

FUNDRAISING BOOKLET

SUPPORTING

the work of the
RAPE CRISIS
CENTRE
in Glasgow

Supporting survivors of sexual violence in Glasgow, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire, and Inverclyde

rape crisis
for free and confidential support

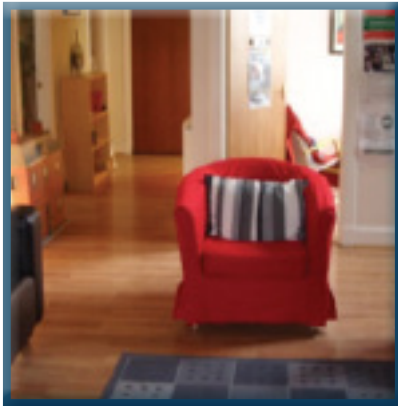
WHERE ARE WE?

We are based in Glasgow City Centre at 30 Bell Street with easy access for all public transport. There is also on-street parking (which can be a bit expensive) and car parks nearby.

HAVE A QUICK LOOK AT OUR CENTRE ...



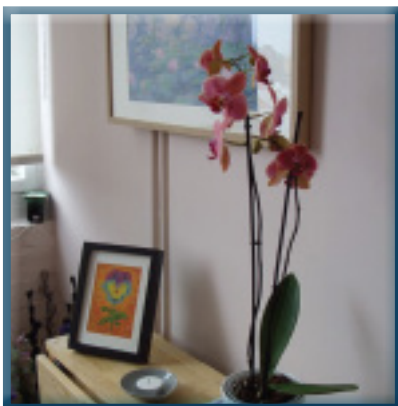
Our telephone helpline room



Our reception area



Artwork created by our service users



One of our support rooms

Supporting the work of the Rape Crisis Centre in Glasgow

WHO WE ARE

The Rape Crisis Centre was established in Glasgow in 1976 to support women and girls who had been raped, sexually assaulted or sexually abused. The service was established by a group of women volunteers who were concerned about the lack of services for survivors of sexual violence and abuse. The Centre in Glasgow was the second rape crisis centre to be established in the UK and the first to be established in Scotland. The Rape Crisis Centre is based in Glasgow but we cover a very wide geographic area – Glasgow, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire and Inverclyde. This area has a combined population of around 1.2 million and has a mix of urban and rural areas as well as having a wide cross section of cultures and communities.

“I thank you for the support and care you have shown my niece. I feel as if she is coming back to us. Thank you very much.”

WHO FUNDS US?

The Rape Crisis Centre operates on a relatively small budget for such a large area. We receive some funding from the Scottish Government through the Violence Against Women Fund and the Rape Crisis Specific Fund, we have small grants from Glasgow City Council, Renfrewshire Council, East Renfrewshire Council, East Dunbartonshire Council and West Dunbartonshire Council. We also have funding from BBC Children in Need, Comic Relief, Big Lottery, Scottish Ethnic Communities Fund and the Robertson Trust. This may look like a lot of funding but in reality, the grant total from all of these funders totals around just £400,000 per year.

WHY DO WE NEED TO FUNDRAISE?

Although we have some core funding, this does not cover many of the demands on our service. The work we do is very labour intensive with skilled support staff available to work with survivors of sexual violence and abuse, as well as their partners, parents or other family members.

Between 2012 and 2014 the demand on our service increased substantially. Over those two years calls to our centre increased by 52% and the number of individual survivors we saw rose by 44%. (National Rape and Sexual Assault Database)

“Thank you for letting me speak my thoughts and fears without feeling like I’m in the wrong.”

CASE STUDIES

FUNDRAISING CASE STUDIES

- **A supporter of the Rape Crisis Centre ran a charity auction. She collected many different items from well-known people in the music, television, film and publishing industries and sold them on EBay with 100% of the proceeds going to the Centre.**

The auction raised over £4,300 for the centre. This money will allow us to provide additional support services to women and girls who are survivors of sexual abuse.

- **Supporters of the Rape Crisis Centre have run 10k races, cycled for us, have baked cakes and sold books for us and have held social events with all proceeds coming into our centre through our Just Giving page.**
- **Trade Union branches and Regional Committees have donated to us to help keep our office ticking over and the information getting out to the survivors and their families who have asked for it.**
- **We also have supporters who donate regularly through PayPal and by direct debit.**

This support helps us to run our service and increase the support we can provide to survivors. Demand for our face to face and group work services are increasing every year and women tell us that the impact it has on their lives is significant.

