

rosely resources



for survivors
by survivors

G E T T I N G

S U P P O R T

F O R

S E X U A L

V I O L E N C E

This is a journey, one which has no time limit and will have many ups and downs.

We are a group of survivors of sexual violence and service users of the Rosey Project. Together we have put together a series of zines to hopefully help you through this journey.

Sometimes it can feel as though nobody understands what's happened and sometimes you don't understand.

Coping with sexual violence can be really isolating and scary when you do it alone, so we understand the importance and benefit of a little support.

We have included stories, poems, art and techniques, all written by survivors for survivors. We hope this will help.

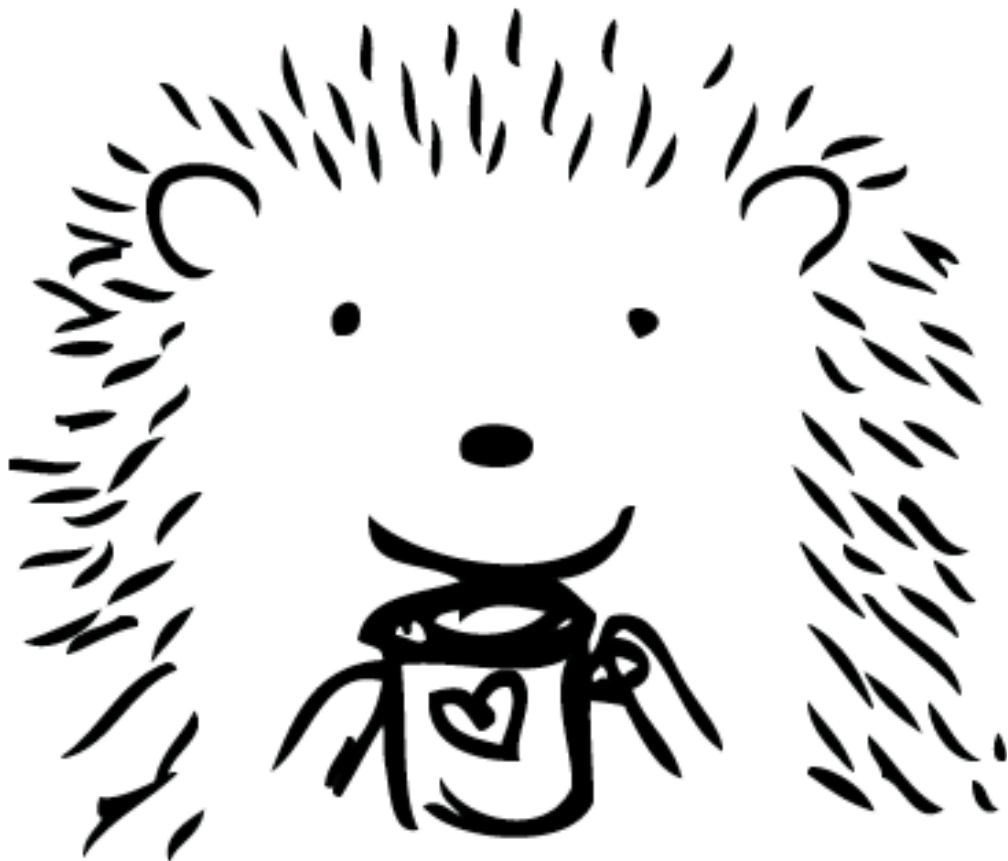
Love,

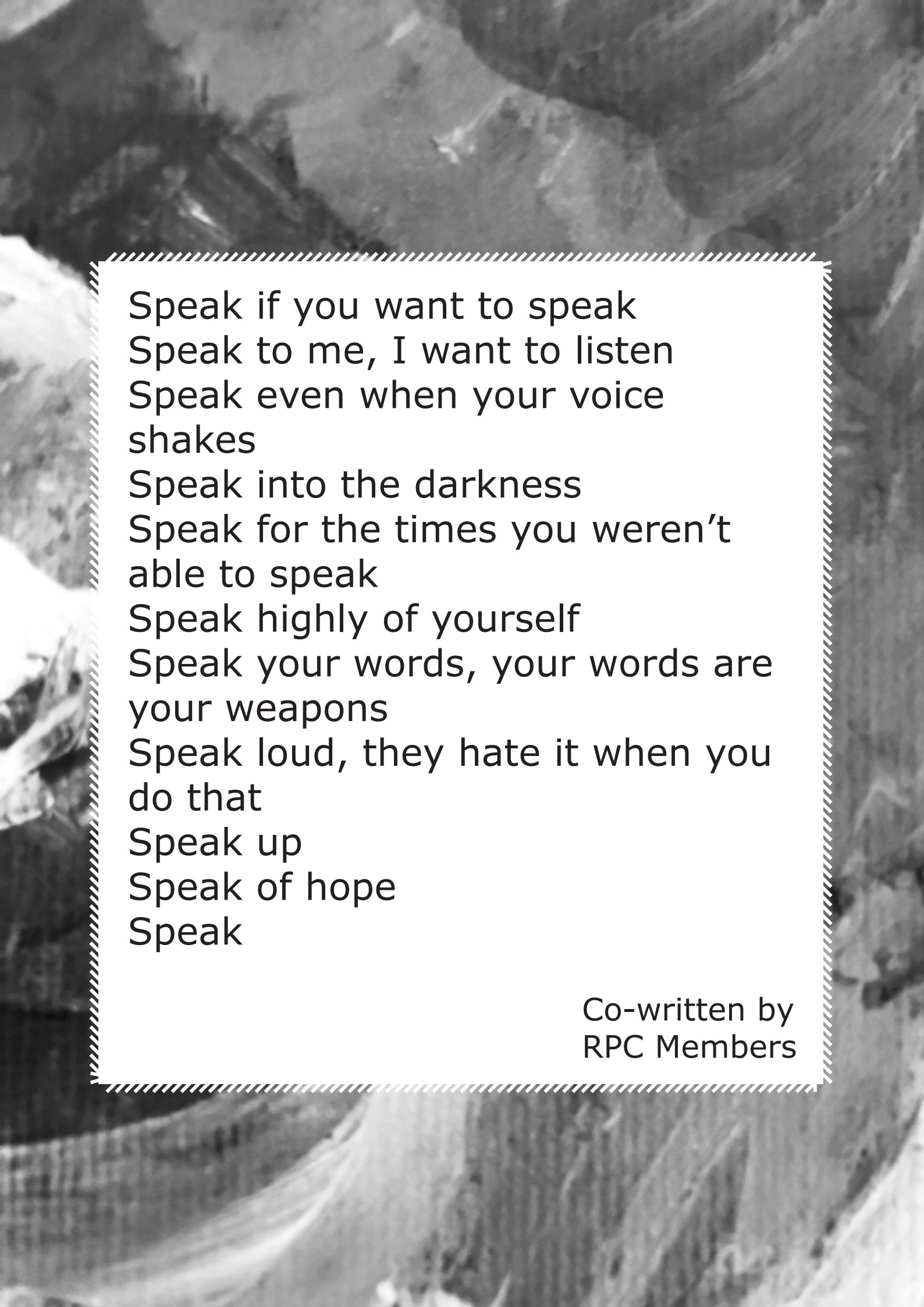
The Rosey Project Community (RPC)

