

ANNUAL REPORT



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

2019 / 2020

01

BOARD OF GOVERNORS WELCOME

Welcome to our annual report for the year 2019-20.

You will see from the report that yet again, it has been a very busy year with many challenges.



Angela Wilson
Chair, WRASAC Board

NEW BOARD MEMBERS

Throughout the majority of the reporting period, the board consisted of 4 members. I am pleased to report that having successfully recruited Emma White and Jacky Ramsay to the board in January 2019, they both settled in quickly and took up workstreams, easing pressure on other board members. They have excellent skills and experience which has helped us through a period of notable transition and increased board commitment.



Angela Wilson & Jacky Ramsay
at Reclaim 2019

MANAGEMENT RECRUITMENT



Heather Williams
Interim Manager

The manager role is a challenging and demanding position and so we needed to be certain we selected the right candidate. After two unsuccessful rounds of recruitment in 18/19 we made the decision to appoint Heather Williams as a Temporary Manager. Heather is a consultant, who is very experienced in the sector. She has done a fantastic job of bringing about stability and progress in several areas.

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BOARD OF GOVERNORS UPDATE

COVID-19

This reporting period covers the start of the Covid-19 lockdown and the unprecedented challenges that the organisation and staff faced. Led by Heather, staff were extremely flexible and accommodating in responding to new working practices, in order to continue to deliver a high-quality service to service users. The board are extremely grateful to all of the staff and volunteers.

FUNDING

As always, securing funding is an ongoing challenge. This year our funding from the Scottish Government for our Vice Versa project came to an end but we are pleased to say that we received funding from Dundee Alcohol and Drug Partnership to continue our outreach work. Funding for our Angus Outreach service had also come to an end and was not in place for a large part of this year but we have just secured match funding from The Robertson Trust and Angus Council to restart this project in March 2020.

THANK YOU

We would like to express our deepest gratitude to our fantastically skilled and dedicated staff and volunteers who provide an excellent service, and who have remained focused throughout this challenging period.

Also to our funders, partner agencies and public; who's support enables us to change the lives of survivors of sexual violence, abuse and exploitation. And most importantly, we thank the survivors, who continue to inspire and motivate us with their courage and strength.

A large, stylized handwritten signature in black ink that reads "A. Wilson". The signature is fluid and cursive, with the first letter 'A' being particularly large and prominent.

Angela Wilson

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OUR VISION:

For a world free from sexual violence, abuse and exploitation and a society in which everyone has equality, freedom and choices to live the lives they want and thrive.

OUR MISSION:

To support survivors who have experienced any form of sexual violence, abuse or exploitation in their lives. To promote equality and raise public awareness of the routes of sexual violence and its damaging and life-changing effects.

OUR AIMS:**Supporting Survivors**

Women, including trans women, with experience of sexual violence, abuse and exploitation receive the support they need when they need it.

**Supporting Young People**

Young people with experience of sexual violence, abuse and exploitation receive age appropriate the support they need where and when they need it.

**Changing Attitudes**

We will change attitudes by promoting equality, raising public awareness of the causes of sexual violence and its damaging and life-changing effects.

**Quality**

WRASAC is recognised as a high quality service.

**Resilient**

WRASAC has strong and stable governance; resilient leadership team and staff team and is financially stable and enterprising.

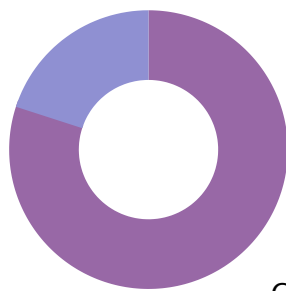
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STATISTICS & KEY ACHIEVEMENTS

WHO ARE WE DELIVERING TO?

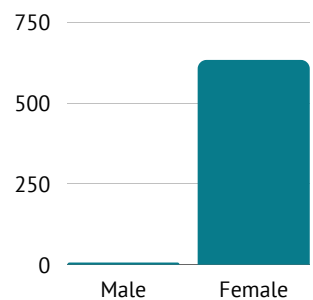
In 2019-20 we continued to provide our Women's Support Service, Advocacy and Children and Young People's Service across Dundee and Angus and our Vice Versa Service in Dundee. Through these services we had contact with 549 women and 90 young people.

One off contacts
20%



Cases in service
80%

We supported 6 people who identify as males & 633 who identify as females.



We have had **639** survivors through our Service and supported **160** one off contacts. People who used our Service ranged in age from 7 to 67.

"Support has helped me with my confidence. That's played a big part in my mental health. I was too scared what other people thought and didn't care about myself". The most helpful thing was to get all the negativity out my life".

- Survivor, aged 15.

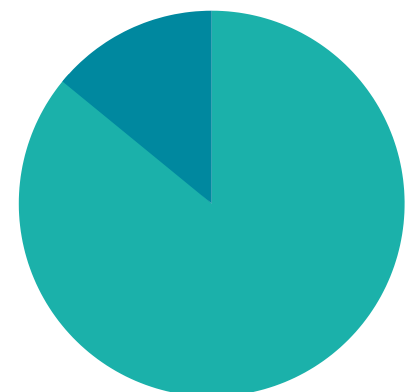
"I'm so glad to have had this counselling, I wrote it down as one of my gratitude's today." "I see the changes in myself when reading through my journal."

- Survivor, in her 20s

"It calmed me down. It raised my self-awareness. It helped me understand things better. It was empowering."

- Survivor, in her 50s.

