

# February Newsletter



**Women's Rape &  
Sexual Abuse Centre**  
Dundee & Angus

**Listen  
Believe  
Support**

Continuing to work towards a world free from all forms of sexual violence

## Welcome to our February Newsletter

*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
- **DVAWP Website** launches
- **Dundee Women's Festival** - 5th - 14th March 202
- **In the Community** - Local support services highlighted each month
- Raising Awareness & Activism
- Positive News Story - **CLiCK** launches **Together Alone** Wellbeing Resource

- Get involved in **WRASAC Groups**
- **WRASAC Recommends** - Podcast, TedTalk and February Nature Prescription
- How you can **support WRASAC** and the work we do
- How to **contact us**



### It's **YOUR** Newsletter

We 're starting the brand New Year with a brand new Newsletter Format!

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](mailto:info@wrasac.org.uk)<sup>1</sup>

Or follow our Social Media:

- **Twitter (@wrasac)**

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<sup>1</sup><mailto:info@wrasac.org.uk>

- Instagram (@wrasac)
- Facebook (@wrasac)

We'd love to hear your views!



### WRASAC Support Services

- **Referrals:** We are open for new referrals for therapeutic support although, due to demand we do have a waiting list at present.
- **Helpline - 01382 201 291:** If you would like to speak to us; give us a call, 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.
- If you do not want to leave your contact details you can call the **Rape Crisis Scotland National Helpline every evening from 6pm on 08088 01 03 02.**
- *We also continue to provide our **Peer Support Group** (via Zoom) continue reading this Newsletter to find out more.*

- **SARN:** The decision to report to the Police immediately after a rape/sexual assault may feel overwhelming. WRASAC Dundee and Angus can directly support survivors aged 16+ within Dundee and Angus to access the Sexual Assault Referral Network (SARN). **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. **Monday to Friday 9am to 4.30pm on 0300 365 2001** Outside of office hours you can contact the dedicated phone line **6pm - 12 midnight - 0300 365 2001**

We want to **thank all survivors who have been so understanding** and supportive of our changes of services to ensure that we all stay healthy during support. We have had a number of survivors feel uncomfortable asking for support during this very challenging time for the NHS and other services. However **everyone deserves to be heard and supported and you are just as important as anyone else**. If you need a listening ear, information or support please call us.

**We are here to Listen, Believe and Support.**



### **Dundee Violence Against Women Partnership** Website Launch

A new website has been launched by the **Dundee Violence Against Women Partnership (DVAWP)**

DVAWP launched the new resource this month. The website will contain information for people experiencing gender-based violence and abuse, including adults, children and young people.

The website also details relevant legislation, advice and support and protocols for professionals.

*Ann Hamilton, independent chair of the Dundee Violence Against Women Partnership, gave a statement<sup>2</sup> to the Evening Telegraph*

*"This new website will be a valuable tool for police, social workers, health staff, housing providers, teachers, college and university staff and those in the voluntary sector.*

*"I would also encourage anyone who is concerned about a friend, family member, colleague or neighbour to have a look and see how you can help.*

*"The website will evolve over time, so if you feel there is information missing or something that should be added I would encourage you to get in touch through the website.*

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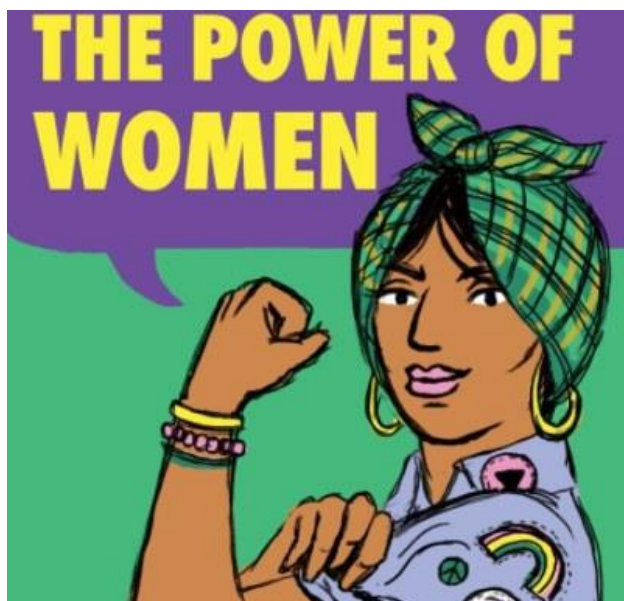
<sup>2</sup><https://www.eveningtelegraph.co.uk/fp/new-website-to-help-victims-of-gender-based-violence-is-launched/>



