

Women's Rape and Sexual Abuse Centre

PO Box 83
Dundee
DD1 4YZ

Helpline: 01382 201291

Opening times

Monday 12 - 2 pm

Tuesday 10 - 12 pm

Wednesday and Friday 7 pm - 9 pm

Thursday 2 - 4 pm

Answering machine at all other times

If you require any further information about
WRASAC, please access our web site

www.wrasacdundee.org

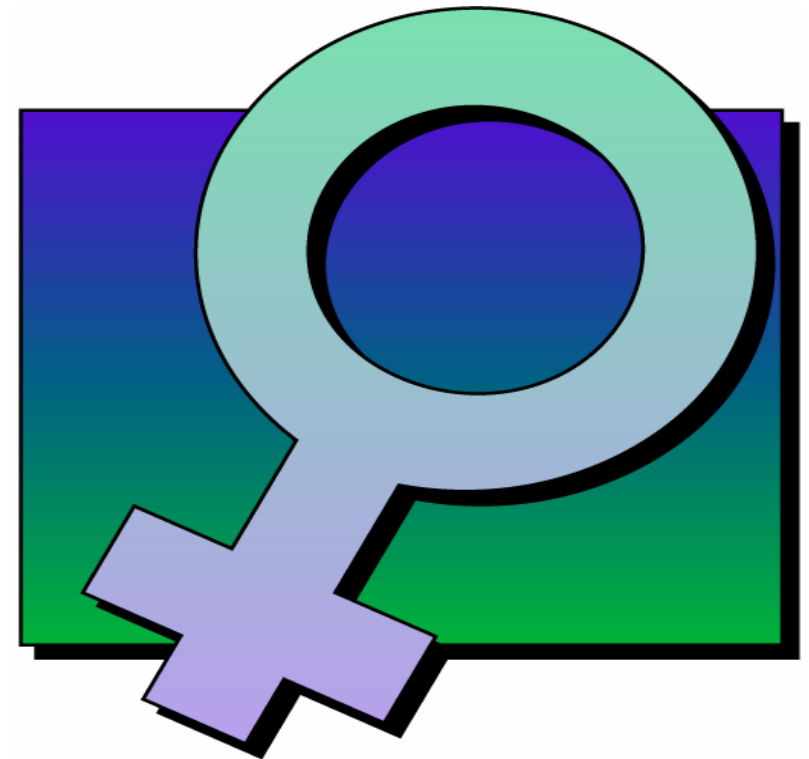
E-mail: wrasac@btconnect.com

Business Line 01382 205556

Fax 01382 226936

Women's Rape and Sexual Abuse Centre

WRASAC SUPPORTING WOMEN



Annual Report 2005 - 2006

Our mission is to develop and provide quality support services to girls, young women and women who are survivors of rape and sexual abuse.

Management Committee Report 2005 / 2006

Writing these reports' provides us with an opportunity to take stock of the work of the organisation over the past year; recognising the achievements of our workers, the number of survivors supported and the valuable contribution made by our volunteers.

Last year our volunteers' gave us 1379 hours of their time which at National Minimum Wage levels equates to £6400 unpaid hours, women training as volunteer support workers, members of our Management Committee, carrying out IT and research work and a whole range of other pieces of work enable the organisation to carry out its invaluable work.

As can be seen from the statistical summary the centre has responded to several thousand calls to its helpline and provided four hundred one to one support sessions.

We as a committee would like to extend our thanks to the centre workers past and present who carry out the day-to-day running of the organisation, train our new volunteers, support survivors, provide workshops on relevant issues, and deliver multi agency training.

We feel confident that 2006/2007 will see the organisation go from strength to strength and continue to provide a valuable service while being innovative in the forms of support it offers.

