

Zoom

All our workshops, groups and activities are being organized to take place through Zoom. Zoom is a video conferencing app that allows us to replace in-person meetings with clients. You can download an app to your device and set up an account. Go to your app store or the Zoom website. We have been checking to make sure that this app has the security we need to ensure you are protected. We are happy to support service-users who are unsure of using the technology—don't let this put you off!

If you are a woman involved in selling or exchanging sex and are being negatively impacted due to coronavirus you can contact us for assistance to access financial support.

Vice Versa Support Worker
Jenna Lawrence can be
contacted by
email at
jenna.lawrence@wrasac.org.uk
and by phone or text
07739 035 359.



CLICK

Click Support Worker
Linzi Dear can be
contacted by email at
linzi.dear@wrasac.org.uk
or by phone or text -
07808 518 105.



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

Information about groups, workshops and activities at WRASAC

July 2020

These activities are only available to service-users who are in support or on our waiting list. They are subject to change.

To find out more see our newsletter, contact your support worker or email support@wrasac.org.uk

Women's Rape and Sexual Abuse Centre—
Dundee and Angus

Sangobeg House
4 Francis Street
Dundee DD4 8HH

Phone: 01382 205556
E-mail: info@wrasac.org.uk

Listen, believe, support



Mindfulness

Introduction to Mindfulness is for people who would like to learn a way of bringing some calmness into their daily life, in the long run this can help you manage the difficult moments when they arrive. If you have heard of this, perhaps even tried it but didn't understand how to use it, hopefully this session will help you discover how to have regular mindful moments. You only need to be able to connect via a Video call using Zoom and a piece of cotton.

EFT (Emotion Freedom Technique)

These sessions are one to one with an EFT practitioner and last for one hour. You will learn ways to use the techniques in your daily life.

EFT is a fusion of ancient Chinese acupuncture and modern psychology. It works with our conscious and subconscious mind and the various meridians of the body on an energetic and deep level, diffusing unhelpful thought patterns and unhealthy behaviours, so that they don't have a negative impact on the various systems of the body. It has been very successful in helping with the symptoms of depression, anxiety, stress, addictions, food cravings, weight issues, pain relief, performance issues etc. This therapy is something that can be taught to you so that you can use it on yourself where and when you need to.

Forrest Yoga

Forrest Yoga is renowned as a physical and internally focused practice that emphasizes how to carry a transformative experience off the mat and into daily life. The practice challenges students to access their whole being and to use Forrest Yoga as a path to finding and then cleansing the emotional and mental blocks that dictate and limit their lives. Students cultivate an acute awareness of their own practice and life process, creating a unique and powerful opportunity for them to make practical life decisions based on their own experiences.

Here's some feedback from the first class:

"It was so relaxing, fantastic and the instructor's voice was calming and clear. Loved it"

"First half was very chilled and relaxing and in the second half I really liked being given options for how to get a deeper stretch if I wanted it, which I did, I could really feel it the next day"

Peer Support

The Peer support group is a place for survivors to come together, laugh, socialise and support each other.

This group meets in the evening for ease of access to those who are working or have caring responsibilities.

Well-being Packs

We can send out books, colouring books, crafting kits and art materials, for example, to your home address. If you think something like this would help you get through lockdown, let your support worker know and we can arrange a delivery to your home.

We can also help with hardware such as headphones for greater privacy when using Zoom.

Living with Anxiety—Workshop

For those struggling with anxiety who would like to know more about anxiety and how to cope.

Phone numbers, links and resources

If you feel you need someone to talk to these helplines are available and offer support during evenings and weekends.

Rape Crisis Scotland Helpline

(6pm-12am) 08088 010302

Samaritans

(contact anytime day or night) 166 123

Scottish domestic abuse helpline

(24hr) 08000 27 12 34

This link provides a list of helpline numbers relating to mental health, addiction, child and family welfare and many more.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