But although we channel almost all of our funding into direct support work, we struggle to meet every increasing day to day costs (such as rent and utilities) with ever decreasing annual funds. We welcome any support, funding, donations or fundraising efforts that can help with these core costs.

DONATE THROUGH OUR WEBSITE Log on to www.rapecrisiscentre-glasgow.co.uk and click on our 'Donate' button. You will be taken directly to a PayPal page where you can make a one-off donation to us or elect to make monthly payments.

If you don't want to make a regular payment through PayPal, you can download a direct debit form from our website on www.rapecrisiscentre-glasgow.co.uk or use the form at the back of this booklet.

By Cheque. You can make a donation directly to our office. If you are sending us a cheque, please make it payable to Rape Crisis Centre. You can post it to us at The Rape Crisis Centre, 5th Floor, 30 Bell Street, Glasgow, G1 1LG.

Host an event to raise funds for us.

Some examples of past events and fundraisers for us have included:

- Running in the Women's 5k
- Sponsored cycle
- Running in the Women's 10k
- 'Swishing' event
- Social event and quiz
- Bookstall
- Charity auction

"So many things to say, so little time to say it in. Thank you for hearing my voice."

Just Giving. Just Giving is a web based service that allows people to raise money online for a charity of their choice.

If you'd like to fundraise for the Rape Crisis Centre through Just Giving you can create your own personal fundraising page where you can post photographs of your event and the supporters who donate to you can leave messages of support for your efforts. Fundraising events can be done through our Just Giving Page: <http://www.justgiving.com/rapecrisiscentre> which we can help publicise through our

own Facebook page and networks. Just Giving will also claim Gift Aid on our behalf from HMRC. This means that we will receive an extra 28p for every £1 donated to us through Just Giving at no extra cost to anyone who makes that donation.

"I feel more assured that I can get through difficult times. I feel like having a space for talking about my worries stops me from bottling up my feelings and getting frustrated."

DONATE THROUGH EBAY. Visit our charity page on Ebay at <http://www.ebay.co.uk/egwebay-for-charity/charity-profile/Rape-Crisis-Centre/77384> You can list an item on Ebay and donate between 10% and 100% of the cost to Rape Crisis.

COLLECT FOR US. Do you have a shop, a salon, a bar or a cafe? Would you like to take one of our collection cans for your counter area? We can drop off a can for you and collect/replace it when it is full. If you are having an event you could collect for us using our collection buckets. We can drop them off at your event and collect when the event is over.

A SURVIVOR HAS SHARED HER EXPERIENCE OF GROUPWORK WITH US....

The group sessions at rape crisis became a real highlight of my week. I became glad to see the faces of the women. I was excited to get as much as I could from the time there.

The biggest change I would say I made was the realization that even though drink and drugs were involved in the situations I had been in, that did not make it any less of an abuse. It felt like a real risk to ask a very difficult question out loud. "If I was drunk, and he was drunk, then maybe no one is to blame. I have to be to be to blame, if anyone is at all." It was a question some of the other woman seemed to be glad I asked. The team took this very seriously. As an alcoholic in recovery, I was all too aware that, through being drunk, a person could do or say anything and say it "wasn't really me, it was the drink" the next day. I had done the same many, many times. If I was to begin to get my head around the idea that if someone did something, attacked somebody, when they were drunk, then it stands to reason, that, when sober, there was a part of them, either conscious or un conscious, that thinks that behavior is somehow acceptable or understandable. Or at least, within reason.

I came to understand that even if a man is drunk, or if I am drunk, those are not excuses or reasons. A rape is a rape. Regardless of any circumstances. And when I had to think about it, I had been drunk hundreds of times and met hundreds of men, but only been abused by a few. It was not "ok", nor was it "normal" or "just one of those things".

One of the other huge misconceptions I had used to protect myself had been that "getting raped was just a part of life. Big deal." It IS a big deal. I had carried the after effects of abuse in to all my relationships with men. I knew the abuse, which had started in my teens - a combination of sexual abuse from men, and physical, emotional and verbal abuse from my father, had left me with a lot of scars. Towards the end of my drinking, I had found myself in an emotionally abusive relationship. So it was clearly, a big deal.