Under 19
14.1%

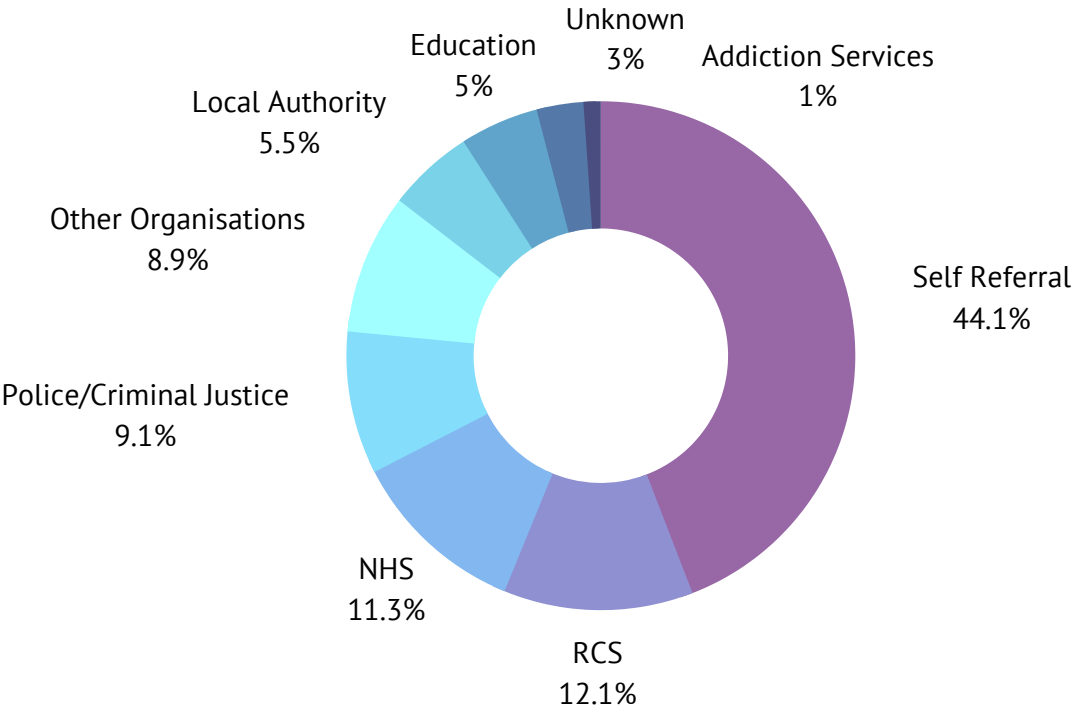


Over 19
85.9%

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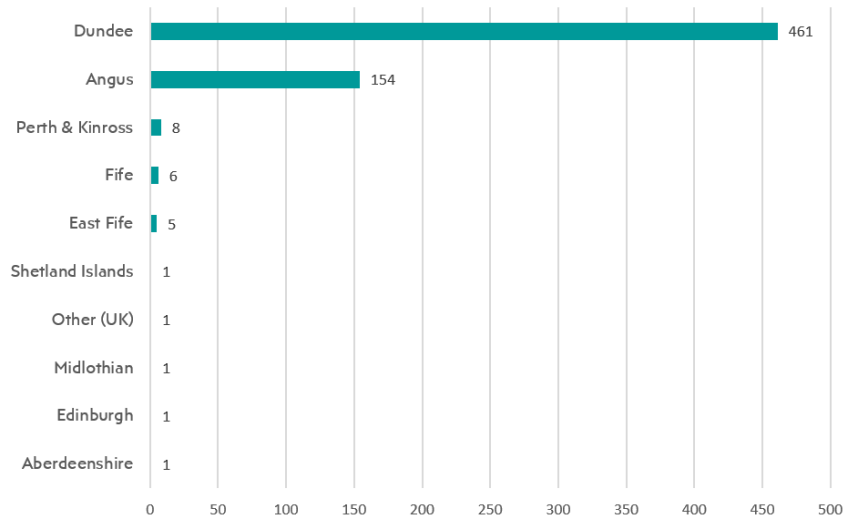
REFERRAL SOURCES

The majority of referrals we received are self referrals, either through our phone line or support email. Other Agencies have been fantastic at signposting survivors to WRASAC and in 2019 / 2020 alone, the NHS, Police Scotland and Dundee City Council referred 165 cases to us for support via our Womens Support and Advocacy teams.



With our support **35%** of our clients have reported that we have enabled them to have better support from other agencies; helping their voices to be heard, and for them and their needs to be better understood.