WRASAC would like to express thanks and acknowledge -

Ali Thornton
Ardler Community Centre
Angus Association of Voluntary Organisations
Barbara McCulloch
Choose Life Dundee and Perth and Kinross
Community Regeneration Fund
Community Safety Partnership
Craigowl Communities
Dand & Carnegie
Douglas Community Centre
Dundee City Council Social Work Department
Dundee College Students Association
Dundee Voluntary Action
Dundee Domestic Abuse Forum
Dundee Women's Aid
Fintry Community Centre
Komal Pawar, Access to Learning Project
Lochee Community Centre
Lord Armitisted Trust
Maxwelltown Information Centre
NCP Car Parks, Bank Street
P.M. Ireland's Charitable Trust
Perth and Kinross Association of Voluntary Services Ltd
Rape Crisis Scotland
Rape Crisis Specific Fund
RJ Larg Family Trust
Samaritans, Dundee
Stuart Fairweather
Scottish Council of Voluntary Organisations
Scottish Rape Crisis Network
Saints and Sinners Club of Scotland
Scottish Executive
Tay Charitable Giving
Tayside Domestic Abuse Training Consortium
Trisha Dorward
The Corner
The Low and Bonar Charitable Fund
Vera Taylor
Williamina McLaren Trust
Valerie Duguid
Violence Against Women Service Development Fund
Volunteer Scotland
Whitfield Activity Complex

The strength and courage of all the survivors we work with

STATEMENT OF FINANCIAL ACTIVITIES FOR WRASAC DUNDEE LTD

YEAR ENDED 31 MARCH 2006

| Unrestricted Funds | Restricted Funds | Total Funds 2006 | Total Fund 2005 |
|---|------------------|------------------|-----------------|
| £ | £ | £ | £ |
| INCOMING RESOURCES | | | |
| Voluntary income | | | |
| 13,191 | 195,762 | 208,953 | 220,639 |
| Income from charitable trading activities: | | | |
| Interest received | | | |
| 619 | - | 619 | 336 |
| TOTAL INCOME RESOURCES | | | |
| 13,810 | 195,762 | 209,572 | 220,975 |
| RESOURCES EXPENDED | | | |
| Costs of generating funds: | | | |
| Cost of generating voluntary income | | | |
| - | 2,955 | 2,995 | 7,479 |
| Charitable activities: | | | |
| Staff costs | | | |
| 1,633 | 150,323 | 151,956 | 127,938 |
| Depreciation and other costs | | | |
| - | 8,861 | 8,861 | 6,623 |
| Governance costs | | | |
| - | 48,773 | 48,773 | 40,417 |
| TOTAL RESOURCES EXPENDED | | | |
| 1,633 | 210,912 | 212,545 | 182,457 |
| NET INCOMING / (OUTGOING) | | | |
| RESOURCES FOR THE YEAR | | | |
| 12,177 | (15,150) | (2,973) | 38,518 |
| Balance brought forward | | | |
| 38,121 | 26,538 | 64,659 | 26,141 |
| Balance carried forward | | | |
| 50,298 | 11,388 | 61,686 | 64,659 |

Full copy of audited signed accounts available to download from web site.

Another Busy Year For Projects

Rape Crisis Specific Fund

Well 2005-2006 was certainly an eventful year for me, after co-ordinating our multi-agency and volunteer training I went on maternity leave (earlier than expected). After 11 years working with WRASAC the six months I was off was a well needed rest (??). I returned to work at the end of February all fired up, enthused with new ideas raring to go – these new ideas included reviewing the volunteer training and induction, creating an opportunity for a counselling placement student. As ever these ideas have led to further discussion and the following year looks like a huge opportunity for the continual growth and development of volunteering opportunities with the centre.

Rachel Scott - **Volunteers co-ordinator and publicity worker**

Violence Against Women Service Development Project

We were delighted this year to be able to introduce a program of complementary therapies for the women who access our service this has a great success and we wish to continue this programme next year. Given we are supporting more women than ever before this is a welcome additional to our support services. We have found the phone lines extremely busy receiving a record number of calls. Our statistics speak for themselves showing just how much more support we have been able to deliver.

We increased the helpline time to include week end cover and are piloting this at the moment. We have also been able to improve our web site which we are all very proud of.

Georgina Wilmot – **Violence Against Women Service Development fund worker**

Community Regeneration Fund / Women's Safety Project

This was my first year in post as a full time worker, starting at the end of March 2005. It has been a very busy and demanding year for me and also a real honour to be involved full time in an organisation which I feel truly passionate about. My post involves working with various women's/girls groups within the regeneration areas of Dundee, and providing personal safety and co-ordinating self-defence workshops. The workshops have been very popular and well received by all the groups I've worked with this year. Providing the workshops has enabled me to strengthen existing relationships with agencies and also to create new ones. Supporting women is also another large part of my post and again this year has been very busy with existing supports and new women accessing WRASAC's services.

Hopefully the success of this year will continue into next, and I can continue to build links with community groups, other agencies and raise the profile of WRASAC and the issues around personal safety. The achievements of the Women's safety project this year wouldn't have been possible without the continued support of my colleagues and other funders which contribute to the success and growth of the organisation.

