August 2021 Newsletter

Welcome to August!



We are still here, providing support, but we are doing things a little bit differently.

In this Newsletter we will be looking at:

- What our Survivors want from the new Newsletter Have Your Say!
- What services we are providing survivors in Dundee and Angus
- Get involved in WRASAC Groups
- WRASAC Recommends
- What's on in Dundee & Angus
- How you can support WRASAC and the work we do
- Thanking our supporters!
- Useful Information
- Finally, your voice matters. Find out how you can **make a difference and improve our services** by giving us feedback



It's YOUR Newsletter

We want to hear from you!

We would love to hear your ideas about content, features and information you would like to see in **YOUR Newsletter**.

If you have any ideas please get in touch at info@wrasac.org.uk

Or follow our Social Media: Twitter Instagram Facebook

We'd love to hear your views!



Our services

We provide support to women, including trans women, and young people of all genders (aged 11-18), who have experienced any form of sexual violence, abuse or exploitation in their lives.

We listen to, believe and support survivors of any race, ethnicity, sexual orientation, disability, religious and cultural background.

We respect the courage and strength it takes to speak out about your experience of sexual violence, whether it has been a recent assault or it happened a long time ago.

Confidentiality

All our support services are free and we offer appointments on weekdays, evenings and weekends. What you tell us remains confidential within our support team. We will not tell anyone that you have contacted us, unless you want us to. However there are some circumstances when we are required by law to share information.

Accessibility

If English is not you your first language we will try to arrange for an interpreter. If you are deaf or hard of hearing we can provide support via Typetalk, email or letter. We can also arrange for a British Sign Language or signed English interpreter.

Our new office is accessible, however, we can arrange appointments in various accessible venues around Dundee and Angus.

Our support services

Support Line

We offer phone support via our support line on 01382 201291. The Support Line is answered by a member of WRASAC Staff between the hours of 10am and 4pm Monday - Friday. Out with these hours, you can leave a message and we will get back to you within 2 working days.

One-to-One Support

Support starts with a chance to find out more about what you can expect from WRASAC if you are not sure. If it sounds like something that would be helpful for you then we will carry out an assessment. This is a chance for us to get to know a little about you. You will not have to tell us what happened to you at this stage. We know that this can be difficult. We may have a waiting list when you contact us but we can offer crisis support if required.

You will be allocated your own support worker who will offer you support using a variety of contact methods. In person support may not be the most helpful for you and currently Covid 19 restrictions mean this is not our preferred method. Video contact, through Zoom or WhatsApp, and telephone support are proving effective and convenient both for survivors and for support w orkers.

You will be offered 8 initial support sessions with your own support worker. We offer emotional support, can advocate on your behalf with the police, health, courts etc and provide you with practical support when needed.

Group support

We have a range of groups such as our Peer Support Group and therapy groups. Please check our news page or ask your support worker for more information about this. We produce a Newsletter on a monthly basis which you can find on our Publications page.

Email and Letter Support

We understand that some people have difficulty talking over the phone and it is common to feel uncomfortable speaking about your experience of sexual violence. You can access support via letter or email if that is better for you.

Our dedicated support email is <u>support@wrasac.org.uk</u> or <u>days@wrasac.org.uk</u> for children and young people.



PEER SUPPORT GROUP

To meet with other survivors our Peer Support Group meets every Monday evening. Currently being held online.

The Peer Support Group will meet on the following Monday's in August:

Monday 02/08/2021 at 7pm - Hangman - bring a pen and paper to play this classic game Monday 09/08/2021 at 7pm - Directed drawing - bring a pen and paper for this activity Monday 16/08/2021 at 7pm - Drawing with eyes shut - bring a pen and paper to play this silly game Monday 23/08/2021 at 7pm - TBD - Meet in the park for a socially distanced meet up Monday 30/08/2021 at 7pm - Craft and chat - bring your own craft project to work on while we talk *Email* info@wrasac.org.uk for more information.

STORYTELLING FOR SURVIVORS VIA ZOOM

Storytelling for Survivors - A journalling group for women

"I never in my life have agreed to join a group, but I am so thankful that I have. I look forward to the class starting every week" (participant)

Telling stories, our own stories, can be difficult. Words are often not enough to really describe what we want to say. Our memories are not just words and not just pictures, they are much more than that. Memories are made every day, every moment. Turning them into a story can give them life, peace, depth, lightness, colour and texture.