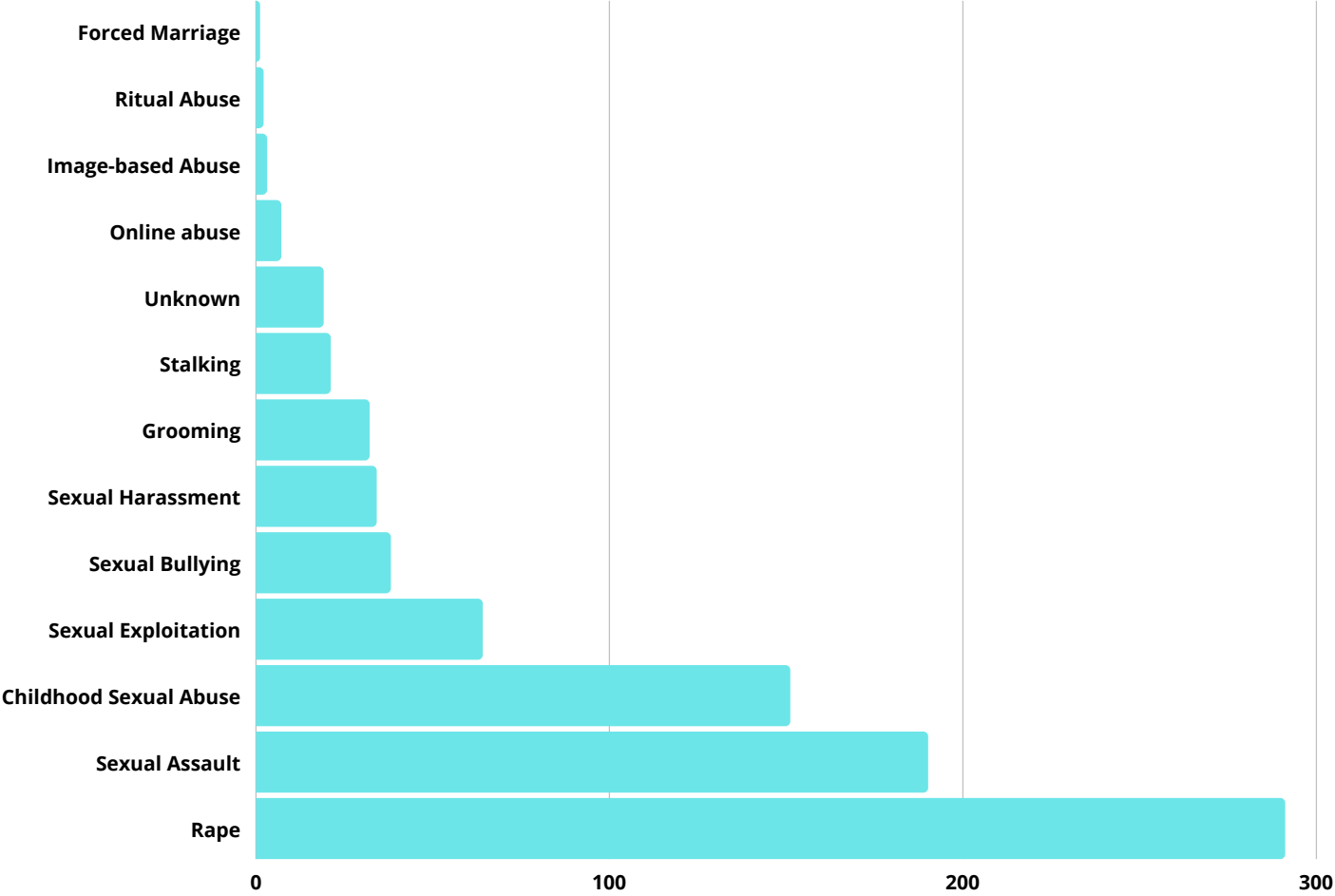
LOCATION OF SURVIVORS



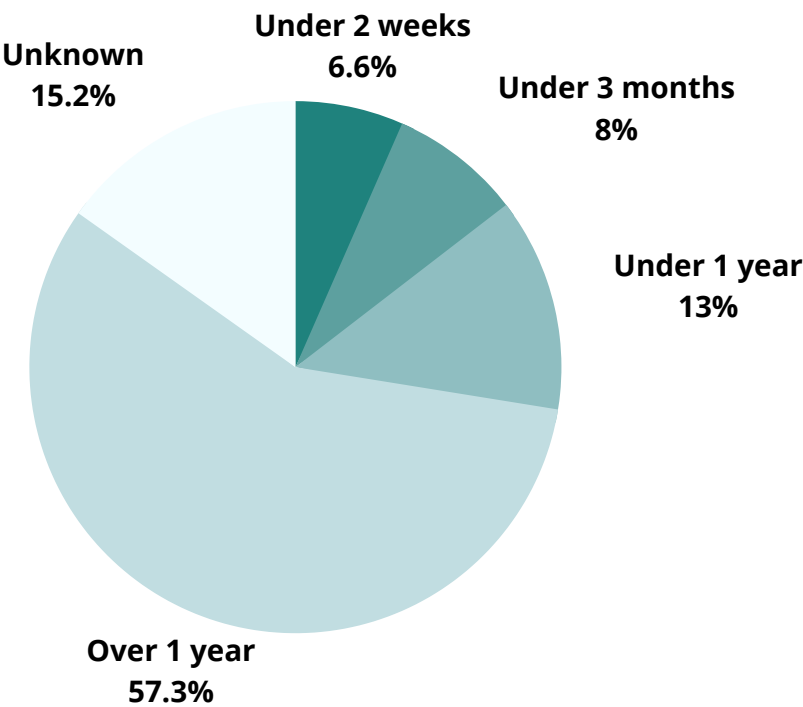
Our service covers the area of Dundee and Angus but we do sometimes work with survivors from other areas to support our sister centres across Rape Crisis Scotland.

72% - Dundee
24% - Angus
4% - Other parts of Scotland

NATURE OF SEXUAL VIOLENCE, ABUSE AND EXPLOITATION



TIME LAPPED SINCE ABUSE



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THE DIFFERENCE WE MADE

We gather evaluation information from exit evaluations, feedback from survivors, partner agencies and staff observations. These show that we provide survivors a safe space that allows them to build a relationship with their Support Worker and to heal from their experiences; which has led to improvements in their health and wellbeing and positively impacted their relationships with others.



SPECIFIC FEEDBACK FROM SURVIVORS INCLUDED:



Thank you for giving me the safe space to talk about my past, and to process the thoughts and feeling surrounding it.

When I opened up about things I felt you were listening and were compassionate.

She was really supportive, I felt listened to, safe and comfortable throughout the sessions.

I totally trust everything she said and that takes a lot for me. she really got me.



Most importantly, though, we are in the business of working within our communities to change attitudes so we can, in the longer term, prevent and reduce sexual violence from happening in the first place.

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TRAUMA-INFORMED APPROACH

The evaluation information we gathered clearly shows that a Trauma-Informed Approach, which focuses on safety and stabilisation, remembrance and reconnection, is important for survivor's recovery.

Feedback showed that for survivors, being able to talk about their emotions and having support to understand these, and cope with them was extremely beneficial; particularly work around shame, blame and guilt.

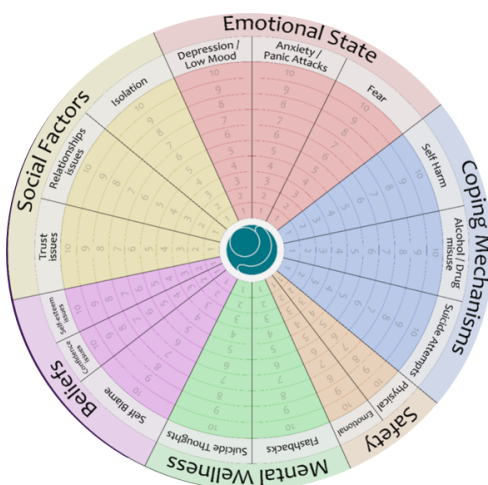
I realise I blame myself for everything and for not getting out sooner. I know I need to work on that and that it's not all my fault.

- *Survivor*

Feel a bit less guilty - I should try not to blame myself because it is not my fault. I am not always responsible for other people's feelings and moods.

- *Survivor*

Core scores and evidence from our wellbeing wheels also showed us that feelings of suicidality have reduced and that self-esteem has increased.



