

January 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 new WRASAC Newsletter format

Happy New Year everyone

Let's get 2021 off to the best start!

It has never been more important for all of us to get the support we need when things feel overwhelming.

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
- What we're planning for the annual **Sexual Violence and Sexual Abuse Awareness Week 2021** and how you can get involved!
- **Positive News Stories**
- Get involved in **WRASAC Groups**
- How you can **support WRASAC** and the work we do
- 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 '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

Or follow our Social Media:

- **Twitter (@wrasac)**
- **Instagram (@wrasac)**
- **Facebook (@wrasac)**

We'd love to hear your views!



WRASAC Support Services

The Women's Rape and Sexual Abuse Centre have continued to provide support throughout these challenging times. Our Support Team have continued providing one to one support with all sessions being either on the **phone, through email/text or through the video chat app Zoom.**

We want to thank all the survivors in service. Everyone has been understanding about our need to adapt services in line with Government Guidance. We are monitoring the situation carefully, and we hope and look forward to a future where we will be able to provide face to face support in the same space once again.

- **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.



Raising Awareness, Activism and Positive News

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

This is a yearly event spaced out over a week in February where organisations organise activities raising awareness and campaigning against sexual violence.

The week aims to generate discussion among the general public, statutory bodies and third sector organisations about how sexual abuse and sexual violence is not ok. It aims to empower victims and send out a clear message that the UK collectively will be saying 'It's Not Ok'.

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.

Follow us and share our posts to help us raise awareness

[Twitter](#) [Facebook](#) [Instagram](#) wrasac.org.uk

Craft and Activism=CRAFTivism

A way to raise awareness of issues that are important to you which is based on the idea that craft + activism = craftivism.

Chalk Activism with Chalk Back

Chalk Back is a Global youth-led activist movement committed to ending gender-based street harassment with public chalk art, digital media and education.

By writing stories of harassment word-for-word in the spots where they happened alongside the hashtag #stopstreetharassment using sidewalk chalk and then post on social media the campaign intends to spur dialogue and story sharing among the general public.

Chalk Back Activists seek to influence bold cultural change within our communities.

[Instagram](#)

www.chalkback.org

Roses Against Violence

Roses Against Violence are a guerrilla crochet art project with the purpose to raise awareness for the issue of violence against women. 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, it has grown over this time to be a global movement

Using a traditionally feminine handcraft to spread the message, Craftivists crochet purple roses and place them visibly in public spaces. The project Roses against violence is open for everybody to join, the project have created the **#rosesagainstviolence** for people to share pictures of their CRAFTivism in their local areas.

Claudia the Project creator has kindly given some words of encouragement for our Dundee and Angus CRAFTivists

Hello!

If you like the roses against violence project you maybe like to be part of it?

*It is very easy - make some purple roses with a sign and spread them in your hometown then post a picture with the hashtag **#rosesagainstviolence***

???

Help to spread the message: Stop violence against women!

Together we are stronger! ??

If you like more information, this is our homepage: [Wordpress](#) and social media [Instagram](#) and [Facebook](#)

Greetings from Austria

📧 Claudia

Positive News Stories

Women Traders

Formed to create a central point for women traders to be listed, therefore making it easier for them to be found. There are many reasons why someone would prefer a female in the house to do some work, and this site will be building a comprehensive list of women traders in the UK. You can search the directory [here](#)

Un-Consenting Media

This great resource for people concerned about the media they watch triggering them. They can search the [database](#) for a specific media and find a breakdown of what is there.

Free Sanitary Products in Scotland

The aim for the Bill was to tackle "period poverty", which is when some people who need period products struggle to afford them. These products are a basic necessity, and providing access to them is important for people's dignity.

