initial briefing paper on the use of medical records in rape trials. Many survivors are concerned about how perpetrators’ defence lawyers use medical and other personal records to cast doubt on reliability or credibility.

## Information exchange

We produced a new snap fax on drug assisted sexual violence, and developed an updated leaflet on the myths about sexual violence in a poster format.

We commissioned a complete overhaul of our website to make it more interactive and intuitive. The new site will include an online searchable database for support services to help those affected by sexual violence, their supporters and other agencies.

We ran stalls at seven events. In addition to general administration calls and calls to the helpline, we responded to 427 enquiries with double the number of information requests.



## Working for change

### Multi-agency working

RCS is involved in many multi-agency groups including:

- National Group to Address Violence Against Women
- COPFS Expert Group on Sexual Offences
- Steering group for Archway (Sexual Assault Referral Centre)
- Cross Party Working Group on Men's Violence Against Women and Children
- White Ribbon Scotland Steering Group

### Influencing the Sexual Offences Act 2009

The Sexual Offences (Scotland) Bill was passed by the Scottish Parliament on 10 June 2009. Its measures include introducing a statutory definition of consent and replacing the common-law offence of rape with a broader statutory offence which includes male rape.

We were heavily involved in developing the legislation, liaising closely with the team at the Scottish Government. We submitted written and oral evidence to the justice committee, and developed and circulated two briefing papers. We worked with Margaret Curran MSP to lodge a successful amendment to remove the concept of 'prior consent' from the draft legislation. This would have made rape harder to prove than it is currently.

### Working with the Crown Office and the police

We actively contributed to the Crown Office Expert Group on Sexual Offences set up by COPFS as the Sexual Offences Bill went through parliament. Subsequently, we provided training to COPFS staff on rape and sexual assault, with over 30 sessions completed to date and many more planned. Following on from the COPFS *Review of the Investigation and Prosecution of Rape and Sexual Offences*, the Association of Chief

## Working for change

Police Officers in Scotland (ACPOS) set up a working group which published guidance on how the police should investigate sexual offences. We contributed in an advisory capacity to this group. To support this work, the police have introduced a national curriculum on investigating sexual offences and we have been involved in training the national trainers who will teach this course.

We have also negotiated with ACPOS about automatic referral to the RCS helpline for all complaints of sexual offences. This would include RCS asking callers at the end of the call, if appropriate, if they would be willing to take part in a short survey about their experience of the police. We have agreed the questions with ACPOS, and established a system for feedback.

## Looking ahead

We plan to build on the many successes and new developments described in this report including:

- Open a new rape crisis centre in the Borders
- Engage men as allies in tackling violence against women, in collaboration with the White Ribbon Campaign
- Develop and run a further public awareness campaign, building on the work of the groundbreaking 'this is not an invitation to rape me' campaign
- Organise an international conference bringing together countries which already have independent legal representation for survivors of sexual violence

## Supporting local centres

We provide support to the nine rape crisis centres in the network, giving advice and guidance on governance, funding and practice and circulating regular internal briefings and bulletins.

Through a new system of associate membership, we increased our reach to local centres in Dumfries and Galloway, Fife and Central Scotland. We are delighted to welcome them into the network.

We ran training on governance for management committees. We plan to follow this up by publishing an induction pack for the governing members of local centres.

We identified the Scottish Borders as the key priority for a new centre as there is currently no specialist service in the area. We successfully applied to the Scottish Government for funding and have worked with local partners to establish a steering group to develop the centre. Scottish Borders Council has agreed to host the co-ordinator post with the centre due to open in 2010.

## News from local centres

### Aberdeen

We successfully negotiated three-year funding to 2011 from the Scottish Government. Our pilot satellite services in Peterhead and Fraserburgh are still active and we have applied for funding to open three more in Stonehaven, Inverurie and Moray District. We have worked closely with the Aberdeenshire Domestic Abuse Multi-Agency Partnership to jointly tackle issues of sexual violence.