***“Violence against women and girls is unacceptable in any form and will not be tolerated in Dundee.”***

*“We will continue to work closely with all partners across the city to prevent and eliminate it. Making women and children safe must be a key priority for everyone in Dundee.”*

Dundee Violence Against Women Partnership | Violence Against Women Partnership (dvawp.co.uk)<sup>3</sup>



### **Dundee Women's Festival Returns for 2021**

By The Power of Women, **Dundee Women's Festival 2021** will take place from **5th - 14th March 2021!**

Most events will take place online, so are accessible and open to all. Full programme details will be announced at the end of January, so make sure you're following Dundee Women's Festival at [www.dundeewomensfestival.org.uk](http://www.dundeewomensfestival.org.uk)<sup>4</sup>

Our annual **Wellbeing Event** will be taking place virtually on **Tuesday 9th March** from 10:00am - 3:00pm

Full details will be included in next months issue

## **In the Community**

### **NEW FEATURE**

We listened to feedback! We hope you like the new feature... Each month we will be highlighting resources within the local Community.

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<sup>3</sup><https://www.dvawp.co.uk/>

<sup>4</sup><http://www.dundeewomensfestival.org.uk/>

## Carers of Dundee

### E-Learning Modules for Carers in Dundee

**Carer Wellbeing Journey** launched this week, a series of **3 e-learning modules** to support carers in Dundee with their wellbeing.

The modules can be done by anyone with an internet connection, at any time day or night and work great on a phone, tablet or computer.

They can be accessed from our **Carers of Dundee** E-learning portal here<sup>5</sup>, along with our existing modules; **Everyone Cares** and **Young Carer Support in Schools**.

Please pass the link on to any carers you support, or colleagues who might find the modules useful.

Carers of Dundee | Supporting People Who Care<sup>6</sup>

### Community Groups

Social contact is an important part of maintaining well-being. And yet, this can be one of the things we avoid when we are not feeling 100%. We think that we will wait until we feel great before we venture out to meet others. In reality, we need social contact to enable us to feel better about ourselves. And, if everyone in the room feels or felt like that you already have something in common.

*“Connection is why we’re here; it is what gives purpose and meaning to our lives.” – Brené Brown*

Care-Noustie Wellbeing Café<sup>7</sup> – Normally meet at the Hub in Carnoustie on Tuesday. Now having virtual gatherings with chat, fun and cuppas. They can help you get online and join in.

Find out more with a wee email to McNeillD@angus.gov.uk<sup>8</sup> or ZhangH@angus.gov.uk<sup>9</sup>.

The Wellbeing Bite and Blether meets Mondays in Arbroath. Find out more about health and well-being while having a bite to eat and a blether. To hear what happens contact Rikki on 01241 464628 or BeattieR@angus.gov.uk<sup>10</sup>

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<sup>5</sup><https://protect-eu.mimecast.com/s/gZwtCy94PFNAW8nFZsqd5?domain=carersofdundee.org/>

<sup>6</sup><https://carersofdundee.org/>

<sup>7</sup><https://www.facebook.com/carenoustiewellbeingcafe/>

<sup>8</sup><mailto:McNeillD@angus.gov.uk>

<sup>9</sup><mailto:ZhangH@angus.gov.uk>

<sup>10</sup><mailto:BeattieR@angus.gov.uk>

## Raising Awareness & Activism



#RosesAgainstViolence <sup>11</sup>

One of our favourite **CRAFTivism** (Crafting and Activism) Activities this month has been making crocheting purple roses.

**Roses Against Violence** are a guerrilla crochet art project with the purpose to raise awareness for the issue of violence against women.

The project was founded in November 2018 on the International Day for the Elimination of Violence against Women and the following 16 Days of Activism against Gender-Based Violence.

We crochet purple roses and place them visibly in public spaces, using a traditionally feminine handcraft to spread the message the violence against women and girls must be stopped.

The project Roses against violence is open for everybody to join. We mainly share pictures and like to connect with participants via Facebook and Instagram posting with the hashtag **#rosesagainstviolence**.