The Period Products (Free Provision) (Scotland) Bill became an Act on 12 January 2021 making Scotland the world leader in tackling "period poverty" and committed to bringing Gender Equality to Scotland



PEER SUPPORT GROUP

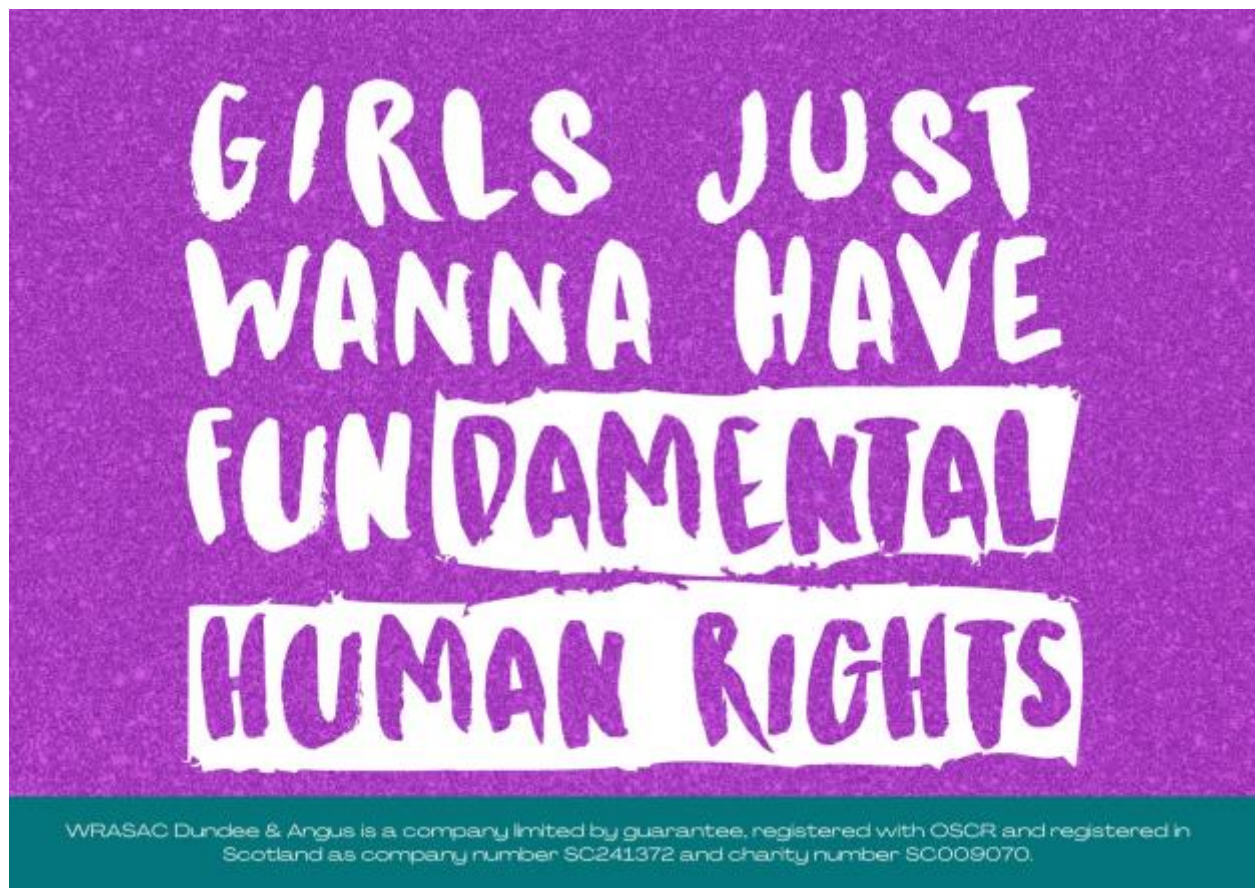
Monday 25th January at 7pm

SELF COMPASSION WORKSHOP

Wednesday 27th January 3pm - 4pm

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](#)
- If you shop online you can use their charity function which send us a small percentage of anything you spend on [Amazon](#)

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



WRASAC Recommends

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

Podcast

[The JOY Factor](#)

(Mindfulness, Compassion, Positive Psychology, Healing, Yoga)

The JOY factor -is a podcast dedicated to helping YOU create a path to Joyful Living each and every day.

Frequency 4 episodes per year

Book Club

[Badass Women's Book Club](#)

The Badass Women's Book Club has over 10,000 women follow us online and in person.

Each month the site choose a powerful book to read and discuss, they also create and share insightful discussion guides for each book. Follow on [Instagram](#) [Facebook](#) and [Twitter](#) to join in the discussion!