### Argyll & Bute

Our 'Tessa Project' [www.tessaproject.co.uk](http://www.tessaproject.co.uk) has taken off. Tessa (To Educate Schools Sexual Awareness) is a programme of prevention workshops for 13 to 18 year olds about sexual abuse, sexual bullying and internet safety. From a pilot programme in Rothesay Academy last year, we have run sessions for over 300 students in Rothesay Academy, are about to start with 300 more in Hermitage Academy, Helensburgh and, if our funding bid is successful, hope to cover all secondary schools Argyll and Bute. We are moving to larger premises in Dunoon.

## News from local centres

Self-help booklets have been translated into Polish for dissemination through Polish communities. We are producing a DVD in English and Polish with associated resources for those with hearing or sight impairment.

### East Ayrshire

It has been a year of expansion. We have moved to larger premises in the same building with much better facilities. Fully accessible to disabled women, we have room for groupwork and training plus therapy rooms offering treatments such as reiki. It gives us much more scope. We have employed an outreach worker to take our services to women throughout East Ayrshire as well as provide information visits to other organisations.

### Dundee

Our support service continues to grow. We have worked with 49% more women over the year. With more support workers, we have a greatly reduced waiting list. We repeated our multi-agency training programme and we have funding to offer it free of charge.

We launched our sign language DVD and our information is now available in Braille, Urdu, Punjabi, Bengali and Chinese. We have worked jointly with Angus Women's Aid to offer an outreach service to adult survivors of child sexual abuse. Dundee City Council/Community Safety Partnership invited us to become involved in an exciting new project (Vice Versa) to support women involved in street prostitution. We introduced a new agency referral system which means women can reach our service more easily. We became a full member of Counselling and Psychotherapy in Scotland (COSCA) working within its Statement of Ethics and Code of Practice. We are working towards COSCA's recognition scheme. One of our staff completed research commissioned by the Scottish Government's Choose Life strategy, looking at the reasons behind survivors' self-harm and/or suicide attempts. This research was prompted by our awareness that increasing numbers of women seeking support were disclosing these.

### Edinburgh

We have developed our advocacy and crisis service and can now offer daily crisis appointments and accompany women to them. We can also now provide support to transgender people. We launched our website at [www.ewrasac.org.uk](http://www.ewrasac.org.uk). We celebrated our 30th anniversary at an event in the Scottish Parliament. A focal point of the evening was our 'wall of healing', which featured archive material and artwork and literature from survivors who have used our support service. We began our outreach service in East Lothian (ELSAS) in August 2008, and officially launched it in March 2009. Following on from this success, we successfully bid for funding to develop drama-based work with survivors, young people and people with learning difficulties.

### Glasgow

Our telephone helpline is open seven days per week. We want to extend its hours and have recruited new volunteers. We offer face to face support six days per week. The demand on the service is growing fast and our space is very limited so, in addition to outreach, we are now open on Saturdays. Groupwork has been an unqualified success with art therapy and a self-esteem and confidence building course added to the programme. We plan to run a young women's group for survivors aged 13 to 18, two adult survivors' groups and a peer support group. We provide outreach in East Dunbartonshire, West Dunbartonshire, North Glasgow, the East End and the South West of Glasgow. We are trying to raise funds to promote work with women from BME communities in the north and south of the city. We secured a grant from Comic Relief to assist women asylum seekers who have been raped in their country of origin or in transit to the UK.

This grant also provides funding for interpreters which complements additional funding from Glasgow Community Planning Partnership and the South East CHCP to translate information into 11 community languages. Our 'rosey' project has exceeded all expectations. We have run workshops with over 2,000 young people from S1 to S6 in Glasgow's schools and hosted a conference, funded by Strathclyde Police, for pupils from schools in Glasgow, East and West Dunbartonshire, East Renfrewshire and Renfrewshire.

### Lanarkshire

We celebrated our 5th birthday - what an achievement! Although we have a well-established and successful centre with an annual increase in demand (11% more phone support and 25.5% more face to face support), we are finding it difficult to secure funding for core services and new developments. We are now developing a new business plan and have identified some developments which will enhance provision.