x

remember to look after yourself

this is Hedge the hedgehog.
whenever you see him it is a reminder
to do some self-care. take a break.
drink some water. get a hug.





Speak if you want to speak
Speak to me, I want to listen
Speak even when your voice
shakes
Speak into the darkness
Speak for the times you weren't
able to speak
Speak highly of yourself
Speak your words, your words are
your weapons
Speak loud, they hate it when you
do that
Speak up
Speak of hope
Speak

Co-written by
RPC Members





'My experience of accessing support'

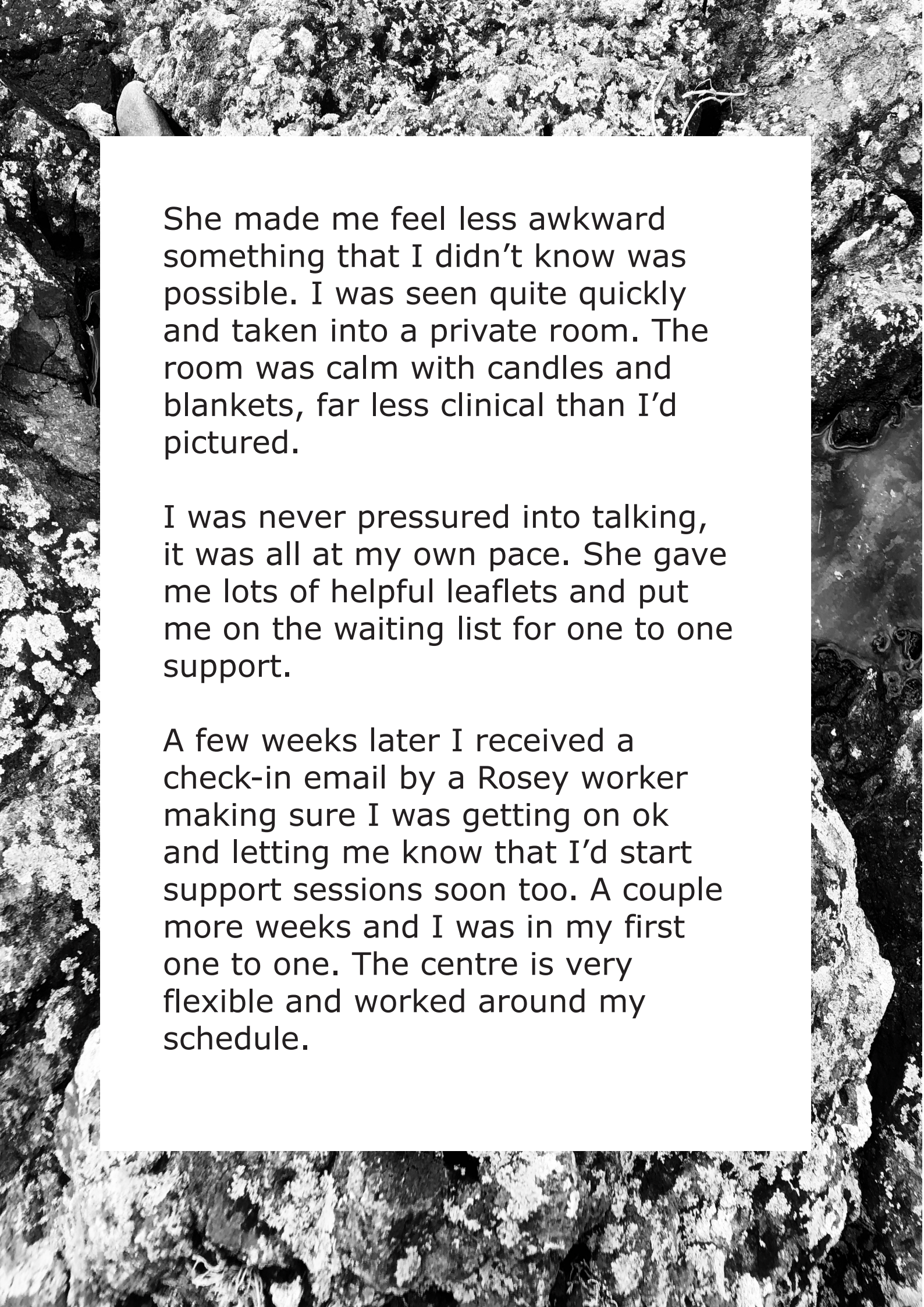
After a drunken breakdown to my best friend on the other end of a phone I had finally admitted I had been raped. Feeling more vulnerable than ever the only feasible option was to ask for help. Typing the words "Rape Crisis" into google felt dirty, clicking onto the website felt wrong and the whole time all I could think was this is a mistake. I saw that they held a drop in service and decide to go the following week.

I walked past the entrance twice, but eventually found it along with what seemed like a 20 button buzzer. Up the stairs counting each one as I went, I rang the doorbell at the top.