Wellbeing Wheel

Before support -

"Emotionally unstable - thought she was to blame, thought she was mad "broken"

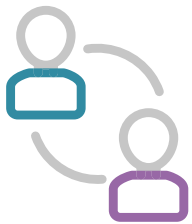
After Support -

"More stable, sad about what happened rather than emotionally unstable"

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DEVELOPING OUR SERVICE:

During this year we reflected on how we were providing our services and the impact that being on a waiting list for almost a year, had on women. We reviewed and adjusted our processes introducing an initial stage of short-term support which allows women to access support (around safety and stabilisation) nearer the point of referral.



We also held a Staff and Directors 'Development Day' which looked at the organisations core values and included an initial discussion about extending our service provision to adult males; something we are keen to explore if we can source the correct funding for this.

The time we spent as a team looking at our processes has allowed us to provide improved services to survivors. As a result of this we introduced processes to allow us to work with survivors in their own homes and identified locations throughout the city where we can offer support to women that can find it difficult to come to our centre. We started using these locations successfully.

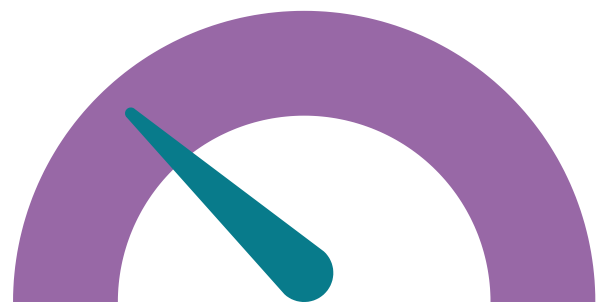
WAITING LIST REVIEW :

We have reviewed our processes to address the waiting lists and waiting times that had built up within the service and implemented new ways of working to try and reduce these.

We started the year with a waiting list of 148 across all services and gradually over the year that number decreased to 43 by end March 2020.

This has been possible due to the new ways of working and also from bringing in new funding and increasing staffing levels in the Women's Support Service.

We hope that this will continue to lower waiting times for women accessing our services. However, we are unsure as to how the Covid-19 pandemic will impact how women will access and use our service.



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WOMEN'S SUPPORT SERVICE:

Provides trauma-informed support to survivors in a one to one and group setting. We offer emotional and practical support on a one-to-one basis, by telephone, letter, email, or group work.

Women are empowered to speak about their abuse in a safe, confidential environment. We provide structured support groups, a creative group, and telephone and crisis support.

We also offer a complimentary therapy service to women engaging in the service.



**The hardest thing is to face your
demons but once you are here,
you're in a safe place.**

- Survivor

The Womens Support Service (WSS) gave 3171 hours of support to survivors across Dundee and Angus, working with 255 women during the year delivering 1:1 sessions in the centre and in out-reach.

They also had 24 one off contacts where survivors rang to get information support or advice and often, we signpost and link them to other services.

A further 23 Crisis Support sessions were undertaken to support those on our waiting list who needed urgent support; totalling 44 hours.

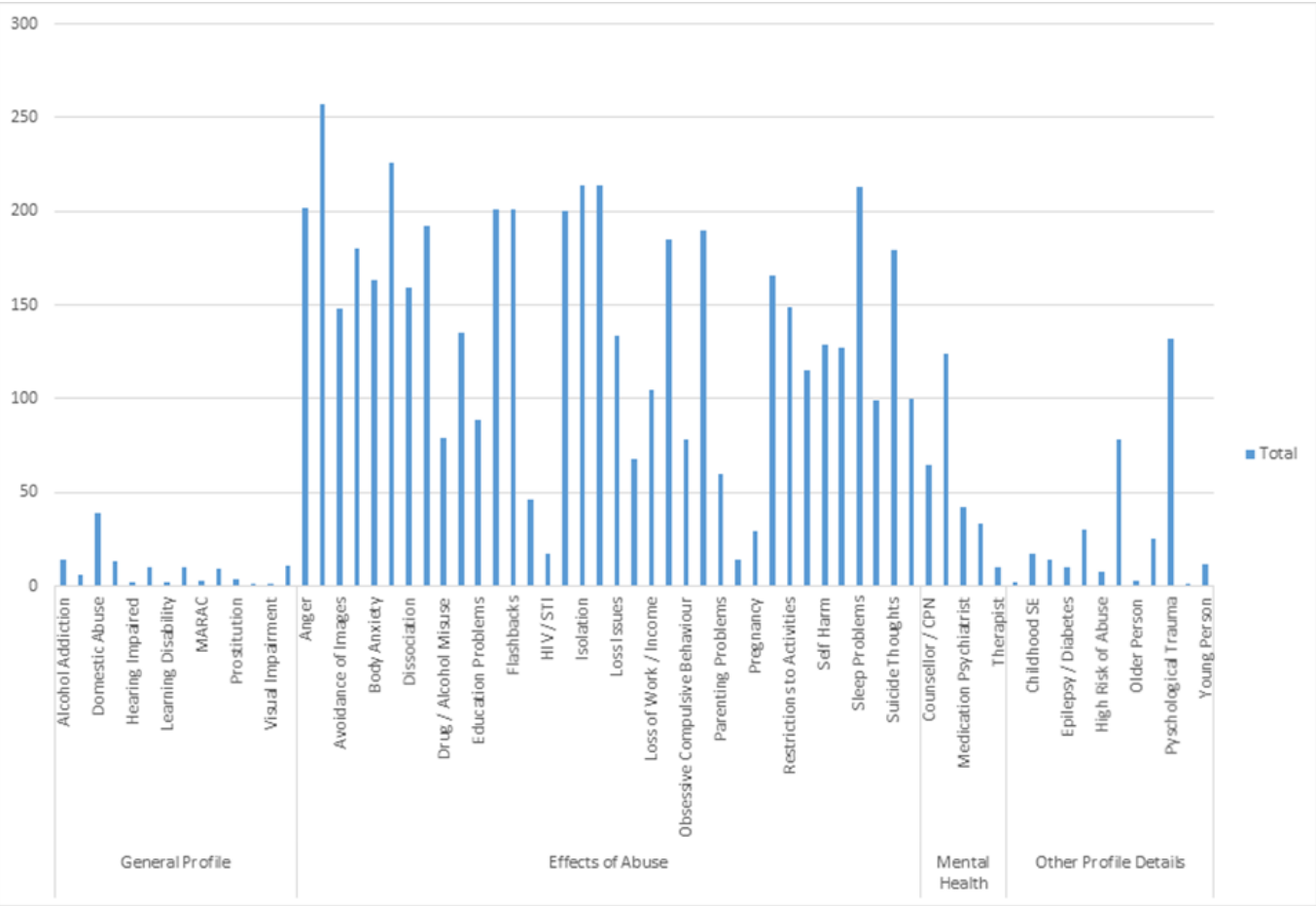
Over the year the WSS average waiting time was 223 days. As we have explained, due to new systems and increased staffing levels we are already seeing a reduction here and hope that this will continue into 20/21.