In this group we will learn how to tell our stories and how to capture those stories in many different ways. Journaling is not just writing. Art, collage, bullet points, lists, photographs and songs are just some of the other ways we can capture a story for our own journal.

By the end of this course, you will have tried out a few different techniques for capturing some of the small stories of your life. I want you to feel safe so we will have some comfortable subjects to explore. We will find time for a laugh, a 'virtual hug' and time away from the everyday. Resources will be provided but you are welcome to bring your own.

Groups will run throughout the year, subject to interest, and will be at different times of the day to accommodate availability. The course runs for 6 sessions with a celebration event at a time of the group's choosing after the end.

"The group has helped me so much already! Being around women who have gone through similar experiences has made me feel like a part of a community. I've already made friends for life after a couple of weeks", (participant)

To find out more or to book your place contact <u>info@wrasac.org.uk</u> or speak with your support worker who can tell you a bit more about what to expect and pass on your information. The group is run by Helen who can call to talk to you before you decide.

CREATIVE GROUP

We hope to have our long established and very popular Creative Group back up and running regularly in 2021.

For more information about any of our current or upcoming groups email info@wrasac.org.uk

Still I Rise Maya Angelou - 1928-2014

You may write me down in history With your bitter, twisted lies, You may trod me in the very dirt But still, like dust, I'll rise. Does my sassiness upset you? Why are you beset with gloom? Cause I walk like I've got oil wels Pumping in my living room. Just like moons and like suns, With the certainty of tides, Just like hopes springing high Still I'll rise. Did you want to see me broken? Bowed head and lowered eyes? Shoulders falling down like teardrops, Weakened by my soulful cries? Does my haughtiness offend you? Don't you take it awful hard Cause I laugh like I ve got gold mines Diggin in my own backyard. You may shoot me with your words, You may cut me with your eyes, You may kill me with your hatefulness, But still, like air, 111 rise. Does my sexiness upset you? Does it come as a surprise That I dance like I've got diamonds At the meeting of my thighs? Out of the huts of history's shame 1 rise Up from a past that's rooted in pain I rise I'm a black ocean, leaping and wide, Welling and swelling I bear in the tide. Leaving behind nights of terror and fear 1 rise Into a daybreak that's wondrously clear 1 rise Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. 1 rise 1 rise I rise.

1 - https://youtu.be/TZO08C5vL2A

You can email any suggestions for features or ideas for content you'd like to see in our WRASAC Newsletter by emailing <u>info@wrasac.org.uk</u> with **Newsletter Suggestions** in the subject line.



WRASAC Recommends

Each month we will be recommending our favourite ways to relax and recharge.

Podcast

A MINDFUL LIFE with Lauren Ostrowski Fenton Lauren is a mother of four, podcaster, life coach, writer, meditation teacher & YouTuber. Listen to Lauren as she shares her personal stories, & guided meditations on mindfulness, sleep therapy, minimalism, happiness, wellbeing & life. This guided meditation experience is recommended for repeated and ritualized listening. Develop a daily sleep meditation ritualized practice and with regular listening this guided meditation will encourage positive sleep suggestions and positive cognitive sleep patterns.

Listen here TED Talks In honour of International Youth Day on 12th August we're sharing this TEDTalks Playlist How can we feed the future

These action-oriented, forward-thinking talks offer a vision of the world where everyone has access to safe, healthy, and nutritious food — especially those who need it most.

If you adults won't save the world, we will

by Xiye Bastida with 1.6M views was delivered in June 2020 and is proof that the youth are more than capable than adults give them credit for.

In a deeply moving letter to her grandmother, Xiye Bastida reflects on what led her to become a leading voice for global climate activism — from mobilizing school climate strikes to speaking at the United Nations Climate Summit alongside Greta Thunberg — and traces her resolve, resilience and profound love of the earth to the values passed down to her. "Thank you for inviting me to love the world since the moment I was born," she says.

Nature Prescription

The Dundee Green Health Partnership (GHP) is one of four Green Health Partnerships operating in Scotland. GHPs are led locally by health boards and local authorities and, with a range of cross-sector

partners, are shining a spotlight on nature as a local resource for health and wellbeing in response to local strategic plans and priorities.

Check out <u>August's Nature Prescription</u> for Dundee from the <u>Green Health Partnership</u>. Even if you don't live in Dundee there are some great ideas here of things you can do outdoors in your own local area.

One August Activity that we will definitely be trying is: Have a picnic at Dudhope Park and enjoy the view.

Recreational facilities within the park include; tennis courts, an equipped play area, a concrete skateboarding park and a multi use game area (5-a-side football / basketball).