A smile opened the door and asked what I needed

"I'm here for the drop in"

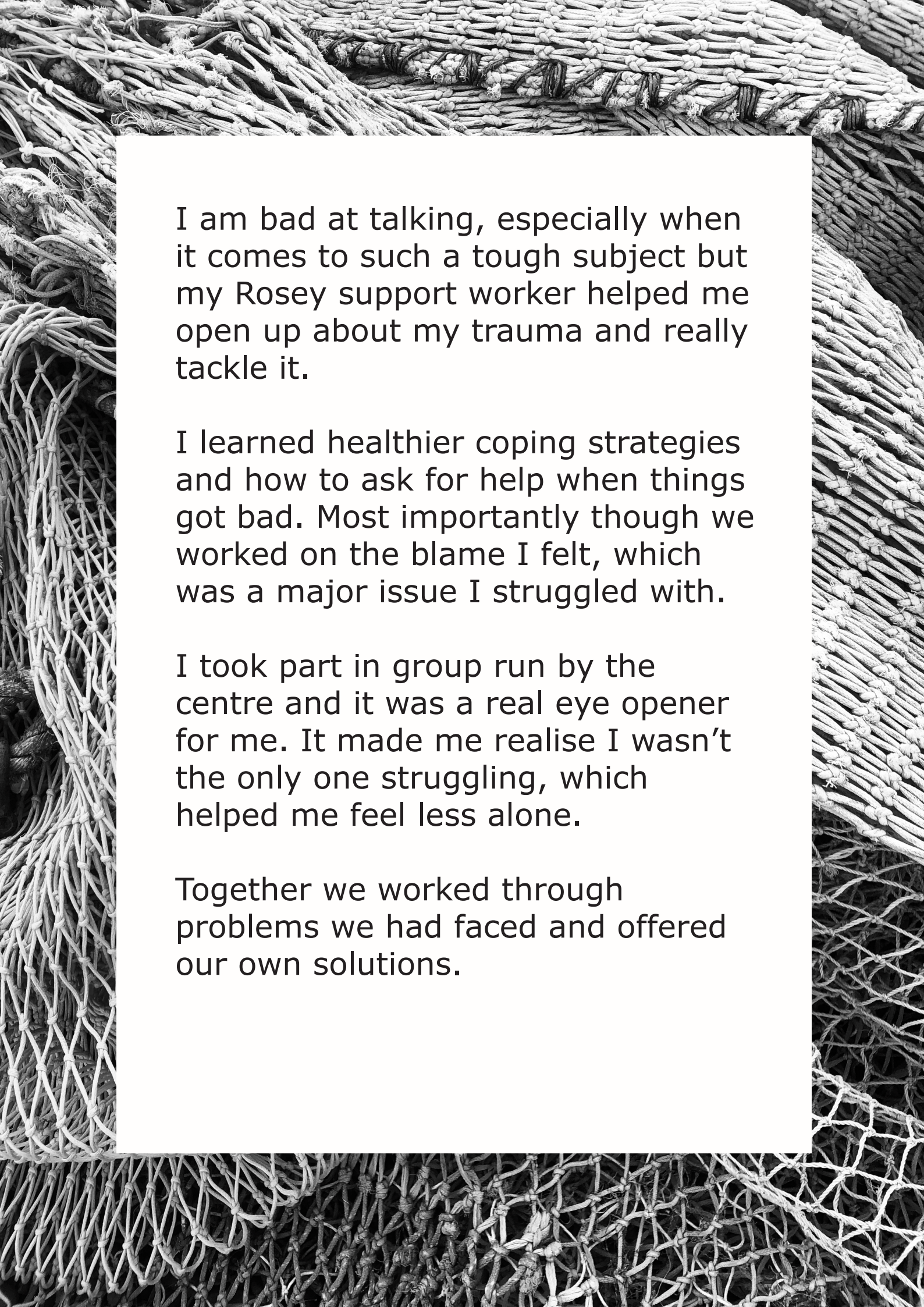
"Ok someone will see you as soon as they can, would you like something to drink?"



She made me feel less awkward something that I didn't know was possible. I was seen quite quickly and taken into a private room. The room was calm with candles and blankets, far less clinical than I'd pictured.

I was never pressured into talking, it was all at my own pace. She gave me lots of helpful leaflets and put me on the waiting list for one to one support.

A few weeks later I received a check-in email by a Rosey worker making sure I was getting on ok and letting me know that I'd start support sessions soon too. A couple more weeks and I was in my first one to one. The centre is very flexible and worked around my schedule.