**"I'm so glad to have
had this counselling,
I wrote it down as
one of my
gratitude's today"**
- Survivor

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THE IMPACT OF ABUSE

The graph below shows the range of effects the abuse has had on survivors, illustrating the far-reaching impact of sexual violence and abuse. What is evident from this is that the impact of sexual violence and abuse on a survivor is complex. Therefore, the support that we offer has to ensure that this complexity is taken into consideration when structuring our support and work with the survivor is tailored to them and their individual needs.



GROUP WORK

We also provided a weekly support group for adult survivors. The adult group uses creative activities as a way of bringing people together for peer support. Thirty different survivors attended as active participants of Creative/Peer Support Group and over the year 417 hours of support was offered via group work; this included the Creative Group who met weekly at the centre along with our weekly Peer Support Group, Yoga and other ad hoc group work undertaken within the centre.

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PARTNERSHIP WORKING

In October 2019, we successfully delivered our first women's 'Survive & Thrive' Group Work Programme in partnership with Dundee Women's Aid.

This saw 10 women, 5 from WRASAC and 5 from Dundee Women's Aid, being brought together to participate in a 10-week psycho-educational programme designed for people who had experienced trauma in their lives.

The course provided information about abuse and trauma and how this may have affected them. The course not only helped individuals learn how to make themselves safer, but also offered an opportunity of learning new coping strategies whilst also sharing coping skills with each other. Of the five women from WRASAC who engaged with the programme, four completed the course. Five women engaged from Dundee Women's Aid and of those women two remained.

"I found the course really interesting and although experienced 'triggers', I felt held, heard and supported throughout... the skills and knowledge of the facilitators shone through.... I felt safe within the group to work through my anxiety and fears"



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ADVOCACY

The Advocacy service is part of the national Rape Crisis Scotland Project which was launched in February 2016. Our Support and Advocacy Workers give dedicated advocacy support for survivors of sexual violence who have reported or are considering reporting the offences to the police.

In 2019-20 our advocacy service has provided support to 176 service users over the last year and supported a further 27 survivors through one off contacts, totalling **824 hours of support**.

Referrals came from a variety of sources though predominately self-referrals and through the National Referral Mechanism.

The National Advocacy Project has three broad aims:

To improve the support available to survivors of rape and serious sexual crime.

To improve the experience of the criminal justice process for survivors of rape and serious sexual crime.

The development of a better understanding of survivors' motivations to proceed or not to proceed with the criminal justice process and the difference advocacy support makes to this decision.



"I don't know where I would be without you. I dread to think about how it is for people who don't have people like you. I feel like I understand things more."

- Survivor

"Just want to say thank you for all you have done, you were my rock for months and I couldn't be where I am today without you. Thank you so much you have my undying gratitude."

- Survivor

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SEXUAL ASSAULT REFERRAL NETWORK (SARN)



Our partnership with NHS, RASAC Perth & Kinross, Police Scotland and Rape Crisis Scotland continues where survivors are able to access the new forensic suite out of hours and they do not have to make a formal complaint in order to do so.

Survivors are able to come and access an examination and their forensics can be held for up to 7 years; this puts them in control, preserving forensics but giving them the time and space to decide if a police investigation is the best option for them. The new suite which opened on 1st April 2019 is another important development in improving survivor's experiences of the justice system.

“

The new facility is bright, spacious and less intimidating. I feel that it is a massive improvement and although it cannot make any incident less traumatic, it is a safe place and will make the whole process that little bit easier. The new facility is separate to the police station which means that if an incident occurs you're able to have the medical/forensic aspect done and then you're completely in control. There is no pressure, they will support you in your choices and should you decide you want to report the crime you have the forensics there when you're ready.

”

VICE VERSA & CLICK:

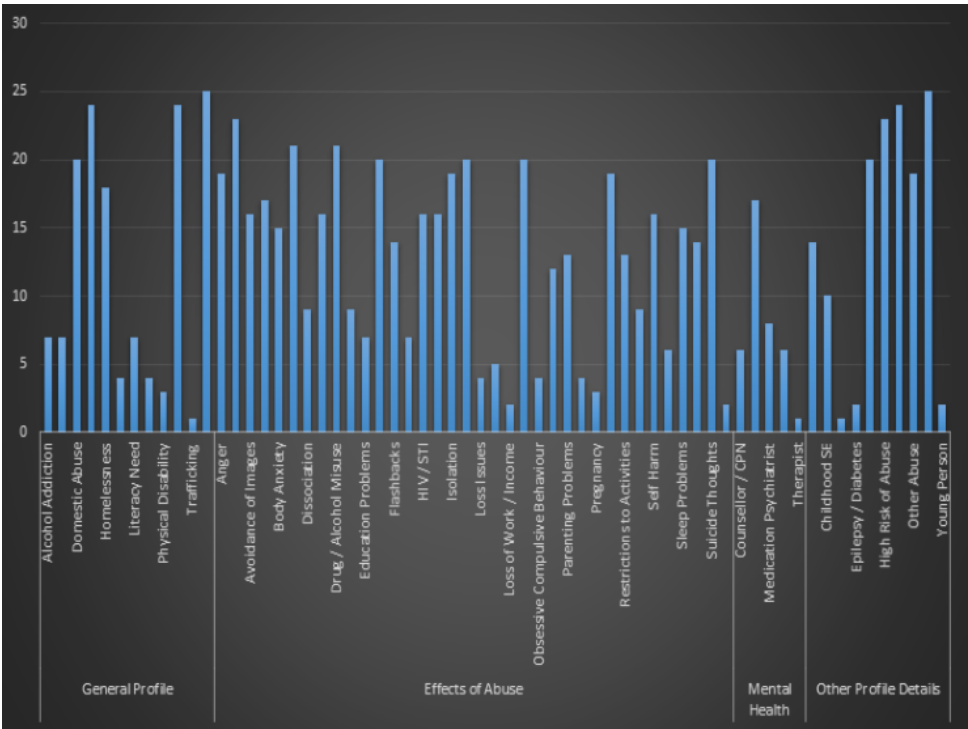
Vice Versa supports women who are involved in or at risk of involvement in prostitution or Commercial Sexual Exploitation (CSE) in Dundee. This project is funded by Dundee Drugs and Alcohol Partnership for a further 12 months after our funding ended in March 2019.



