

July 2021 Newsletter



Welcome to July

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**
- **Online Events**
- How you can **support WRASAC** and the work we do
- Thanking our **supporters!**
- **Useful Information**
- Inspiring Scotland & the Scottish Government want to hear from you
- 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 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 workers.

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 support@wrasac.org.uk or days@wrasac.org.uk 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 July:

Monday 05/07/2021 at 7pm - Pictionary - we will use zoom to draw on the screen while others

guess Monday 12/07/2021 at 7pm - Directed drawing - bring a pen and paper for this activity

Monday 19/07/2021 at 7pm - Craft and chat - bring your own craft project to work on while we talk

Monday 26/07/2021 at 7pm - Scavenger hunt - hunting for objects in your home.

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.

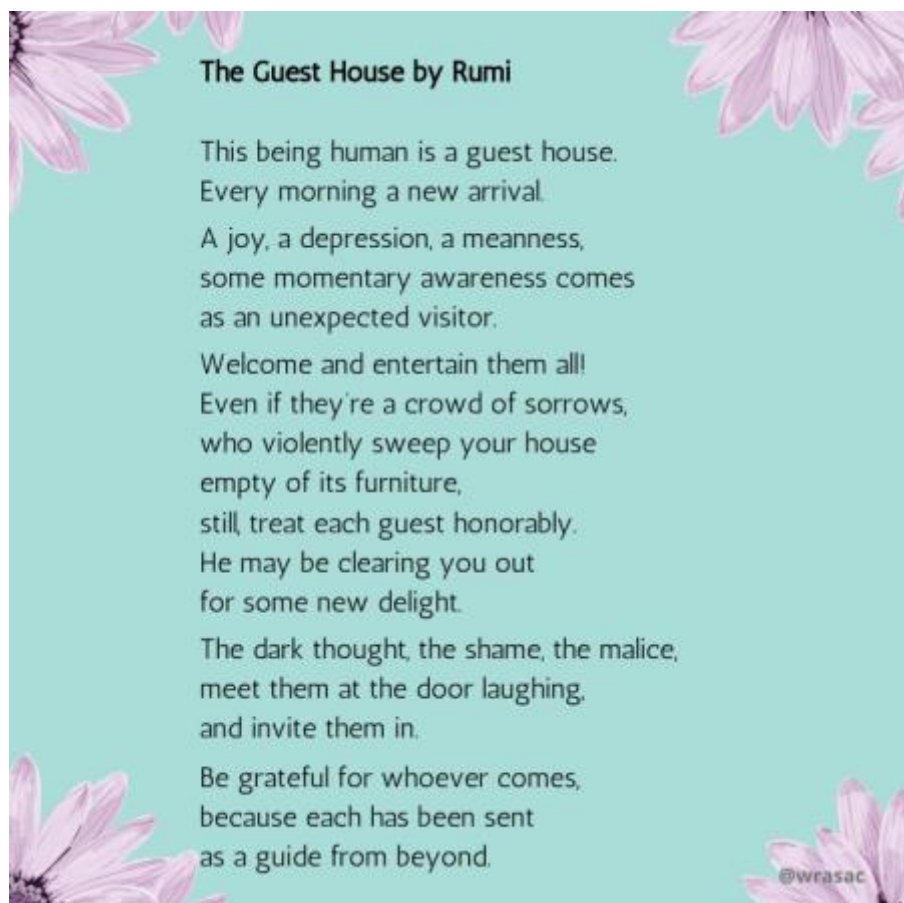
"The group has helped me so much already! Being around women who have gone through similar experiences has made me feel like a part of a community. I've already made friends for life after a couple of weeks", (participant)

To find out more or to book your place contact info@wrasac.org.uk 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



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



WRASAC Recommends

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

Podcast The Mindful Kind

The Mindful Kind, hosted by Rachael Kable, shares exciting insights into mindfulness journeys and provides listeners with simple and effective practices to incorporate into their own lives.