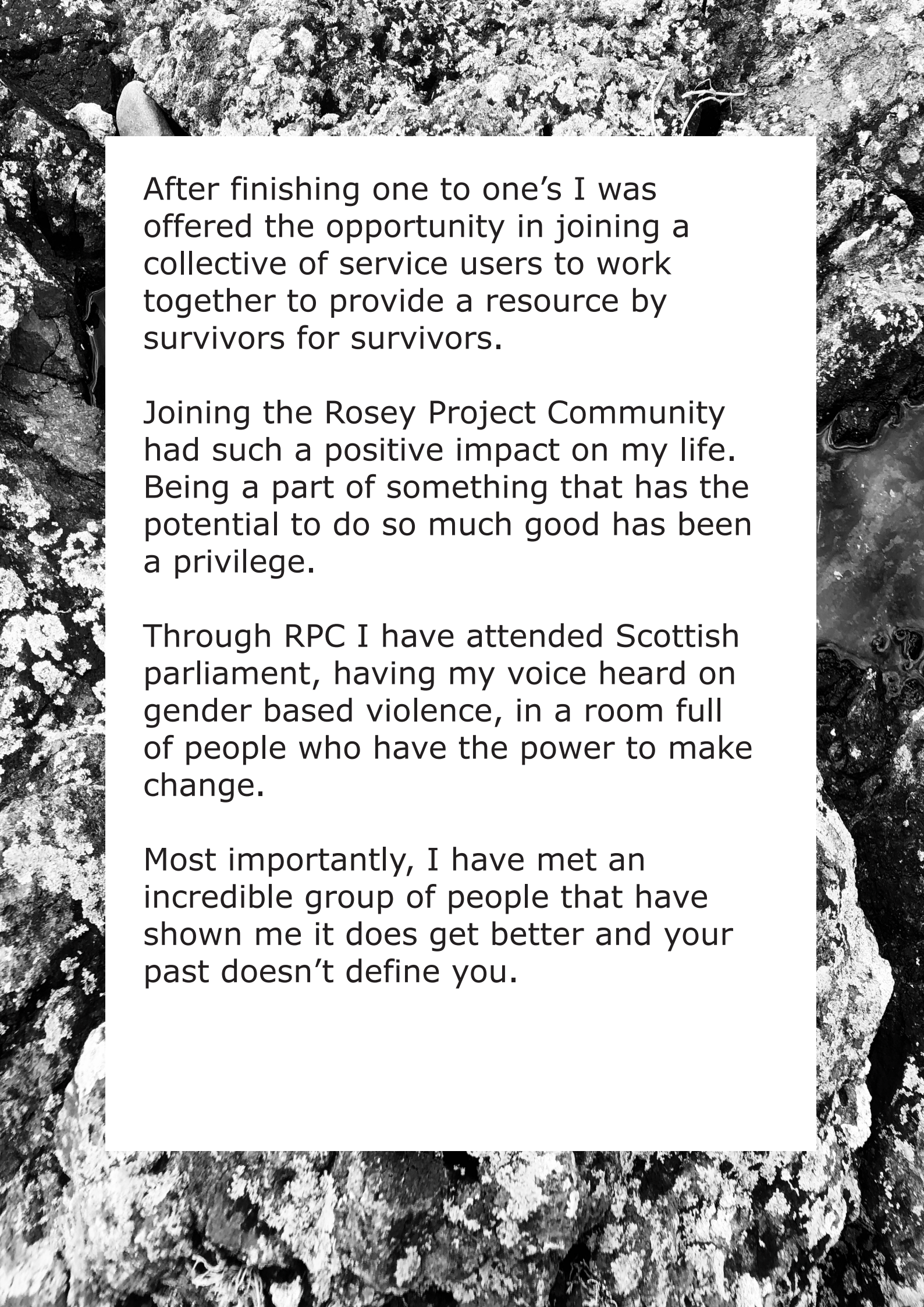


I am bad at talking, especially when it comes to such a tough subject but my Rosey support worker helped me open up about my trauma and really tackle it.

I learned healthier coping strategies and how to ask for help when things got bad. Most importantly though we worked on the blame I felt, which was a major issue I struggled with.

I took part in group run by the centre and it was a real eye opener for me. It made me realise I wasn't the only one struggling, which helped me feel less alone.

Together we worked through problems we had faced and offered our own solutions.



After finishing one to one's I was offered the opportunity in joining a collective of service users to work together to provide a resource by survivors for survivors.

Joining the Rosey Project Community had such a positive impact on my life. Being a part of something that has the potential to do so much good has been a privilege.

Through RPC I have attended Scottish parliament, having my voice heard on gender based violence, in a room full of people who have the power to make change.

Most importantly, I have met an incredible group of people that have shown me it does get better and your past doesn't define you.



" I NEVER
felt scared
or
pressured "

by Rosey Project service user



'My Journey'

I have only recently finished my one to ones and am currently part of group sessions. Although I was extremely nervous to go to the centre to start receiving support, I can honestly say it is one of the best decisions I have ever made. Since stopping my one to ones, I have been in a much better place and have the tools to deal with bad days which I struggled to cope with.

Best piece of advice that I can give that helped me is to use the drop-in service whilst waiting to start your sessions (you can also use it at any other point, during and even after)! Also, I know it's scary, but don't hold back in your sessions. I found that being open and honest was the key for me to start tackling my problems and mainly my mentality.

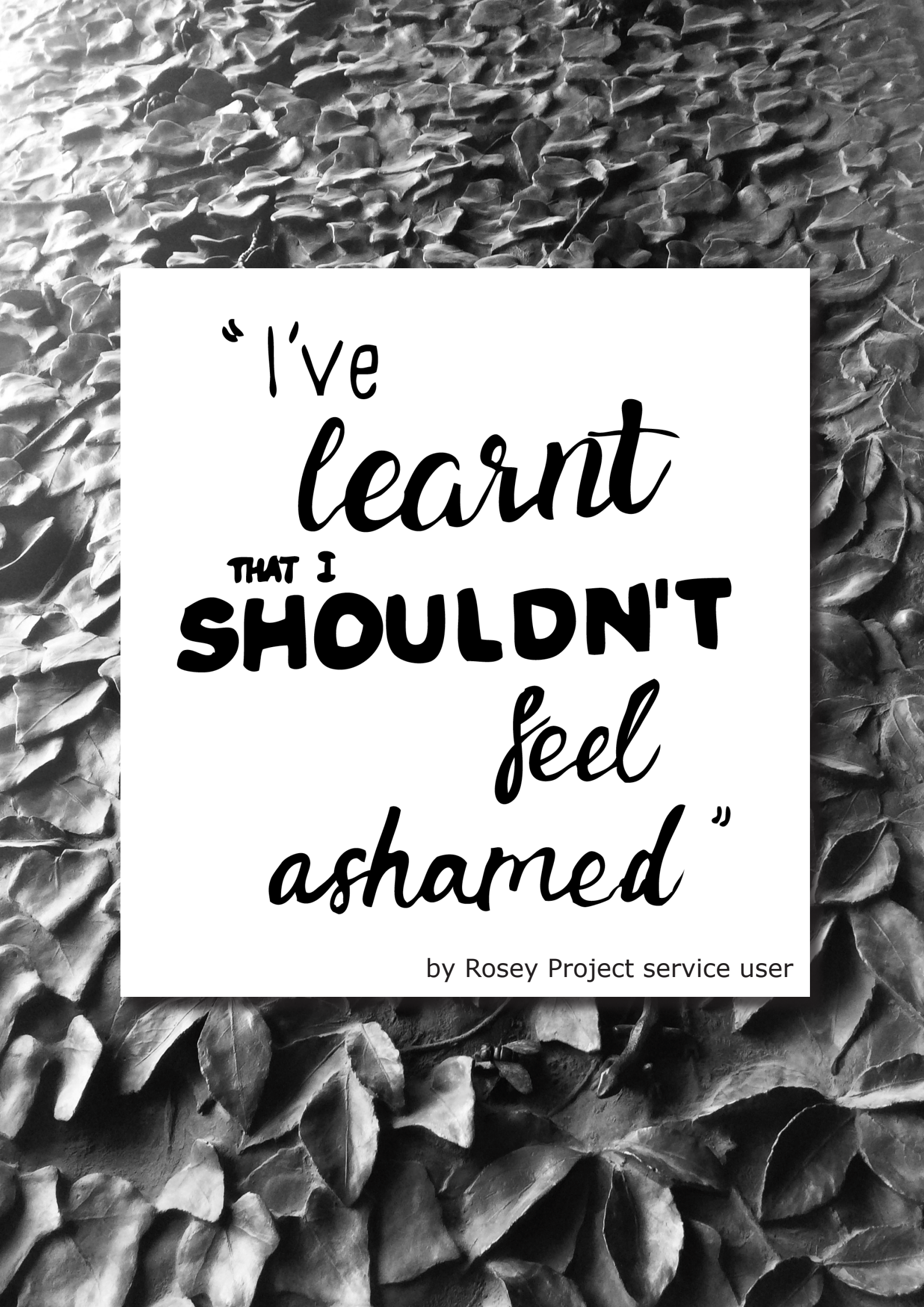
Currently, I am really enjoying group sessions and whole-heartedly recommend it. It's a great way to get some peer support and talk about difficult topics with other people who genuinely understand. Overall, my experience at the centre has been positive and changed my life for the better!