Sarah McGregor - **Women's safety project worker**

Choose Life Funding Dundee , Perth and Kinross- Self-Harm / Self Injury and Suicide Project

Once again it has been an exciting, demanding and interesting year for me in this innovative post as Self-Harm / Self-Injury and Suicide Support Worker, funded by the Choose Life Fund. It has been a pleasure and a privilege for me to be in this post and deliver support in a variety of ways e.g. one-to-one, over the telephone, by letter or by email, to women service users.

As a worker at WRASAC, I am also committed to working closely with relevant agencies to improve responses to female survivors of sexual violence and raise awareness around the issues of self-harm and suicide. I have also had invaluable opportunity to co-facilitate multi-agency training, agency training and volunteer training around these issues.

September 5th – September 9th marked National Suicide Prevention Week which gave us an opportunity to raise the profile of WRASAC and the work we do around these issues along with Mental Health Awareness Week in October. Finally, I would like to express my thanks to the collective and all workers involved with WRASAC for their hard work, commitment, and dedication to improving services for survivors.

Carol Kubicki - **Self-Harm/self-injury and suicide support worker**

Vision

Sometimes life passes you by
Later on in life you wonder why
You think it's your fault
Then again perhaps it's not

What could you change?
You're not to blame

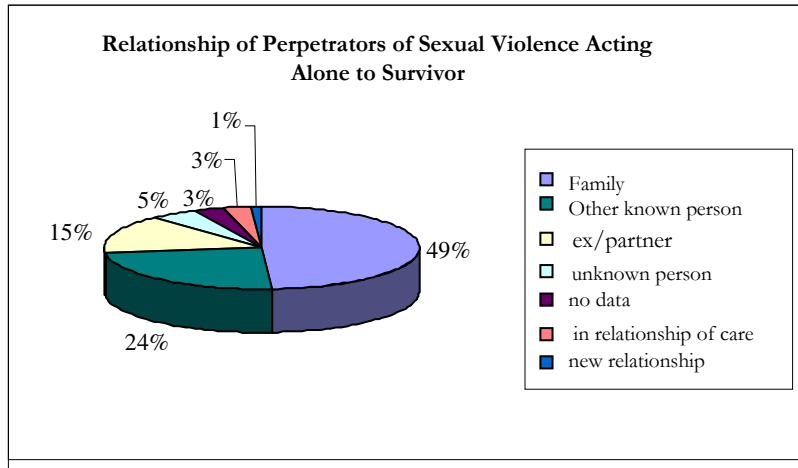
Things unsettled your have seen
A better life that could have been
Ignorance in love and hate
All the burden, a heavy weight

What could you change?
You're not to blame

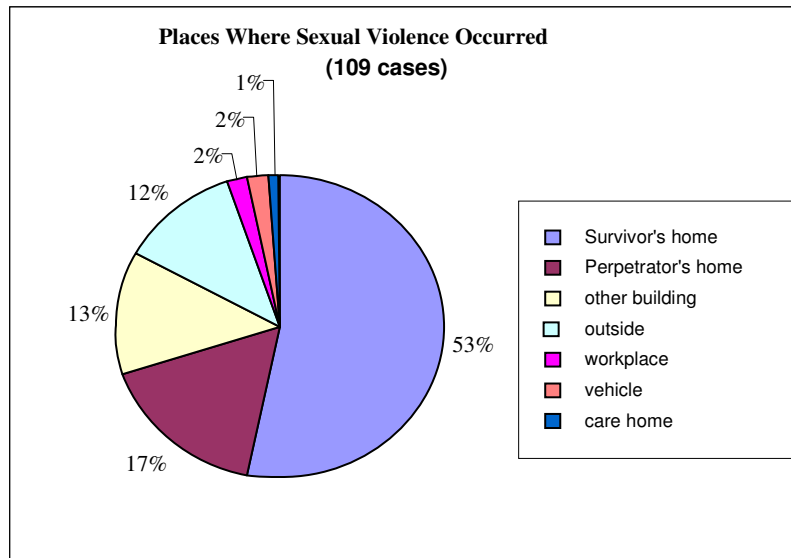
Your spirits up, full of hope
Going up and down a slippery slope
Life's true courses to unfold
The secrets of life never told

Kindly donated by a survivor

Support Statistics



As you can see, our statistics show that 'stranger danger' is a myth. The majority of women we have supported over the last year have been abused at some point in their life by a member of their family.