Our aims were too

- 1.Improve the Recovery Outcomes for women.
- 2.Increase support to women and families.
- 3.Ensure a sustainable provision of support across all localities in Dundee.
- 4.Reduce the risk of harm women experience as a result of substance use and involvement in CSE.
- 5.Improve and increase partnership working.

During 19/20 we supported 32 women and provided 480 hours of support to survivors within the Vice Versa service. The women we work with in this service often have complex needs – such as substance use, homelessness, mental health issues and extensive experience of sexual violence and trauma. In comparison to the other women who use our service the profile and effects of abuse are more extensive across the women we work with in this service as illustrated in the graph below.



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Vice Versa support focuses on supporting women with these issues by supporting women to engage with mainstream support services and advocating on their behalf to access the support they need and are entitled to.

Vice Versa takes a harm reduction approach to women's involvement in prostitution and provides safety packs and safety advice to women involved whilst supporting women to exit if they choose to do so.

This can sometimes be challenging due to women regularly being in crisis and having a chaotic lifestyle – however we endeavour to provide a support service that revolves around the woman and tries to make engaging with Vice Versa support as easy as possible – such as by providing outreach support.

We want to ensure that Women have access to support at an early stage, have increased engagement with services and support and feel better supported.

"Yeah I can speak to you about anything and there is no judgement there.

You know what a sh*tty time I have had this year, and I know I have messed about appointments but you still want to see me and help me, not many people would."

- Survivor
July 2019

After supporting to attend housing support appointment
- Asked if that has given her a bit of hope for the future as she was feeling very low the last time I seen her - M agreed that it has given her motivation and a 'light at the end of the tunnel'
Survivor –
March 2020

After visiting woman being treated in Carseview, she said she "I always feels reassured by Vice Versa" and knows that we "always work in my best interests so I know I can trust you."
– Survivor
December 2019

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PARTNERSHIP WORKING

OUT OF HOURS DROP-IN

In the Autumn of 2019, we begun a successful partnership between Vice Versa, We Are With You, Outreach Community Nursing and Maryfield Police to support women involved in selling or exchanging sex.



The Scotty Centre project has meant that we have been able to support women who may struggle to engage with services during office hours and has meant that we are able to support women in real time whilst they are out and involved in on-street prostitution as our location is located in a frequented area of Dundee.

The women are able to discretely engage with the services and can receive essentials – hot food and drink, toiletries, safety precautions (such as condoms and safety alarms), see the nurse for any health issues and potentially engage with longer term support from the services. This project has allowed women who are perhaps hesitant to engage with services, a chance to build up trust and relationship with us. Some of the women who use the Scotty Centre are women who Vice Versa already supports, and they use it as a check in point and as a reliable point of support every fortnight.

CSE WORKING GROUP

We attended meetings of the newly formed CSE working group this has meant that VAW services can come together to share information and service updates with each other. Vice Versa has been able to feedback information regarding women's experiences of CSE and submitted case studies for the group to review.

The CSE group is currently working on official guidance for the wider workforce who may come into contact with women involved in CSE (such as Housing) and how to effectively identify and respond to women's needs. The CSE group is also working towards how to effectively challenge the demand for prostitution in a local media campaign.

NEW PROJECT - CLICK

We have worked with partners in the national CLICK project to develop specific support for women involved in selling or exchanging sex online, as part of this we recruited and inducted a new member of staff to the service, and she has worked with national partners to develop and embed the service including an anonymous online chat function.



This service has been developed as selling sex encompasses an array of different forms and is no longer the exclusive domain of the physical act in exchange for payment. Escorting, lap-dancing, pornography, private galleries, stripping and web-camming are all forms of selling sex. Selling sex online has its own unique set of risks, in addition, an increased risk of stalking, online harassment and doxing.

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DUNDEE AND ANGUS YOUNG SURVIVORS (DAYS):



We offer confidential, emotional and practical support to all young survivors who have experienced rape, sexual assault, sexual abuse, child sexual exploitation or sexual bullying. This support is for children and young people of all gender identities, aged 12-18 who live in the Dundee and Angus area.

Through 2019/20 DAYS staff have worked with 48 Children and Young People, delivering 1:1 support. They also had 24 one off contacts and supported 10 young people with crisis sessions, while they were waiting for support; totalling 1115 hours of support all together.