FEELINGS

FEEL

EMPOWERING



*"I've
learnt
THAT I
SHOULDN'T
feel
ashamed"*

by Rosey Project service user



ITS FINE



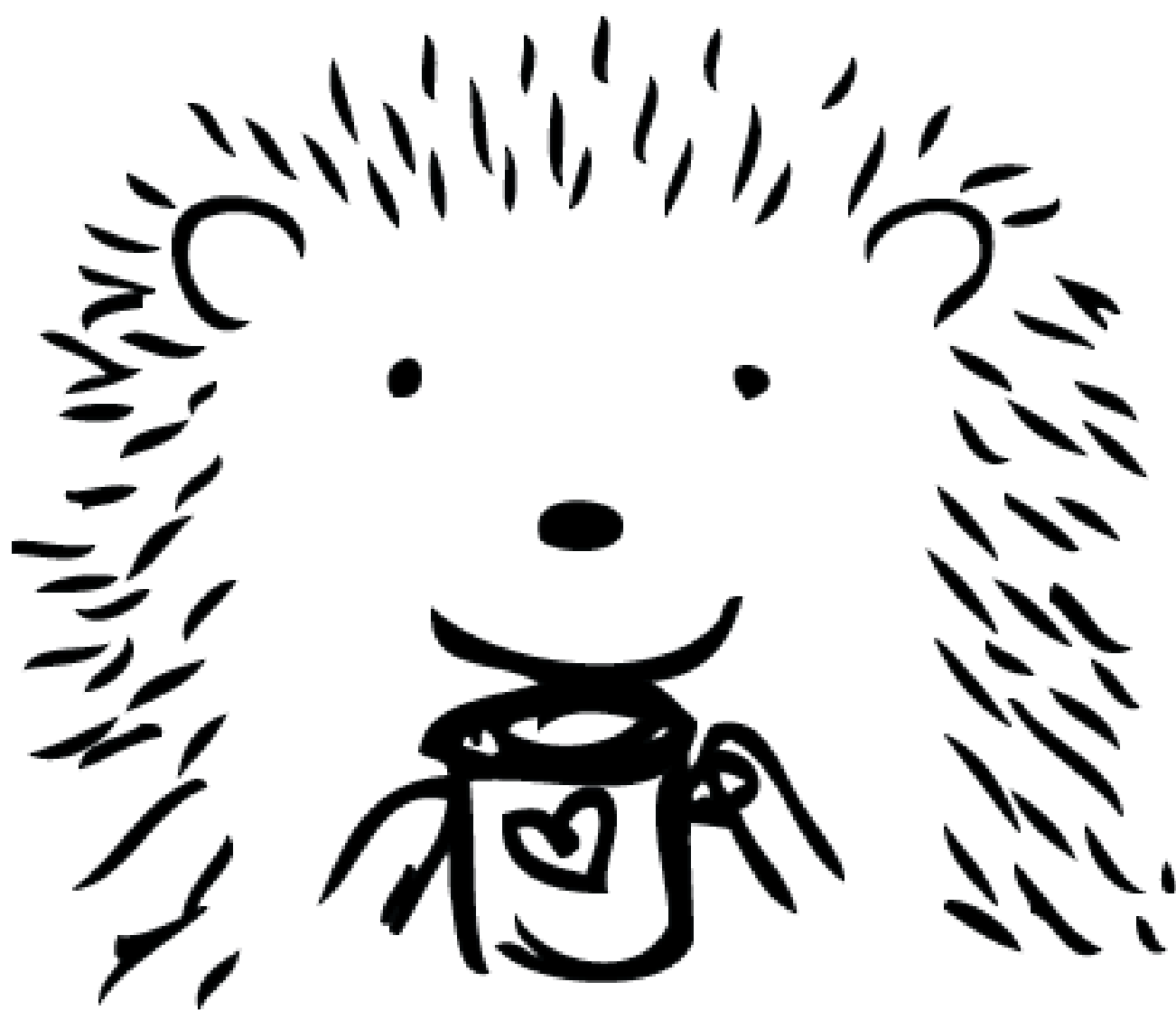
ITS FINE

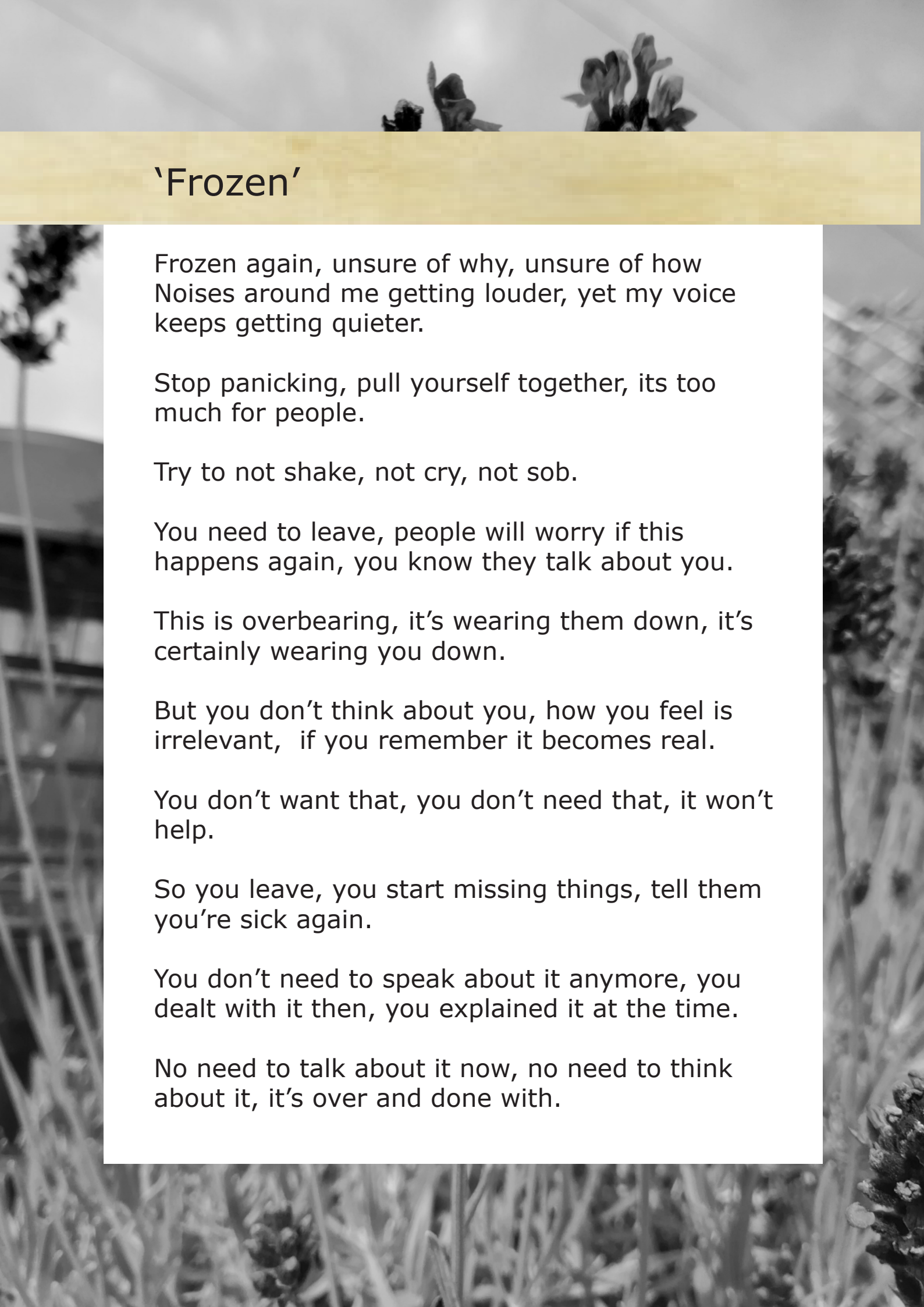
III



ITS FINE

(YOU'RE GOING TO BE FINE)





'Frozen'

Frozen again, unsure of why, unsure of how
Noises around me getting louder, yet my voice
keeps getting quieter.