Roses against violence - YouTube <sup>12</sup>

Roses against violence | Facebook <sup>13</sup>

@rosesagainstviolence • Instagram photos and videos <sup>14</sup>

**Sexual Violence and Sexual Abuse Awareness Week 1st -7th February 2021**

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<sup>11</sup>[https://rosesagainstviolence.wordpress.com/?fbclid=IwAR0YH7S3KcBkt\\_EeMlekL25ZlvL-8XEVOolkr-NCKRX9hEYd2kZ9JZI5VJE](https://rosesagainstviolence.wordpress.com/?fbclid=IwAR0YH7S3KcBkt_EeMlekL25ZlvL-8XEVOolkr-NCKRX9hEYd2kZ9JZI5VJE)

<sup>12</sup><https://www.youtube.com/watch?app=desktop&fbclid=IwAR0ggHc991wigFce-Omurvzx-HWc-GhKPojpga21C1a0oN2elbjiMdJ8Msc&v=fVEPQuEm6kM>

<sup>13</sup><https://www.facebook.com/Roses-against-violence-2311442582268835/>

<sup>14</sup><https://www.instagram.com/rosesagainstviolence/>

WRASAC will be running taster training and awareness raising events over the week as well as using social media to highlight advocates and activists, organisations and services for survivors. All of our events are now sold out, but we are running full days of these taster sessions throughout the year.

Follow us and share our posts to help us raise awareness and keep up to date with the latest training available.

Twitter<sup>15</sup> Facebook<sup>16</sup> Instagram<sup>17</sup> [wrasc.org.uk](http://www.wrasac.org.uk)<sup>18</sup>

## Positive News

**CLiCK** launched their brand new Together, Alone Toolkit today – an interactive resource designed to help **anyone** reflect and build on their own self-care.

You can find the toolkit here.<sup>19</sup>

The *Together, Alone* toolkit is a culmination of the ***Together, Alone*** project – a wellbeing arts-based project which ran from June 2020 – December 2020 on CLiCK's creative platform, CLiCK Magazine<sup>20</sup>.

*The toolkit is designed to help anyone explore and build upon their own self-care. It is full of discussions around what self-care means to us all as well as tips, tools and opportunities for reflection.*

*CLiCK want you to know that if you need some help at the moment, that you have value, you deserve the time and space to do the things that nourish you, and that you have support in doing this.*

The coronavirus pandemic has been a time of social isolation and loneliness and CLiCK wanted to create a space filled with warm and encouraging voices to explore the concept of self-care and share tips and tools with one another.

[click.scot \(@click\\_scotland\)](https://www.clickmagazine.online/together-alone.html) • Instagram photos and videos<sup>21</sup>

[Click.Scot \(@click\\_scotland\)](https://twitter.com/click_scotland) / Twitter<sup>22</sup>

[Click.scot | Facebook](https://www.facebook.com/click.scot)<sup>23</sup>

## The Audacious Women Festival is returning in 2021

Friday 19th – Sunday 21st February 2021

**The Audacious Women Collective invites you to take your first steps on a journey to audacity.**

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<sup>15</sup><https://twitter.com/WRASAC>

<sup>16</sup><https://www.facebook.com/WRASAC>

<sup>17</sup><https://www.instagram.com/wrasac/>

<sup>18</sup><https://www.wrasac.org.uk/>

<sup>19</sup><https://www.clickmagazine.online/together-alone.html>

<sup>20</sup><http://www.clickmagazine.online/>

<sup>21</sup>[https://www.instagram.com/click\\_scotland/](https://www.instagram.com/click_scotland/)

<sup>22</sup>[https://twitter.com/click\\_scotland](https://twitter.com/click_scotland)

<sup>23</sup><https://www.facebook.com/click.scot>



The Festival **encourages and empowers women** to break personal, political, institutional barriers, and celebrates inspirational women.

We have workshops, performances, exhibitions, conversations, sports, music, dance, art and much more all giving you an opportunity to **Do What You Always Wish You Dared** no matter what your interests, and to celebrate the achievements of audacious women from Scotland and beyond.

They have curated an amazing programme of events<sup>24</sup> and will be posting updates on their Facebook page<sup>25</sup>.

To register and for zoom link go to <https://www.festival.audaciouswomen.scot/>

To check for updates on events go to <http://www.audaciouswomen.sco><sup>26</sup><sup>27</sup>



## WRASAC Groups

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<sup>24</sup><http://audaciouswomen.scot/2021-programme>

<sup>25</sup><https://www.facebook.com/AudaciousWomenFestival>

<sup>26</sup><http://www.audaciouswomen.scot/>

<sup>27</sup><https://www.facebook.com/AudaciousWomenFestival/>

## PEER SUPPORT GROUP

To meet with other survivors our Peer Support Group meets every Monday evening. Currently online. The Peer Support Group will meet on the following Monday's in February:

Monday 01.02.21 at 7pm

Monday 08.02.21 at 7pm

Monday 15.02.21 at 7pm

Monday 22.02.21 at 7pm

## YOGA GROUP

Yoga Group will be running again on Saturday morning's on the following dates:

27.02.21 at 10:30am

06.03.21 at 10:30am

13.03.21 at 10:30am

## CREATIVE GROUP

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

## 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<sup>28</sup>
  - If you shop **Amazon** online you can use their charity function which send us a small percentage of anything you spend on Amazon<sup>29</sup>
  - **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.