An active volunteer group, the <u>Friends of Dudhope Park</u> help lookafter and promote this lovely central Dundee green space.

There is an Accessibility Guide available on the AccessAble website.



Our top pick of the best events this month:

Penumbra has offered support to people in <u>Dundee</u> since 2007.

Peer led Wellbeing Workshops

Penumbra workshops focus on wellbeing and offer an opportunity for a group of people with a shared interest to come together to share knowledge and experience and explore tips, ideas and practical steps that can be taken and used to empower us to improve our wellbeing and aid us in our recovery. **All workshops are held on Zoom.** You do not need to attend them all or go on screen. If you have any questions or want to book a place please e-mail Anne & Louise at the address below and we will get back to you. <u>dundee.powwows@penumbra.org.uk</u>

Workshops are free and are facilitated by Peer Workers, who have their own lived experience of mental health recovery.

Resilience Monday 09/08/21 at 1.00pm - 2.30 pm or 6pm - 7.30pm

We will hold an informal discussion surrounding Resilience that will allow us to gain a better understanding and insight into how resilience can help in our recovery path. We will also get the opportunity to share examples and learn new tools that can increase our resilience moving forward.

Motivation Monday 16/08/21 at 1.00pm – 2.30pm or 6pm – 7.30pm

We will help you revise and increase you understanding of motivation, recognise some of the potential barriers to staying motivated and look at possible ways to overcome these barriers.

Menopause

Monday 23/08/21 at 1.00pm - 2.30pm or 6.00pm - 7.30pm

We will look at how menopause affects us, try to identify ways of coping with menopause to reduce its impact, by sharing tips and tolls that can help us manage and reduce the symptoms and improve our wellbeing.

The Women of Glamis Exhibition

6 May - 31st October 2021, 10:00 am - 5:00 pm

An exhibition, celebrating the inspiring women of Glamis is to be exhibited at Glamis Castle from 6th May – 31st October 2021, introducing exciting new exhibits.

Ranging from queens and princesses to countesses and businesswomen, botanists, composers, novelists, poets, philanthropists, servants and charity workers, the women of Glamis have remarkable stories to tell and this exhibition recognizes the valuable contributions these women have made to history from the late 14th century to the present.

UN Women UK Virtual Gallery - 'A Safe Space'

UN Women UK have brought artists together to influence culture through creativity. The have created a virtual gallery which they have called 'A Safe Space', it is now live and is made up of a huge number of specially commissioned artworks and community submissions in mixed media. Reimagining a safe and free world for women, girls and marginalised groups.

Please note there are content warnings for the Voices of Protest area – there is some strong language and imagery of sexual harassment used in this area of the gallery – as well as the captions on Eliza Hatch's photography area, only seen when you click on each photo to read the stories of the individuals featured.

Read more about this incredible project here

Take a walk around the gallery here.

Support our work

How you can support WRASAC

For anyone who would like to donate to our services, or who will be shopping online, here are some of the ways you can support our work.

• You can find our Just Giving page here: WRASAC - JustGiving

- If you shop online you can use their charity function which send us a small percentage of anything you spend on <u>Amazon</u>.
- Easy Fundraising easyfundraising[®] is the UK's biggest charity shopping site. It's simple and free to use! Choose a cause to support then join for free.
- 1. **JOIN** Your cause gets free donations (Search for The Women's Rape and Sexual Abuse Centre Dundee and Angus)
- 2. SHOP Visit retailers and then shop online as normal.
- 3. **RAISE** WRASAC then receives free funds.

Please feel free to share our fundraising information with others and do not hesitate to contact us should you have any questions.

Social Media

Another way of helping us is following our social media, sharing your views and feedback with us and allowing others to find out about our services and where they might get support.

Twitter Facebook Instagram



We are so grateful to Julie Mitchell Julie is raising funds for us with a SKATING for WRASAC challenge, throughout the month of July, Julie has been skating everyday to raise much needed funds for WRASAC.

Message from Julie Mitchell: I am doing a fundraiser "SKATING for WRASAC" I will be skating for an hour or more every day in July to raise much needed funds for this wonderful organisation. Services like these are under more pressure than ever due to the pandemic and they need our help to keep offering the amazing support that they do. I have used WRASAC over the past few years and without the support and guidance given I would not be in the amazing place I am. They have shown me that life is for living and not just surviving!" **Challenge Completed!**

Julie completed her challenge on Tuesday 3rd August at 4pm till 6pm at the rink at Manhattan works. Staff from WRASAC went along to support Julie and present her with a bouquet to say thank you for thinking of us, we are eternally grateful and so impressed!