Stop panicking, pull yourself together, its too
much for people.

Try to not shake, not cry, not sob.

You need to leave, people will worry if this
happens again, you know they talk about you.

This is overbearing, it's wearing them down, it's
certainly wearing you down.

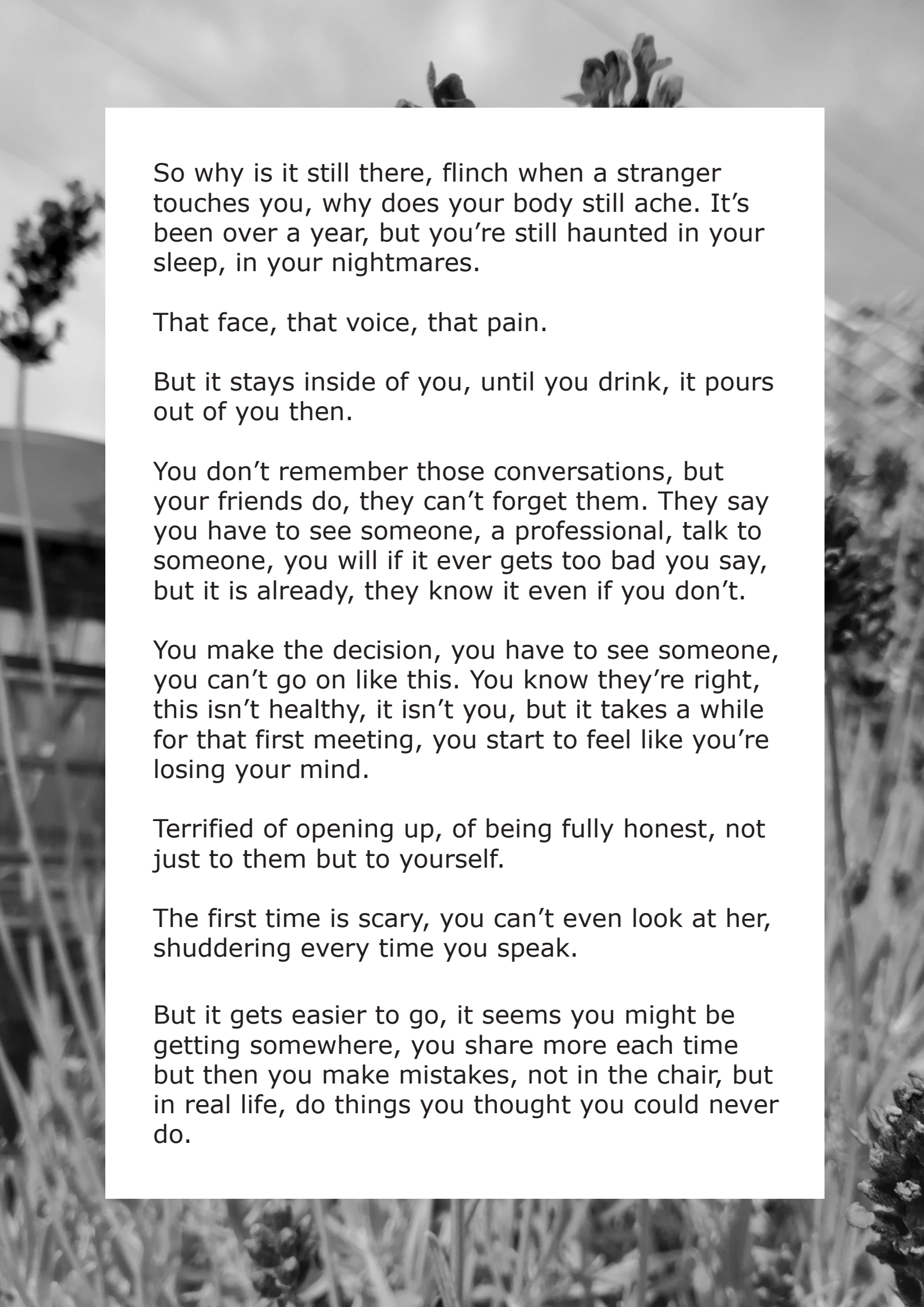
But you don't think about you, how you feel is
irrelevant, if you remember it becomes real.