Here we can see that most of the abuse experienced by women occurred in their own home.

Silent Crying

When expressing your fears
 Not knowing what to expect
 Keeping it inside
 Crying silent tears

Bubbling it up inside
 Fighting to get out
 How much do you let on?
 You to decide

Not letting it out
 Not hearing you cry
 You're suffering, no doubt
 Don't live the lie

There'll come a time
 When to open up
 To remove these feelings
 To get piece of mind

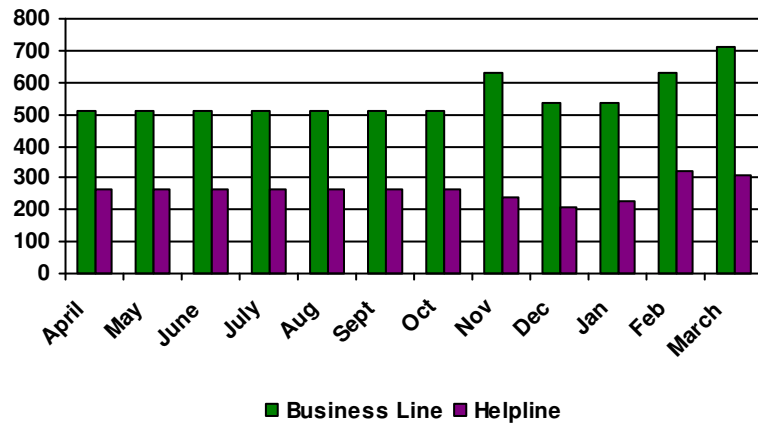
The weight to be lifted
 No more silent tears
 You've moved the dread
 Start to live a life

Kindly donated by a Survivor

Telephone Statistics April 2005 to March 2006

This year saw us signing up with BT's Call Management System, in November 2005, to measure accurately the volume of calls the centre has dealt with. For the months of April to October we have assumed an average call figure per month.

Total calls 2005-2006



Approximate total of calls received to our business line **6631**

Approximate total of calls received to our Helpline **3146**

Total number of calls made or received were approximately 9777

It is clear that there have been huge inaccuracies with the manual collation of telephone stats in previous years. It will be interesting to see the actual call volume over the coming year.

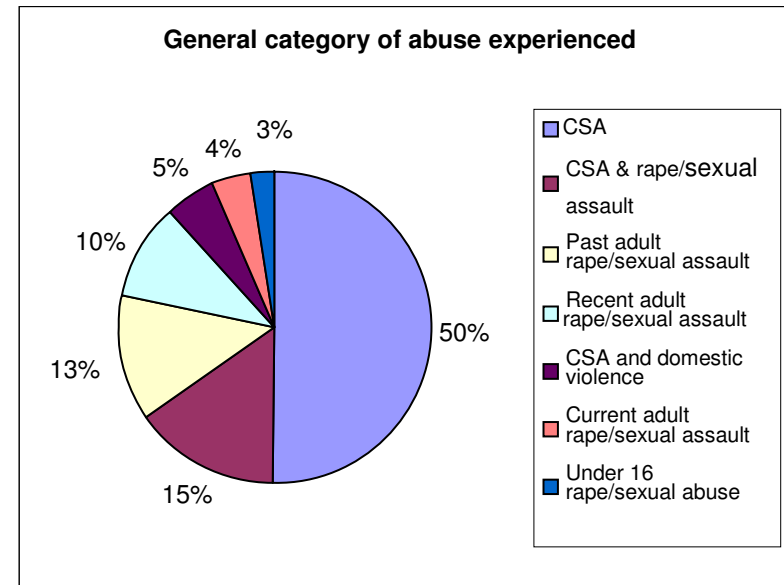
The new call management system will also allow us to assess our busiest times for the future monitoring and development of our Helpline service.

Support Statistics

The following statistics are based on the 122 women who received support from WRASAC during the past year.

Again demand has outstripped supply for our service. We have delivered 395 one to one sessions to survivors. Many of the women who use our service can be feeling very chaotic. Hence, we had to change/re-arrange 121 appointments and we also had 72 appointments booked with women which were classed as 'no-shows'. This figure may also reflect how hard it is for survivors to actually take steps to talk about and share their experiences with us.

As our statistics illustrate the majority of women we support have experienced childhood sexual abuse.



Only 16% of survivors we worked with reported their abuse to the police.