Being in a room with woman who seemed to me to have a range of experiences.... incest, street attack, travelling nightmare, party-girl (that's me).... but the thing we all struggled with was the main thing- the struggle to believe that our own experiences were not somehow in some way, our own faults. We were quick to notice that we each found it simple to call another woman's experience "Rape. Black and white. You clearly did nothing to deserve being raped". When we talked about ourselves, there was always a"but".

Over the weeks, I experimented with dropping the 'but' when talking about what happened to me.

Soon. We all started asking questions out loud of each other. "guys, right, does this sound weird? I do this thing, (or) I feel like..." and I would find incredible comfort and relief and even humor in the talking, in the asking of those weird questions. I allowed myself to be vulnerable enough to ask the team questions, and there was always an answer that made sense. I became willing to let some of my defenses down, to let go of some of the old security blankets I had held on to for years.

One of the most tangible changes I made was in my use of language. That had been something I had brought to the table in the first week. I wanted to figure out why I found myself, over and over, calling myself a whore and a slut. I would never call another woman those words. So why did I call myself that? I came to the realization that these were blaming words, victim words. I was keeping myself a victim. The session we did on the words "victim" and 'survivor', while so simple, were huge for me. Since the sessions ended, I have made a conscious effort to notice when I am in 'victim' mentality, or when I speak down to myself. I've even realized that when I feel guilty that I happen to have a lot (great flat, many friends, thriving career, recovery, health, youth, a future, love, sex, art, family, safety, security, an absence of fear, a sense of belonging, laughter, fun) I tell myself I have paid my dues, I have suffered oh so, and that all these things are cosmic pay back for all the horror of the past. This still keeps me in the role of victim. I am willing to end any victim blaming I level at myself.

I feel like I made real significant changes to how I carry my experiences with me through my journey at rape crisis. This is an invaluable service. The commitment of the team, the extent of their experiences helping to heal woman and the knowledge of the facts and myths, (topics we also explored) not to mention the patience and humanity they showed to each and every member of the group, was extraordinary. I hope to one day in the future to become of service to an organization like rape crisis, if not rape crisis itself. Until then, I talk with friends about my changes of attitude. I share what I was given, what I've learnt. I feel like, in its perhaps less formal way, that sharing my discoveries, does in fact benefit and honour the legacy of rape crisis, and all the women who had to suffer more than I before me.

I am truly grateful to have participated in the group sessions. I would recommend anyone who felt they were ready to get to grips with being "a rape victim". And possibly more, to even become a proud rape survivor."

If you would like to support the Rape Crisis Centre in Glasgow you can: BE A VOLUNTEER

Each year the Rape Crisis Centre runs a volunteer training programme for helpline support workers. This programme is very intensive and very demanding. It lasts for 20 weeks and it's a huge commitment of resources for the Rape Crisis Centre and a big time commitment for the volunteers.



The Rape Crisis Centre training isn't for everyone. There are many women who want to work with us but feel that they couldn't be helpline workers. If you feel you would like to volunteer with us in another capacity, please get in touch and talk to us about it. There is a shorter training programme for all work that does not involve support to survivors

We are trying to recruit workers who can:

- Help with fundraising
- Help with events/stalls and information days
- Help circulate information about our service
- Do some admin tasks including helping out with our database

We also want to recruit women from all the diverse communities across our area, we welcome volunteers who are older women, disabled women and women who think, "I could never do that". Yes you can; get in touch and have a chat with us about how you can support the rape crisis centre.

All workers at the rape crisis centre are women. Our posts, paid and unpaid, are exempt under Schedule 9, part 1 of the Equality Act 2010.

“Thank you, thank you, thank you for letting me talk.”

What your donations and fundraising pay for:



50P

It costs 50p to produce one information booklet for a survivor or rape, sexual assault or childhood sexual abuse. These booklets offer support information, address issues such as flashbacks and panic attacks and provide survivors with phone numbers and web addresses of different support organisations that survivors might find useful.



£35

It costs £35 for a support session for a survivor of rape, sexual assault or child sexual abuse or their family members at our base in Glasgow. If we offer a survivor an outreach support session it costs us £55 and a home visit for a survivor costs £70.



£1,000

It costs a minimum of £1,000 to train one support worker to staff our helpline and deliver one to one support to sexual violence survivors and their family members or partners.