You don't want that, you don't need that, it won't
help.

So you leave, you start missing things, tell them
you're sick again.

You don't need to speak about it anymore, you
dealt with it then, you explained it at the time.

No need to talk about it now, no need to think
about it, it's over and done with.



So why is it still there, flinch when a stranger touches you, why does your body still ache. It's been over a year, but you're still haunted in your sleep, in your nightmares.

That face, that voice, that pain.

But it stays inside of you, until you drink, it pours out of you then.

You don't remember those conversations, but your friends do, they can't forget them. They say you have to see someone, a professional, talk to someone, you will if it ever gets too bad you say, but it is already, they know it even if you don't.

You make the decision, you have to see someone, you can't go on like this. You know they're right, this isn't healthy, it isn't you, but it takes a while for that first meeting, you start to feel like you're losing your mind.

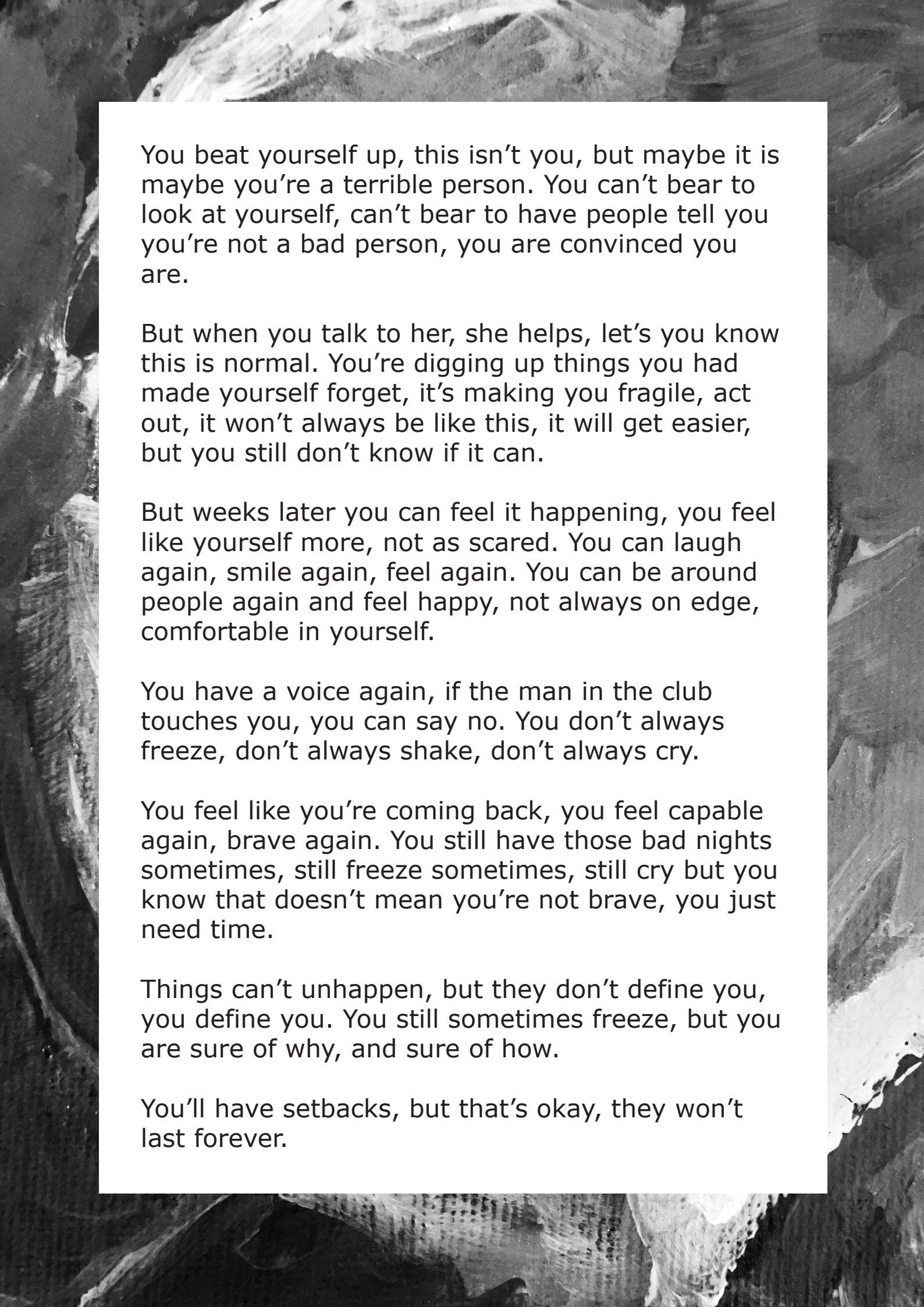
Terrified of opening up, of being fully honest, not just to them but to yourself.

The first time is scary, you can't even look at her, shuddering every time you speak.

But it gets easier to go, it seems you might be getting somewhere, you share more each time but then you make mistakes, not in the chair, but in real life, do things you thought you could never do.

