



# August Newsletter

## From the 'Editor'

As the lockdown eases and life slowly steps up through the gears (are we in third gear yet?) we are all learning to live a different life. Like hibernating dormice coming out from nests in the forest undergrowth, we might be anxiously sniffing the air to check if there is danger or threat to deal with, before our lives can settle again. This anxiety can range from little worries to racing thoughts, and physical sensations, like butterflies in our stomach or a tightness in the throat. At times like these it helps to have a plan. On the right is a useful way to 'ground' yourself. Grounding is a way to bring thoughts into the present by using our senses to connect to the things around us. Once we are grounded our thinking brain can take over.

## Wearing a face mask—Is this difficult for you?

Here's a [link](#) to a helpful page about wearing face masks for survivors. Wearing a face mask is mandatory in many places now. But this can be challenging for a survivor, where this covering over the nose and mouth can be triggering. You are considered an exception if this applies to you but it is not easy to explain your reason if you are asked to wear a mask. This page from The Survivors Trust has advice and pictures to download to your phone so you can discreetly identify yourself as exempt. It also has a handful of tips to help you get used to wearing a mask.

## Well-Being Packs

Did you know that we have been sending well-being packs out to young and adult survivors who are accessing support, or on our waiting list? These helpful packs contain creative activities, self-care items and treats. We've had some lovely feedback telling us that these are helping survivors to cope.

"I would also like to express my immense gratitude for the care packages I have received ... these have kept my mind from wandering to places I'm scared to go."

"I've been colouring in to help me cope when things are difficult."

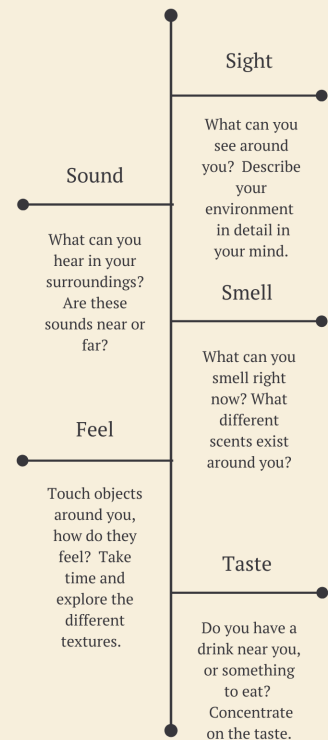
## About this Newsletter

We hope you enjoy receiving our newsletter and that the contents are relevant and useful. This also goes out to organisations and professionals who benefit from knowing what we do and to learn about the experiences of survivors.

Thanks for this go to our colleagues who are organising groups and activities and to those who contribute content.

If you, as a survivor, have something you want other survivors or professionals to know—a word of advice or support, a tip that has helped you or a good book to recommend, for example—we'd love to hear from you.

Talk to your Support Worker or send your contributions to [Helen](#).



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

## Extra Help

Are you struggling to buy the necessities week to week? We may be able to help you by providing supermarket vouchers or referring you to other agencies, who are able to support you during this time.....please ask your support worker for further information.

## Activities and Groups

To download a brochure and to find out more, see the end of the article on our website:

[Activities by Zoom - helping survivors in the online world](#)

Don't forget that our staff can support you with the technology to get involved!

## Feedback from a survivor

*"I am quite shocked at how I am seeing myself and the changes I've made to protect myself and it feels pretty liberating."*

**Courage does not always roar. Sometimes it is the quiet voice at the end of the day saying, "I will try again tomorrow."**

Berry Ann Infante

## Spotlight

### *DAYS—Dundee and Angus Young Survivors Project*

In 2017 WRASAC started a project to develop a specialised support service for children and young people affected by sexual violence. This support service helps all young people under 18, not only girls. There is one to one support and group work, and workshops for schools and community groups to help pave the way to preventing sexual violence as early as possible.

This service can also provide brief support to young family members of someone who has experienced sexual violence.

## Dates for the diary

### PEER SUPPORT by Zoom

*This group is proving popular with participants. They are supporting each other and trying out activities to boost confidence and self-determination. The group membership of survivors would welcome new members from the women who are supported or have been supported by WRASAC.*

**Dates for August are: 10th, 17th, 24th and 31st at 7pm**

You can contact the organiser, Gillian, direct on 07923 252 191 or email [gillian.ross@wrasac.org.uk](mailto:gillian.ross@wrasac.org.uk) Zoom links will be sent by email.

### INTRODUCTION TO MINDFULNESS by Zoom

**Dates for August are: 18th at 2pm and 24th at 7pm**

Contact the organiser, Roxana, direct on 07739035357 or [roxana.seaton@wrasac.org.uk](mailto:roxana.seaton@wrasac.org.uk)

### ANXIETY WORKSHOPS by Zoom

*In this workshop you will learn more about anxiety, how it affects you and try out techniques to manage it.*

**Dates for August are to be confirmed. If you are interested please get in touch as follows:**

Contact your Support Worker or Rachel direct on 07889410779 or email [rachel.ashton@wrasac.org.uk](mailto:rachel.ashton@wrasac.org.uk)

### EFT (EMOTION-FOCUSED TECHNIQUE) by Zoom

These sessions are for one hour, one to one, and are available on:

**Monday at 11.30am, Wednesday at 6pm, and Friday at 1.30pm**

Contact Karyn McKaig to book on: [karyn.mckaig@wrasac.org.uk](mailto:karyn.mckaig@wrasac.org.uk) or call 07923 252 190

## Bookshelf

WRASAC is able to provide books to survivors to support the recovery process.

Our August book recommendations come from WRASAC's Prevention Worker, Lauren. These are some of the books she has read recently:

### [Bad Feminist by Roxane Gay](#)

A collection of essays addressing feminism, race and culture. Discussing strength and power of women and also the author's own experiences as a survivor.

### [Girl, Woman, Other - a Novel by Bernadine Evaristo](#)

A novel about 12 very different women and their stories of the black British experience across the country and through the years. Brilliant book which is incredibly moving and truly represents fiction at its finest.

## Self Care Corner

### **A rainy day in August could be a good day to CLEAR THE CLUTTER**

- 👉 Clear out drawers and wardrobes - if its been no use to you in 3-6 months then bin it or charity shop!
- 👉 Make room in the make up bag by checking expiry dates and binning.
- 👉 Shift the social media head clutter - shut off the broadband and go old school with a book or DVD (Netflix if you must, but no social media!).

### **Don't forget the WELL DONE LIST after all that de-cluttering!**

We tend to focus on our 'to-do's' and if we don't always get through these lists we can be annoyed at ourselves. This sense of failure is demoralising and saps our energy. So by writing a well done list at the end of the day you are giving yourself praise for the stuff you did get done and it boosts the spirits.

And, if doing this at night seems like a task too far .... Just start your day with a 'I did it, yesterday—Well Done!' list.

### **A QUICK FIX, simple 5 minute anxiety reduction meditation**

### [Mindful Peace and Anxiety Reduction](#)

It's a great way to get breathing back under control in a short time.