Julie has raised a whopping £500 for WRASAC over the month of July!! Julie is ecstatic and over the moon. This money will go towards supporting survivors at WRASAC. If you would still like to donate in Julie's honour, you can!

To make a donation please follow these links, please do so via the PayPal link and all donations will go direct to WRASAC - this stands for women's rape and sexual abuse centre, let's break the silence and end sexual violence!

https://www.wrasac.org.uk/donate

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=TBU52HD3PREXJ



















Useful Information

Each month we'll be sharing useful information over a range of topics, if you know of anything you think other should know about, please feel free to suggest this to us be emailing <u>info@wrasac.org.uk</u>

Police Scotland and VSS seek views on crime 'aftercare' | Victim Support Scotland

Police Scotland and Victim Support Scotland are running a survey until 31st august aimed at improving support for people affected by crime.

You can give your views about how Police Scotland can best support victims and witnesses in the aftermath of a crime.

The anonymous, confidential survey takes ten minutes to complete and includes questions about referral to support services for people affected by crime. It also asks about the Victim Care Card, which provides details of a crime, aftercare information and important contact details.

Views expressed in survey responses will help to inform and shape future Police Scotland aftercare services.

The survey will run until 31 August 2021

App designed to protect survivors

<u>FollowItApp</u> is designed to help victim-survivors of stalking record what's happening to them. Created with victim-survivors of stalking, the app lets you keep a log of stalking incidents. The app is tailored to Scots law but can be used regardless of whether or not you decide to report to the police.

<u>Stalking is a crime</u>. A stalker engages in behaviour that causes the victim to feel afraid. A wide range of behaviours may qualify as stalking – including sending unwanted messages, harassment and monitoring on social media, following or loitering, or verbal abuse. In Scots law, stalking is defined as any person engaged in a 'course of conduct' that places another person in a state of fear or alarm. A 'course of conduct' is defined as 2 or more incidents. That's all it takes for stalking incidents to become criminal.

FollowItApp is an initiative of Rape Crisis Scotland and media co-op, delivered by the Scottish Women's Rights Centre.

Source: https://followitapp.org.uk/

Sharing your live location with family and friends on WhatsApp

The Live Location feature allows you to share your real-time location for a specific amount of time with the participants of an individual or group chat. This feature is end-to-end encrypted, which means no one can see your live location except the people you shared with.

Guidance

Turn2Us Benefits Calculator

The new Turn2Us Benefits Calculator has been built by and for benefit claimants. It is the most efficient, accurate tool for people who are trying to work out what means -tested benefits they are eligible for.

Find out what support you could get: https://benefits-calculator-2.turn2us.org.uk



How to contact us...

WRASAC Contact Information

Business Line:

- 01382 205 556
- To speak to a member of the team, for referral forms, booking prevention workshops, training or volunteering.

Helpline:

- 01382 201 291
- If you would like to speak to us; give us a call between 10:00am and 4:00pm. Outwith these hours, we operate an answering machine service, you can leave your contact number and a message and we will call you back as soon as possible. We do not store your contact details past calling you back. You do not have to leave your real name if you do not want to.

We are here to Listen, Believe and Support.

Email us

- Business address: info@wrasac.org.uk
- Support address: support@wrasac.org.uk

Address:

Ground Floor, Sangobeg House, 4 Francis Street, Dundee, DD38HH

National Support Contact Information

SARN (Sexual Assault Referral Network)

• Monday to Friday 9am to 4.30pm on 0300 365 2001 - A member of the Support Team will answer your call. Outside of office hours you can contact the dedicated phone line 6pm - 12 midnight - 0300 365 2001 SARN helps facilitate access to a forensic medical examination without having to report to the Police. This can take place up to 7 days after an assault has taken place. The evidence that is gathered is then stored anonymously and can be accessed at a future date if a decision to report is made.

National Helpline: Rape Crisis Scotland

- 08088 01 03 02, daily from 6pm 12 midnight.
- Should you wish to speak with someone out with our opening hours, the **Rape Crisis Scotland** helpline offers free and confidential initial and crisis support and information by phone or email. The Rape Crisis Scotland helpline supports women, men and transgender survivors as well as their family, friends and workers. The helpline has a minicom service for Deaf or hard of hearing people. They can also arrange for language interpreters if your first language is not English.
- PDF Versions of Rape Crisis Scotland Information Booklets can be found here