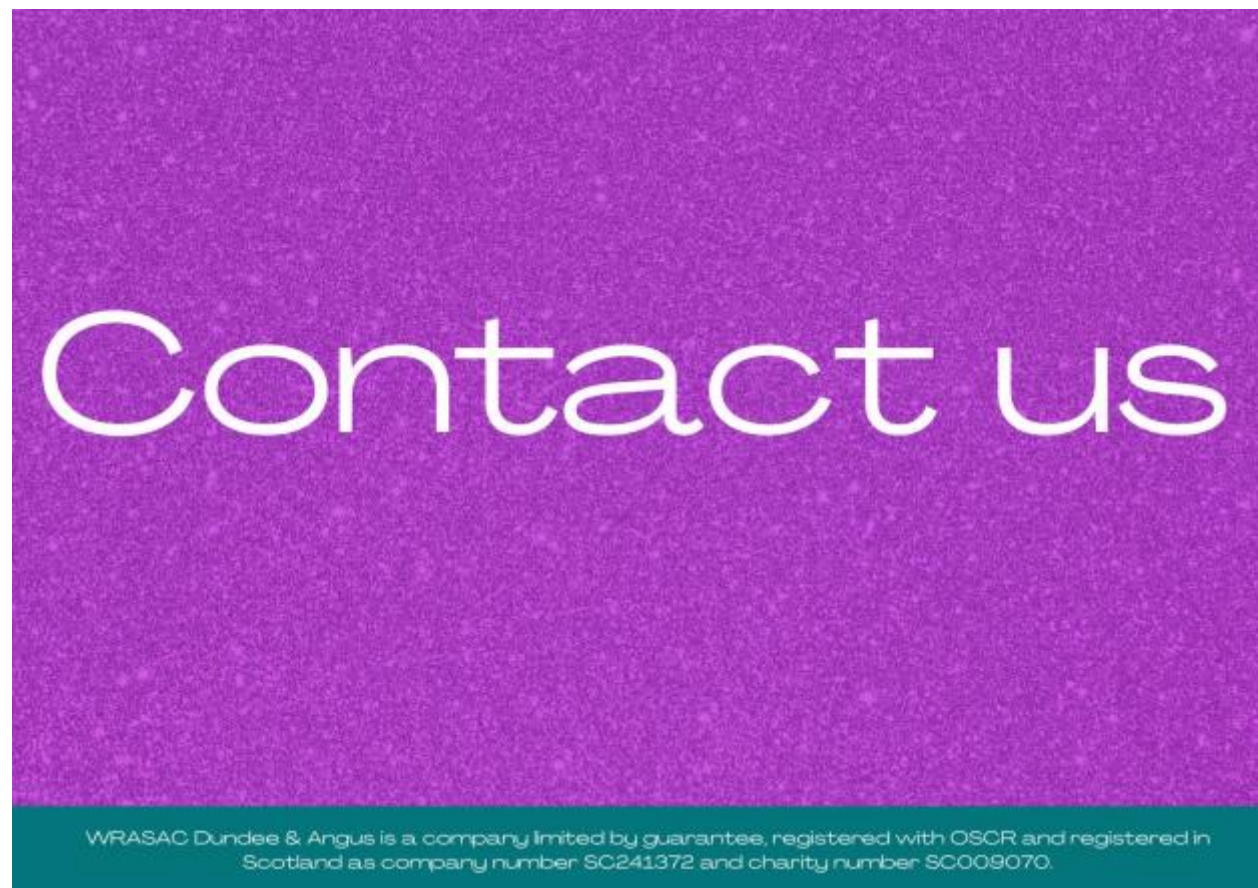
Nature Prescription

Check out January's Nature Prescription for Dundee from the Green Health Partnership. 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. Embrace the mental health benefits of spending time outdoors in nature.

Check out this brilliant video promoting 'green exercise' from Green Health Partnership Dundee - [Natural Health Service](#)

The [Green Health](#) website offers a great range of activity ideas

Suggestions for this section can be emailed to info@wrasac.org.uk using **WRASAC Recommends in the subject line.**



[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
- Support address: support@wrasac.org.uk

Address:

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

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.