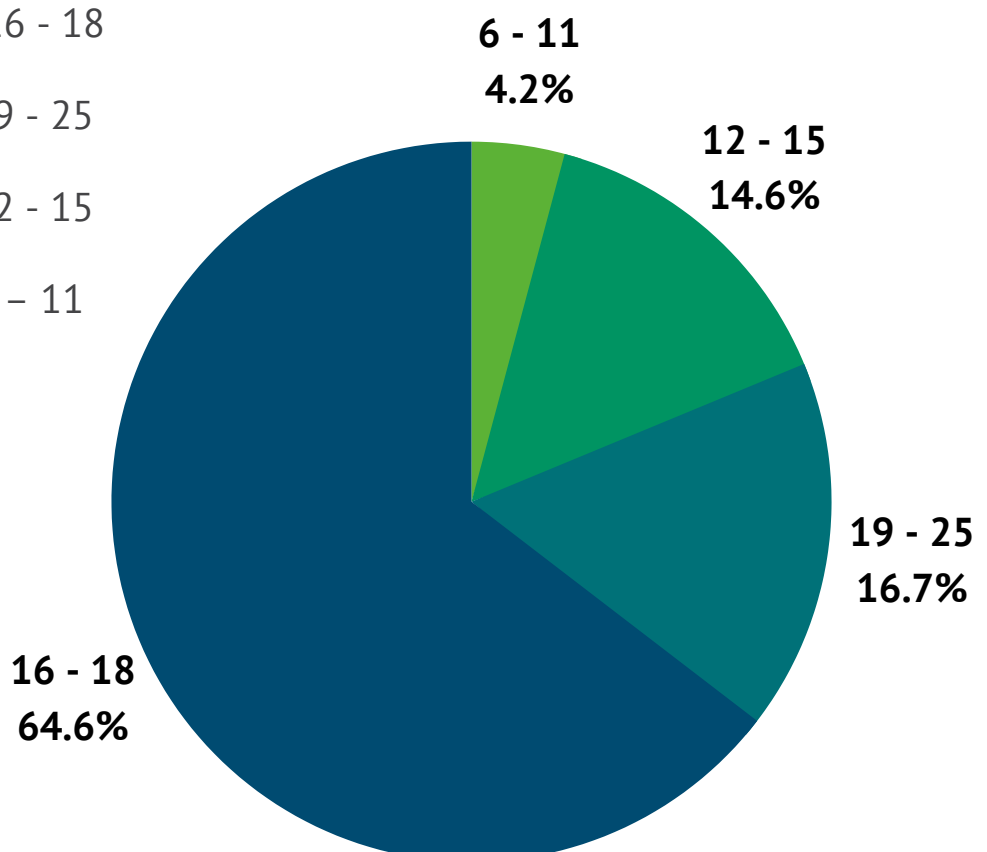
We supported:

31 young survivors aged 16 - 18

8 young survivors aged 19 - 25

7 young survivors aged 12 - 15

2 young survivors aged 6 - 11



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DAYS CASE STUDY:

As a result of his experience of sexual abuse Jack (not his real name) reported that he felt anxious and depressed and that he suffered from flashbacks and intrusive thoughts. Jack also felt isolated from his friends and that his confidence had been affected by what happened. He spoke about spending time sitting on the 'friendship bench' during school break times but no-one would come and talk to him. In addition, Jack had difficulty sleeping and was self-harming daily.

When I first met with Jack, we completed a 'star chart' to help us talk about different areas of Jack's life, what was going well and what he would like support with. Jack identified that he would like help with coping strategies, his emotional health and his confidence.

The first thing that Jack wanted support with was how to cope when he starts high school after the summer because he will be at the same high school as the perpetrator. We used the 'Feelings Blob Cards' to help Jack discuss how he is feeling about starting high school and to identify his worries. We also discussed how Jack could react when he sees the perpetrator and made a pros and cons list for the different options of how he could manage this situation. Jack said that what was most helpful about the support he received that day was "Learning a coping strategy for when I see ... (the perpetrator) ... in the corridor at high school."

In his feedback Jack said that prior to starting support he felt "scared, hurt and sensitive" and after support finished, he felt "happy and loved". At the start of support, he rated his mental health at 5/10 because "I'm just generally not that happy just now". At the end of support, he rated his health (including his mental health) at 9/10. At the start of support, he rated his ability to cope at 6/10 because "I often self-harm". At the end of support, he rated his ability to cope at 9/10, stating "Since we started coping strategies I've been way better at coping. I don't stress as much. I don't self-harm as much."

FAMILY AND FRIENDS SUPPORT

As part of the DAYS service we also offer Support Sessions to parents and carers of the children and young people who access our service. In 2019/20 we worked with 10 individuals in our Family and Friends, offering 46 hours of support.

"Knowing about freezing helps me understand what happened to my son and why he is behaving as he is."
-Family member

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INTRODUCTION OF GROUP WORK

This year we have successfully run groups within our children and young people's service for the first time. We ran a weekly group for young people on the waiting list for one-to-one support from October – December 2019. This covered topics such as 'what is sexual abuse', 'coping strategies', and 'who is in your support network'. One young person said that she appreciated coming to group and meeting other "people who know what you've been through". She described group as "like a hug for your soul".

From September DAYS was supported by a placement student from Dundee University. Amy was in her 4th year of BA (Hons) Community Education and was required to carry out a research project during her internship with WRASAC. Working with young people following support had been identified as potentially beneficial to survivors. In November, we invited young women who had completed, had almost completed or had accessed other support, to meet with us to talk about a new project. Broadly, the group was asked to consider how they might use their own experiences to support or help others.

NEW CYP 'BB GROUP'

There were 7 young women, aged 12 to 18, with a core group of 6 who attended weekly. They have chosen to call themselves the 'BB Group' and have decided that they would like to work on producing something to help guidance teachers to better support young people with experience of sexual abuse.

The group also took part in recruitment for a new support work and manager, a contribution which has been beneficial to the organisation as well as giving the girls a real sense of their value as contributors.

Whilst the group may not be progressing the project at the moment they continue to provide each other with support. This was a clear feature of the benefits identified by Amy in her research. As she concluded, "The participants feel they can use their experience throughout this process to raise awareness and educate others, but also to relate to one another."

Inclusion is a key theme as each participant spoke about the importance of being included in decision making processes." The young women noted that "we understand each other's vibes" and "I have made so many friends, knowing I have them makes it easier to cope."

PREVENTION:

During this year we delivered our prevention session 1042 young people across Dundee and Angus. Four schools who had not had previous contact with the Prevention Project registered interest this year and we managed to deliver workshops in two of them. We successfully engaged in collaborative working with Lauren O'Rourke at University of Dundee with staff and students. Training was well received by staff and the group of 8 students were very enthusiastic about becoming peer 'mentors'. We delivered Pornography & Sexting, Commercial Sexual Exploitation and the Impact of Rape and Sexual Abuse workshops during 16 days in Dundee and Angus and successfully organized our annual Reclaim the Night March, as part of this we had engagement from students in banner making workshop at the University of Dundee.

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AWARENESS RAISING:

We had a busy year of raising awareness of Gender Based Violence in 2019 / 2020. We took part in Sexual Violence Awareness Week in February, Dundee Pride in September and Reclaim the Night. We also held our annual Wellbeing event in March 2020.