[Listen here](#) **Song**

[Anson Seabra – Trying my best](#)

“I hope you know that it’s not always happy in my head”

TED Talks [Human Trafficking is All Around You... This is how it works...](#)

With 2,104,642 views and presented at TEDTalks in March 2015, Global journalist Noy Thrupkaew reports on human trafficking and the economics of exploitation through the lens of labour rights. Behind the everyday bargains we all love -- the \$10 manicure, the unlimited shrimp buffet -- is a hidden world of forced labour to keep those prices at rock bottom. Noy Thrupkaew investigates human trafficking – which flourishes in the US and Europe, as well as developing countries – and shows us the human faces behind the exploited labour that feeds global consumers.

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 [July'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.



Our top pick of the best events online this month:

[Unmute - an open mic night for poets and writers](#)

Join WriteClub on Thursday 1st July 7:30-9:15pm

*****READING SLOTS NOW FULL*****

Email hellowriteclub@gmail.com to be added to the waiting list

Donations welcome - 75% of proceeds to go to [Medicins Sans Frontieres](#) who provide medical care where it is needed most and are currently working with victims of Covid 19 in India and other countries.

[WriteClub's](#) online open mic parties started back in 2020 in response to You Know What. They've become popular events where writers come and share their words. You can expect an evening packed with poems and stories, plus a chance to share your own work. Come and read, listen and celebrate new writing.

[UN Women UK Virtual Gallery - 'A Safe Space'](#)

UN Women UK have brought artists together to influence culture through creativity. They 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.

You will start in the first area, called **A Safe Space**. These original artworks commissioned especially for this exhibition, reimagining public spaces such that women, girls and marginalised groups are able to be truly free, and exploring the ways we can get there.

Then, you move through the corridor which is called **Middle Ground**. The passage between the two main sections of the gallery includes original audio compositions exploring the themes of safer public spaces. It's also where you can step 'outside' to take time out and reflect, if you want to.

Before finishing in the third area, **Voices of Protest**. These are creations from the community, speaking out against injustice and the way the world currently works for women. This section of the gallery includes photography, protest banners, original songs, and poetry.

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 [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](#) [Facebook](#) [Instagram](#)



We are so grateful to Julie Mitchell Julie is raising funds for WRASAC with a SKATING for WRASAC challenge, we wish you the best of luck Julie! Message from Julie:

"Today is the first day of my personal July challenge! 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!

Please show me and them your support by donating towards my skating challenge. I will be doing little updates on my daily skate so you can follow me and be inspired ☺

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

When donating for my challenge please leave a message to let us know, that way I can get a finally total to share at the end. Thank you all in advance!!!"

Thank you Mrs Charlotte Allan

We wanted to say a special thank you to a recent supporter of ours who has very kindly campaigning to secure self care items, hygiene items, and care packages for women and children. Mrs Allan has created beautiful wellbeing boxes which are being distributed to the women and children we are supporting. They are filled with beautiful face masks, crystals, bath bombs and more to help you indulge in some self care and relaxation.

If you would like to receive a wellbeing box, please email info@wrasac.org.uk or ask your worker to request one for you.



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 by emailing info@wrasac.org.uk

App designed to protect survivors

[FollowItApp](#) 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.

[Stalking is a crime](#). 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>



Inspiring Scotland want to hear from people with lived experience of gender-based violence Take part in an online survey, to help Inspiring Scotland gain essential context and support the Scottish Government in making final decisions about the Delivering Equally Safe fund. The survey is designed to get your feedback, insight and perspective as an 'Expert by Experience' on work being done across Scotland to tackle violence against women and girls. We use the terms 'gender-based violence' and 'violence against women and girls' in this survey to encompass a range of experiences including, but not limited to, coercive control, domestic abuse, sexual abuse and exploitation. If you have been supported by an organisation working in this area then your input will be valuable.

The survey should take around 10 minutes to complete and all responses will be anonymous.

[You can access the survey by clicking here](#)

The survey will close on **Sunday 4th July**

[You can find out more about this piece of work, and how your feedback will be used to support decision making](#)



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, 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.
- PDF Versions of Rape Crisis Scotland Information Booklets can be found [here](#)