Each support worker, including

our volunteers, must undertake an initial training programme of 20 weeks plus a further 4 weeks of practice work to qualify to work on our helpline. There is further training for workers who will deliver face to face support and yet more training for any worker who wishes to deliver the group work programme. All workers and volunteers also undertake a programme of continuing professional development while they are working with the rape crisis centre.

“I’ve felt well cared for here, supported and encouraged. I’ve found empowerment and someone to help. The hardest part was getting the courage in myself to get help.”

“The group is very friendly and a safe place to be. I can open up a bit more than I thought.”



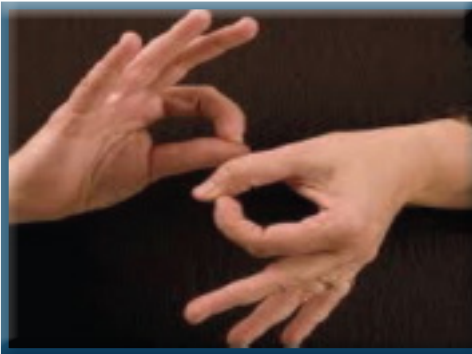
£55

It costs £55 to provide one drop in session for survivors of sexual violence. This means that survivors can come into the centre without having to make an appointment, when they feel that they need a little extra support or just when the time is right for them. This also helps us to train up workers for face to face support work.



£5,000

It costs £5,000 to provide two fully qualified group-workers to run a 12 week group work programme for 10 survivors of rape, sexual assault or childhood sexual abuse.



£45

It costs us £45 per hour for an interpreter for a survivor whose first language is not English. With a rising number of women using our service requiring interpreters, we are continually fundraising for this service.



£400

It costs approximately £400 to offer a taxi to and from the Rape Crisis Centre to a survivor of sexual violence or abuse who is disabled and can't access support without assistance. This provides transport to the survivor for the full programme of her support.

“It does have a positive impact, although things are tough at the moment. It’s a relief to be able to come here otherwise I’d be really limited in support.”

“Very caring and gentle people. God bless all of you x”

DIRECT DEBIT FORM

To the Manager:

Please write the name and address of your bank

Please pay the Rape Crisis Centre £

Starting on: Day Month Year

And on the same day of each subsequent month thereafter

My bank account number is:

My sort code is:

Signed:

Rape Crisis Centre bank account details:

Account Name: Rape Crisis Centre
Account Number: 00193925
Sort Code: 83-54-60

GIFT AID (Tax payers Only)

Help us reclaim 28p in every £1 you donate - at no cost to you.

Declaration:

I am a taxpayer and would like all donations I make to the Rape Crisis Centre to be treated as GIFT AID and for the charity to benefit by reclaiming the tax*

Signature:

Date:

Name:

Address:

Postcode:

Phone Number:



Our organisation also offers support to non abusing partners or family members of survivors of sexual violence and abuse. If you would like to talk to someone about how you feel when someone close to you have been raped or sexually abused you can contact:

Rape Crisis Centre Helpline

Freephone: 08088 00 00 14

Open 7 days a week between 11.00 am and 2.00 pm and
Monday to Thursday between 5.30 pm and 7.30 pm.

DROP IN TO THE RAPE CRISIS CENTRE

The Rape Crisis Centre in Glasgow has a weekly drop-in each Wednesday between 10.30 am and 3.00 pm and again on Wednesday evenings between 5.30 pm and 7.30 pm. You can find us at:

Rape Crisis Centre

5th Floor

30 Bell Street

Glasgow

G1 1LG

You can contact the Rape Crisis Centre at our dedicated support email address:
support@rapecrisiscentre-glasgow.co.uk

Website

<http://www.rapecrisiscentre-glasgow.co.uk/>

CONTACT Us



There are a number of ways you can contact us at the Rape Crisis Centre

Helpline - For Support Calls Only

Freephone: 08088 00 00 14

Office Line - Business Calls Only

0141 552 3201

By Post

Rape Crisis Centre

5th Floor

30 Bell Street

Glasgow

G1 1LG

Email

Main Email: info@rapecrisiscentre-glasgow.co.uk

For Support: support@rapecrisiscentre-glasgow.co.uk

Website

<http://www.rapecrisiscentre-glasgow.co.uk/>

Other useful numbers

National Rape and Sexual Assault Helpline :: 0808 801 0302

Glasgow Women's Aid :: 0141 552 2022

SAY Women (for young women 16-25 years) :: 0141 552 5803