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<sup>28</sup><https://www.justgiving.com/wrsac-dundee>

<sup>29</sup><https://smile.amazon.co.uk/>

## 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<sup>30</sup> Facebook<sup>31</sup> Instagram<sup>32</sup> [wrasac.org.uk](https://www.wrasac.org.uk/)<sup>33</sup>



## WRASAC Recommends

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

## Podcast

**Everyday Mindfulness Show**<sup>34</sup>

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<sup>30</sup><https://twitter.com/WRASAC>

<sup>31</sup><https://www.facebook.com/WRASAC>

<sup>32</sup><https://www.instagram.com/wrasac/>

<sup>33</sup><https://www.wrasac.org.uk/>

<sup>34</sup><https://www.everydaymindfulnessshow.com/>

In each episode, dive into fun, thought-provoking, and engaging conversations on everyday mindfulness. With host and author Holly Duckworth, join over 70 guests sharing their perspective on living with mindfulness in all aspects of life - from meditation to spirituality to personal passions to success and failure to politics to relationships and much more.

### **TEDTalk**

How to Cope with Anxiety<sup>35</sup>

*Olivia Remes · Psychologist*

In her talk “How to cope with anxiety”, Olivia Remes of the University of Cambridge shares her vision on anxiety and will unravel ways to treat and manage this health disorder.

"Imagine there's someone standing next to you all the time pointing out every! single! thing! you're doing wrong. This is what millions of anxiety sufferers feel on a daily basis, and it's awful."

Anxiety researcher Olivia Remes lays out a roadmap to getting rid of that "someone." It begins, she says, with being kinder to ourselves and to others.

### **Green Health Partnership - Dundee's Natures Prescriptions**

Realising the potential of Scotland’s outdoors to contribute to better health requires a more joined up approach. The Our Natural Health Service (ONHS) programme is being led by NatureScot<sup>36</sup> (formerly known as Scottish Natural Heritage), working in partnership with Scottish Forestry<sup>37</sup>, NHS Health Scotland<sup>38</sup> (now part of Public Health Scotland) and a range of other national and local organisations across the environment, transport, sport, education and health sectors. Central to the ONHS concept is making more use of Scotland’s natural environment through a range of green health activity to deliver both public health and health and social care outcomes.

Presenting: **Dundee’s Nature Prescriptions** – fun, free, local activities for everyone!

Dundee’s Nature Prescriptions<sup>39</sup> for February

**Suggestions** for this section can be emailed to [info@wrasac.org.uk](mailto:info@wrasac.org.uk)<sup>40</sup> using **WRASAC Recommends in the subject line.**

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<sup>35</sup>[https://www.ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_anxiety](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety)

<sup>36</sup><https://www.nature.scot/>

<sup>37</sup><https://forestry.gov.scot/>

<sup>38</sup><http://www.healthscotland.scot/>

<sup>39</sup><https://dvva.scot/site/uploads/nature-prescription-digital-final.pdf>

<sup>40</sup><mailto:info@wrasac.org.uk>



# Contact us

WRASAC Dundee & Angus is a company limited by guarantee, registered with OSCR and registered in Scotland as company number SC241372 and charity number SC009070.

[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, 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](mailto:info@wrasac.org.uk)<sup>41</sup>
- Support address: [support@wrasac.org.uk](mailto:support@wrasac.org.uk)<sup>42</sup>

#### Address:

Ground Floor, Sangobeg House, 4 Francis Street, Dundee, DD3 8HH

#### WRASAC Social Media

Twitter<sup>43</sup> Facebook<sup>44</sup> Instagram<sup>45</sup> [wrasac.org.uk](http://wrasac.org.uk)<sup>46</sup>

#### 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.

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<sup>41</sup><https://info@wrasac.org.uk/>

<sup>42</sup><https://support@wrasac.org.uk/>

<sup>43</sup><https://twitter.com/WRASAC>

<sup>44</sup><https://www.facebook.com/WRASAC>

<sup>45</sup><https://www.instagram.com/wrasac/>

<sup>46</sup><https://www.wrasac.org.uk/>