



September Newsletter

From the 'Editor'

Someone said to me this week that the days felt shorter already. Are we saying goodbye to summer or will we get another shot at it later on? Periods of transition can be a good time to have a clear out, make a plan or start something new. For me, this starts with the change over in the wardrobe from warm weather clothes to cool weather clothes. It feels like I've been clothes shopping!

Here at WRASAC we are also working our way through transition. We have new managers, Katie and Kristina, and are now starting to provide support face to face in our new centre in Sangobeg House. Look out for our spotlight on the new managers in our next issue. Our in-person support currently requires wearing a face mask so here's the [link](#) from the last issue with helpful advice about wearing masks for survivors.

New Helpline for Domestic Abuse in Dundee

If you are frightened or worried about the way your partner or ex-partner is treating you, you do not have to put up with it. There are many things you can do to protect yourself and any children from further harm. [Dundee Women's Aid](#) is continuing to provide support and advice even though their centre is closed due to the pandemic. They now have an out of hours helpline which is operated in partnership with Barnardo's.

If you are experiencing abuse call **07821 865661**. Lines are open Friday 5pm-9pm, Sunday 9am-2pm, Saturday 9am-2pm and Monday 5pm -9pm. They understand it can be difficult to pick up the phone but one of their experienced practitioners is there to support you!

Free Sanitary Products in Angus

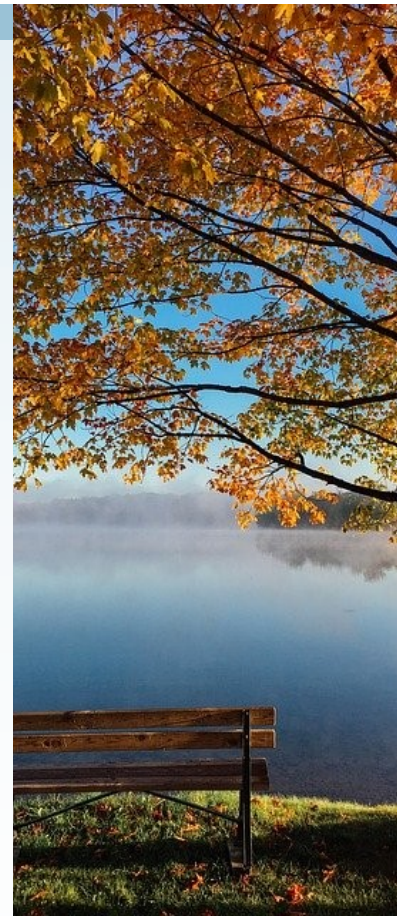
Free sanitary products have been available around Angus since 2019. As the pandemic led to the closure of many centres carrying these products, the Community Planning Partnership has arranged new ways to get products out to women who need them. Follow this [link](#) for more information and access to the online order form.

An update from Dundee and Angus Young Survivors

Over lockdown DAYS has continued to support young people remotely via phone and video. Now the schools are back we are looking at how we can work with schools to continue that support. Currently, we are arranging to meet young people remotely where the school is able to provide a private room. We are also exploring, with schools, the possibility of outdoor, in-person sessions. DAYS will continue to adapt to meet the needs of young people through challenging times. If you have a child finding things difficult this [website](#) has helpful self-care ideas they can try.

About this Newsletter

Thanks go to the staff at WRASAC for this month's newsletter. We welcome contributions from survivors and workers. Talk to your Support Worker or send your contributions to [Helen](#).



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.

Activities and Groups

To download a brochure and to find out more, see the end of 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!



"If we can share our story with someone who responds with empathy and understanding, shame can't survive."

BRENÉ BROWN

Get involved

Sexual Harassment Incident Recording App – Survivor workshop by Zoom

Scottish Women's Rights Centre are currently in the process of developing an app that will allow women to record incidents of sexual harassment. They would now like to invite female survivors of sexual harassment to participate in the development of the App.

They are looking for women, 18 years old or over, who have experienced sexual harassment and would like to contribute their views to the project. This will involve joining a one to one workshop where they will try the App with a female developer from [media co-op](#), and 1 worker from [SWRC](#) at a time that suits the survivor.

For more information please contact our advocacy worker [Lesley McGee](#)

Dates for the diary

PEER SUPPORT by Zoom

Gillian will be taking a break in September and [Pauline](#) will be filling in for the middle two weeks. There is also a private Facebook group for WRASAC Survivors, the [Creative Expression and Therapeutic Healing Group](#).

Dates for September are: 7th, 14th, 21st and 28th at 7pm

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

SELF COMPASSION WORKSHOP by Zoom

This workshop is for women who have negative thoughts about themselves. This workshop will look at how to change negative self-talk.

This one hour workshop will be at **2pm on 24th September**. If you are interested please get in touch as follows:

Contact your Support Worker or Karyn direct on 07923 252190 or email karyn.mckaig@wrasac.org.uk

ANXIETY WORKSHOPS by Zoom

In this workshop you will learn more about anxiety, how it affects you and try out techniques to manage it. Dates are to be confirmed. If you are interested please get in touch as follows:

Contact your Support Worker or Rachel direct on 07889410779 or email rachel.ashton@wrasac.org.uk

INTRODUCTION TO MINDFULNESS by Zoom

22nd September at 2pm

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

EFT (EMOTION-FOCUSED TECHNIQUE) by Zoom

These sessions are for one hour, one to one, and are available on:

Monday at 11.30am, Wednesday at 6pm, and Friday at 1.30pm

Bookshelf

This month we are highlighting the Click podcast.

Click Cast is a podcast series with women's voices at the core. Each month, they are exploring a different challenge that women who sell or exchange sex or images are facing during the coronavirus pandemic – hearing directly from women and the services who support them.

In the third [Click podcast](#) Anna and Shannon from the Women's Support Project hear from women with lived experience of selling or exchanging sex and the services experiences of listening to accounts of women who have turned to private galleries and webcamming during the COVID-19 pandemic.

CLICK

Spotlight on Vice Versa

Vice Versa is currently trying to secure funding to continue the project. Vice Versa provides emotional and practical support to women involved in Commercial Sexual Exploitation. Over the course of the lockdown period, we have been able to continue support remotely by ensuring all women had access to a phone.

We have also been able to provide food parcels, toiletries, safety packs and access to both the Encompass Fund and the Victim Support Scotland Fund. Vice Versa supports some of the most vulnerable women in Dundee and to lose the project would be detrimental to the women we support and further limit their voices being heard at organisational, local and national policy level. We will endeavour to continue the project and continue to support and empower women in the meantime. Hopefully we will be able to bring positive news to the October newsletter!