

July Newsletter

From the Editor

Here we are in the month of July, in 2020, and there is a familiarity about the stuttering start to the Scottish summer weather. We know that sunlight has an impact on our mood and can give us a much needed lift during those spring and summer months as the days lengthen and the temperature rises. But it can also be mood enhancing to see the natural changes in our environment; particularly the riot of colour as flowers bloom, both wild and cultivated.

Activities and Groups at WRASAC

The newsletter will not be as long from now on! We have coordinated with our website to include all the extra information about what we have on offer. To download a brochure and to find out more, see 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!

New for July

Anxiety Workshops

Are you struggling to cope with anxiety day to day?

Have you always had anxiety and would like to learn more about how to live with it?

Or has your anxiety started, or become worse because of the pandemic?

In this workshop you will learn more about anxiety, how it affects you and learn the skills to cope with it. This will be in a small informal group online.

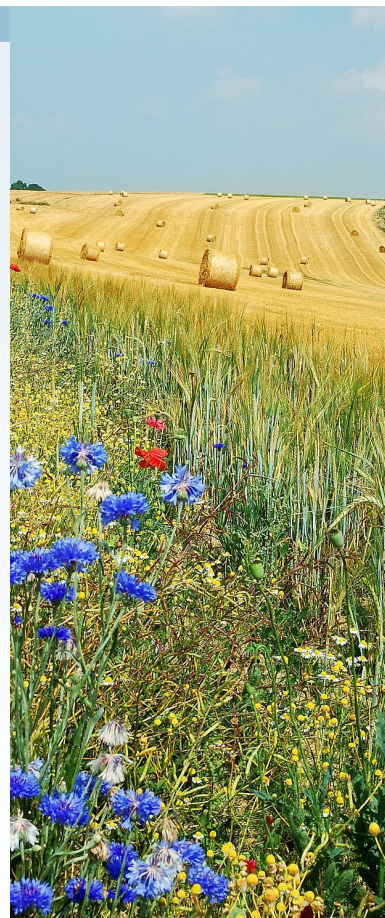
Dates: Wednesday July 15th at 6.30pm and Monday July 27th at 1.30pm.

If you are interested let your Support Worker know or contact Rachel directly on 07889410779 or on email rachel.ashton@wrasac.org.uk

Flower Essences

[The Flourishing Well](#) is presenting on online workshop and we have places on this for Sunday 26th July. The workshop will be led by Maria Doherty who is a Flower and Vibrational Essences Practitioner and complementary therapist. Maria works with flower and vibrational essences to help raise confidence, self esteem, release fears, anxieties, help gain clarity and manage stress.

If you are interested let your Support Worker know or email support@wrasac.org.uk, places are very limited.



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.

EFT (Emotion-Focused Technique)

These hourly sessions are now available on:

Monday—11.30am
Wednesday—6pm
Friday—11.30pm

Contact Karyn McKaig to book on:

karyn.mckaig@wrasac.org.uk
or call 07923 252 190



BODY BUTTER WORKSHOP

Organic body butter

In this online workshop we will be making luscious whipped body butters, made with organic 100% natural, scrumptious ingredients.

The individually weighed out ingredients and sanitized, eco friendly packaging will be sent to your home. On the day of the workshop we will do a group zoom session where I'll guide you through the methods.

All you need is heat resistant bowl to put on top of a pot to melt the ingredients and a freezer to cool it down, then you'll need an electric whisk to whip it.

Where and when...

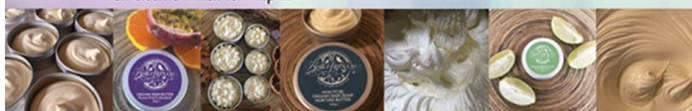
Online...
The zoom link will be sent to your email address the day of the workshop

Body butter workshops is on...

Sunday 19th July 2-4pm.

For more information about Holistic Health practitioner Lorna please visit...

www.butterflybeeswellbeing.com



These workshops are normally £40 but are being funded by WRASAC. There are only six places available for this one so please book soon with karyn.mckraig@wrasac.org.uk to avoid disappointment.
www.butterflybeeswellbeing.com

Dates for the diary

Minfulness by Zoom—Monday 13th July at 2pm, Tuesday 21st July at 7pm

Contact the organiser, Roxana, direct on 07739035357 or roxana.seaton@wrasac.org.uk

PEER SUPPORT by Zoom - July dates are the following Mondays 13th, 20th, and 27th at 7pm and August 10th at 7pm.

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

CLICK

Click provides a forum for women involved in selling sex online to have a voice in developing and improving the support services around their health, safety and well-being.

Click Helpline- 0300 124 5564

Tuesday 15:00-17:00

Wednesday 11:00-19:00

Thursday 18:00-21:00

Saturday 12:00-14:00

Click magazine team will be sharing Podcast episode 2 regarding money and financial matters at:

clickmagazine.online.

This can also be listened to on Spotify by searching for or clicking [Click.scot](https://www.spotify.com/track/3001245564).

Bookshelf

WRASAC is able to provide books to survivors to support the work you are doing.

Let your support worker know if this is something you would like to consider. Here are a couple of suggestions from our support workers:

[Journey Through Trauma](#)

[Self-Compassion: The Proven Power of Being Kind to Yourself](#)

For Young People

[Self-Esteem Workbook for Teens](#)

[The Mindful Teen](#)

For Children

[Help I've Got and Alarm Bell Going Off in My Head](#)

[Lucy's Blue Day](#)

Self Help Corner

[The NHS Apps Library](#) – Find apps and online tools to help you manage your health and well-being

[Body Scan Meditation](#) (Tame Anxiety) – 8 minutes to be in your body

[The Critical Inner Voice – Whiteboard Animation](#) (Click here to watch a video)

Here are reminders of how to deal with your inner voice

Step one: Identify the critical messages. Write these down, there may be a few of them. "I am fat", "I am stupid"

Step two: Turn those messages into a 'you' statement. This helps you take the voice outside of you. "You are fat", "You are stupid"

Step three: Have a think ... can you identify where those ideas about you came from. "I am fat" might have come from those friends who were always talking about dieting.

Step 3.5: Draw a picture, or make a model, of your Inner Critic. This doesn't have to look like anything in particular, it could be a blob made of playdough, or a simple doodle.

Step four: Time to argue back. You might feel angry with your Inner Critic at first. The Inner Critic might be part right and you can turn this around to say how you have overcome something that was difficult. "I am stupid" to "It was difficult for me at school but now I can". Try to be realistic, you need to believe this new supportive inner voice.

Step five to 100: Practice!!