### Perth & Kinross

We developed a new mission statement: 'Women working towards freedom from rape and sexual abuse'. We received £11,216 from Choose Life to develop our multi-agency training and group support packs which we plan to disseminate over the coming year. We recruited nine new volunteers. The number of women using our service continues to rise steadily but Survivor Scotland funding which provides two posts is due to end, and we are now looking for replacement funding.

### Western Isles

We have successfully facilitated workshops which enable women to access our service without being obvious that they are approaching us for support. We need to be versatile in offering a variety of support to encourage women from the islands to come forward and we find that the workshops are a good way for us to advertise our service.

## Contact information

### Aberdeen

Rape and Abuse Support  
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: 0800 121 46 85**  
**Office: 01369 700 800**  
**Email:** info@rapecrisiscentre-argyll-bute.org.uk  
**Web:** www.rapecrisiscentre-argyll-bute.org.uk

### Dundee

Women's Rape & Sexual Abuse Centre  
PO Box 83, Dundee DD1 4YZ  
**Helpline: 01382 201 291**  
**Office: 01382 205 556**  
**Fax/Minicom: 01382 226 936**  
**Email:** wrasac@btconnect.com  
**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@tiscali.co.uk

### Edinburgh

Women's Rape & Sexual Abuse Centre  
PO Box 120, Brunswick Road  
Edinburgh EH7 5WX  
**Helpline: 0131 556 9437**  
**Office: 0131 557 6737**  
**Minicom: 0131 557 6757**  
**Email:** support@ewrasac.org.uk or  
info@ewrasac.org.uk  
**Web:** www.ewrasac.org.uk

### Glasgow

Glasgow Rape Crisis Centre  
5th Floor, 30 Bell Street, Glasgow G1 1LG  
**Helpline: 0141 552 3200**  
**Office: 0141 552 3201**  
**Minicom: 0141 552 4244**  
**Email:** info@rapecrisiscentre-glasgow.co.uk  
**Web:** www.rapecrisiscentre-glasgow.co.uk

## Contact information

### Lanarkshire

Lanarkshire Rape Crisis Centre  
Brandon House Business Centre  
23-25 Brandon Street, Hamilton ML3 6DA  
**Helpline: 01698 527 003**  
**Office: 01698 527 006**  
**Email:** info@lanrcc.org.uk  
**Web:** www.lanrcc.org.uk

### Perth & Kinross

Women's Rape & Sexual Abuse Centre  
PO Box 7570, Perth PH2 1BY  
**Helpline: 01738 630 965**  
**Office: 01738 626 290**  
**Email:** info@perthshirerapecrisis.org  
**Web:** www.perthshirerapecrisis.org

### Western Isles

Rape Crisis Centre  
74 Kenneth Street, Stornoway  
Isle of Lewis HS1 2DS  
**Helpline: 01851 709 965**  
**Office: 01851 709 967**  
**Email:** info@wircc.org.uk  
**Web:** www.wircc.org.uk

### Associate Members

#### Central Scotland

Rape & Sexual Abuse Centre  
1 Glebe Avenue, Stirling FK8 2HZ  
and PO Box 28, Falkirk FK1 1AA  
**Helpline: 01786 471 771**  
**Office: 01786 446 887**  
**Email:** csrcc@ic24.net  
**Web:** www.rapecrisiscentralscotland.co.uk

#### Dumfries and Galloway

South West Rape & Sexual Abuse Centre  
9 George Street Meuse, Dumfries DG1 1HH  
**Helpline: 01387 253 113 (Dumfries)**  
**Email:** swrcandssac@btconnect.com  
**Web:** www.rape-crisis.co.uk

#### Fife

Fife Rape & Sexual Assault Centre  
29 Townsend Place, Kirkcaldy KY1 1HB  
**Office: 01592 642 336**  
2a Burnside North, Cupar KY15 4DG  
**Office: 01334 655 205**  
**Email:** info@frasac.org.uk  
**Web:** www.frasac.org.uk

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Rape Crisis Scotland is a charitable  
company limited by guarantee.  
Registered in Scotland No 258568.  
Recognised by the Inland Revenue  
as a Scottish Charity No SC025642

## **RCS Helpline**

# **08088 01 03 02**

*(voice and minicom)*

open daily 6pm - 12 midnight