DUNDEE PRIDE 2019

WRASAC took part in the Pride Parade, the Pride Market and had a stall in the Pride Village at Slessor Gardens. The event was attended by staff and service users and was a tremendous success.



RECLAIM THE NIGHT 2019

Marchers in Dundee took to the streets to campaign against sexual violence against women. The marchers met near the Steeple Church and headed to City Square as part of this year's Reclaim the Night March. Speakers took to the stage in the Marryat Hall after the march and the events was covered in the local press



PRESS COVERAGE

There was wide coverage of our work in the local papers during this period some of this can be found:

[Reclaim The Night 2019](#)

[International award for filmmaker showcasing Dundee's harrowing sex industry.](#)

The response to some of these articles in the comments was mixed particularly in relation to prostitution as a form of Violence Against Women and this has informed work in our Prevention project which then fed in to the CSE Working Group.

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WRASAC'S ANNUAL WOMEN'S WELLBEING 2020

We hope that women who came along to had fun, experienced relaxing complementary therapies and discovered strengths they didn't know they had by getting involved in taster sessions of activities such as fencing and singing. We also had spaces to chat and connect with others, but also to chill if you needed some quiet time. Below are some pictures from the day.



2020 flyer



Healing crystals



Crafting



Butai Yoga



The venue

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STAFFING:

LEAVERS

Sandra Ormeno, Women's Service Team Leader has moved on to a new position. We thank her for her contribution to WRASAC and wish her well in her new endeavours.

STARTERS

Over the past 12 months we have grown our team with 4 new staff members joining us, Jenna Lawrence to our Vice Versa Team, Linzi Dear to our CLiCK Service, Lauren McLachlan to our Prevention Team and Roxana Seaton was welcomed into to our Women's Support Team.

New starters received an introductory block of training which was delivered in conjunction with other Rape Crisis Centres across Tayside and Fife. New staff felt this gave them a good understanding of the values of the organisation.

One of the new staff members has told us that

"One of my main highlights during this time, was completing support with the first group of women I had been allocated to work with. Over the course of the year I had witnessed so much courage, resilience, growth and healing that it was a humbling and intensely gratifying experience. I was lucky enough to be part of their journeys and to support them in exploring incredibly painful experiences, from the past and in the present. The work in itself was rewarding but to see some of these individuals become stronger, learn to love themselves and to move forward with life was a beautiful thing to be part of."

NEW CENTRE MANAGER

We have finally been successful in recruiting a new Manager, Katie Hardy-Jensen. Katie is passionate about working in the Violence Against Women and Girls (VAWG) arena and describes this as her dream job. She brings a wealth of experience previously managing services for offenders, vulnerable adults and children, and a children and young person's Domestic Abuse therapeutic service. Katie will join us later last year as soon as COVID-19 restrictions are eased, and she can relocate from North Yorkshire.

THE SEARCH CONTINUES...

As part of our restructuring, we continue our search for a new Deputy Manager to support Katie in her new role. Advertisements are out and we hope to recruit to this role during this financial year.



Katie Hardy-Jensen
WRASAC Manager

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COVID - 19

WRASAC began putting in place contingency plans in response to the COVID-19 crisis in February 2020, our aim was to ensure we could maintain service provision as much as possible while protecting staff and service users. We made arrangements with current service users to move support from face to face to phone/video call and updated safety plans to reflect the possibility of a lockdown ensuring that we would be able to maintain contact where it was safe to do so. We reviewed our procedures for running face to face sessions and developed processes to ensure that this could continue safely, if Government guidelines allowed.

WORKING ARRANGEMENT

We moved staff out of our offices, and they began working from home ahead of the National Lockdown, thanks to additional funding from the Scottish Government we were able to upgrade IT equipment to support this move to remote working.

Violence Against Women Services were identified as key services during the lockdown period and beyond as it was recognised that action taken by the government to control the pandemic increased women and children's risks.



We were able to maintain support services to women, children and young people. We applied for funding to help support women, children and young people over this time by providing supermarket vouchers to help with the increased costs of families being at home, dongles and equipment to allow them to access support online, wellbeing packs for women and craft packs for children and young people to help deal with the increased anxiety levels experienced by many due to the pandemic.

A BIG THANK YOU

Thanks to the flexibility and commitment shown by our staff team we have been able to maintain a high level of service provision over the lockdown period.

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WHAT'S NEXT?

We plan to continue to deliver our much needed support through our Women's Support Service, Advocacy, DAYS, Vice Versa and CLICK services.



- 1 We will be responsive to the changing conditions as a result of Covid 19.
- 2 We have a number of funding streams due to end in this coming financial year and will work to ensure that our funding situation is sustainable.
- 3 We plan to review our group work provision to adult survivors.
- 4 We plan to continue discussions re extending our service provision to adult males.
- 5 We will recruit a Deputy Manager to support our new Manager who will both start in this financial year.

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FINANCES

WOMEN'S RAPE AND SEXUAL ABUSE CENTRE DUNDEE AND ANGUS LTD

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2020

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Total 2019 £
<u>Income and endowments from:</u>					
Donations and legacies	3	13,398	540,668	554,066	569,380
Investments	4	180	-	180	152
Other income	5	14,318	-	14,318	3,000
Total income		27,896	540,668	568,564	572,532
<u>Expenditure on:</u>					
Charitable activities	6	23,561	590,112	613,673	528,058
Net incoming/(outgoing) resources before transfers		4,335	(49,444)	(45,109)	44,474
Gross transfers between funds		444	(444)	-	-
Net income/(expenditure) for the year/ Net movement in funds		4,779	(49,888)	(45,109)	44,474
Fund balances at 1 April 2019		59,109	71,223	130,332	85,858
Fund balances at 31 March 2020		63,888	21,335	85,223	130,332

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

You can view our full annual accounts [here](#)

Our new office address from the 1st of April 2020

**The Women's Rape & Sexual Abuse Centre
Dundee & Angus
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4 Francis Street
Dundee
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WRASAC Dundee & Angus is a company limited by guarantee, registered with OSCR and registered in Scotland as company number SC241372 and charity number SC009070.