“
Everyone
HELPED ME SEE
that I am worthy
OF BEING
here”

by Rosey Project service user

The background is a dark, monochromatic image with a rough, textured appearance, resembling a close-up of a rock surface or a piece of weathered wood. A white rectangular box is centered on the page, containing several paragraphs of text in a clean, black, sans-serif font.

You beat yourself up, this isn't you, but maybe it is maybe you're a terrible person. You can't bear to look at yourself, can't bear to have people tell you you're not a bad person, you are convinced you are.

But when you talk to her, she helps, let's you know this is normal. You're digging up things you had made yourself forget, it's making you fragile, act out, it won't always be like this, it will get easier, but you still don't know if it can.

But weeks later you can feel it happening, you feel like yourself more, not as scared. You can laugh again, smile again, feel again. You can be around people again and feel happy, not always on edge, comfortable in yourself.

You have a voice again, if the man in the club touches you, you can say no. You don't always freeze, don't always shake, don't always cry.

You feel like you're coming back, you feel capable again, brave again. You still have those bad nights sometimes, still freeze sometimes, still cry but you know that doesn't mean you're not brave, you just need time.

Things can't unhappen, but they don't define you, you define you. You still sometimes freeze, but you are sure of why, and sure of how.

You'll have setbacks, but that's okay, they won't last forever.

" I truly
have seen
life changing
differences
to my
PERCEPTION
of myself "

by Rosey Project service user



Keep Growing!

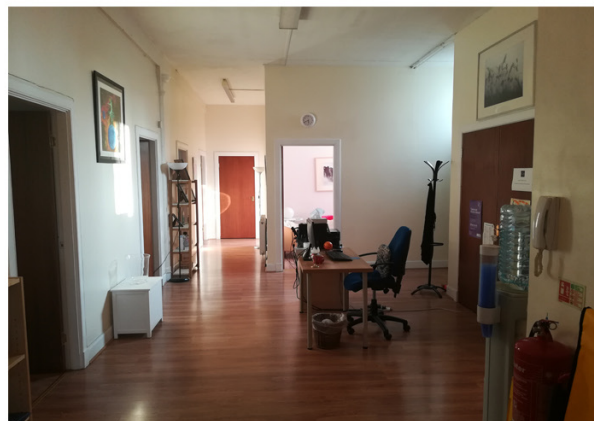
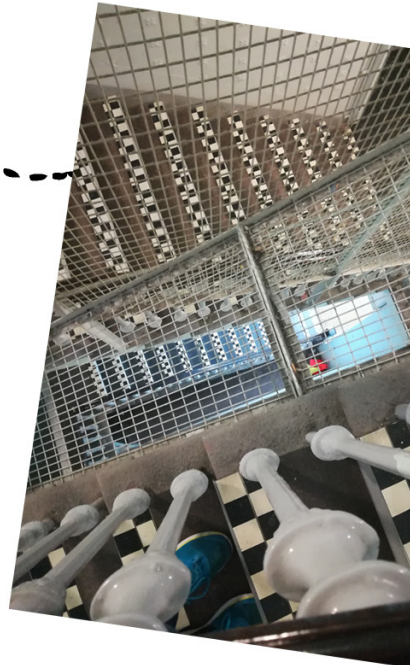
YOUR STEPS

INTO THE

CENTRE



Start





Finish



'Palms Sweat'

Palms sweat – Rubbed quickly into my uniform.
Cheeks Flush red hot, laugh it off before they
comment. Heart races. Mouth is dry. Turn it off
– you are not here.

Sweat drips down my spine – where you once
held me lovingly? Tightly - Against my will. Eyes
sting, hot tears threaten, I ask them to leave
– they oblige – you are not here.

A human life as fragile as a flower held in my
hands – shaking hands, tenderly caring for
another soul when I cannot care for myself.

0400 the door opens their son appears, fearing
the worst for their loved one. you are not here,
yet you are all I see.

The tears rebel, don't listen to my plea. They
fall fast and hard – a barrage. An anchor drops
deep in my stomach rooting me to the floor. I
cannot move, can't speak, can't breathe. Knees
shake. Heart breaks. Whisked away by caring
hands, a blur of familiar faces.

Arm of an acquaintance hold me tight, The
gentle voice tells me not to cry, I know she is a
mother – see's her daughters in me. A mother's
nightmare coming true before her eyes.

Breathe deep, confess the pain, share the hurt,
citalopram 10mg daily, text my counsellor, see
my psychologist, admit to other and myself that
this is hard, tell friends I'm not ok, be held, take
time, start to smile, start to laugh, cry again,
leave the flat, phone my mum, buy flowers,
eat better, hold others, laugh some more, love
those around me.

But most importantly forgive myself – because
I am here and I am stronger than you ever
thought I was.



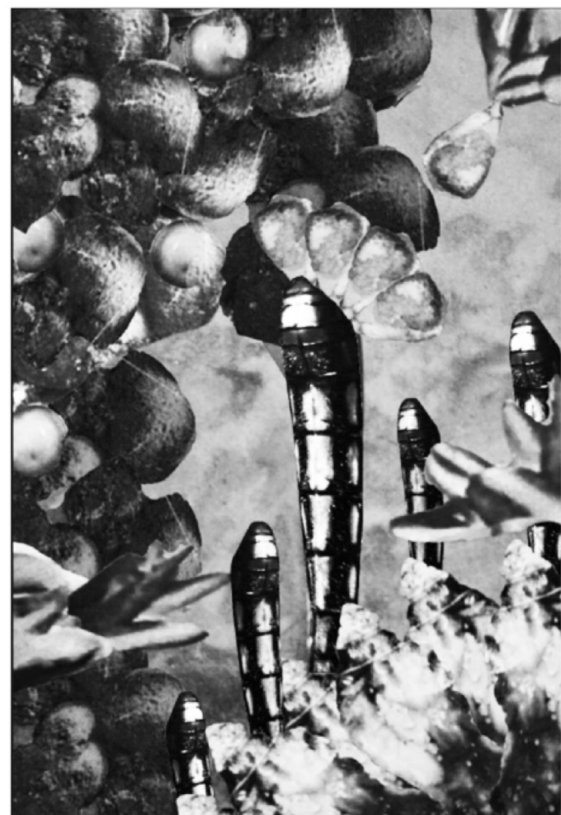
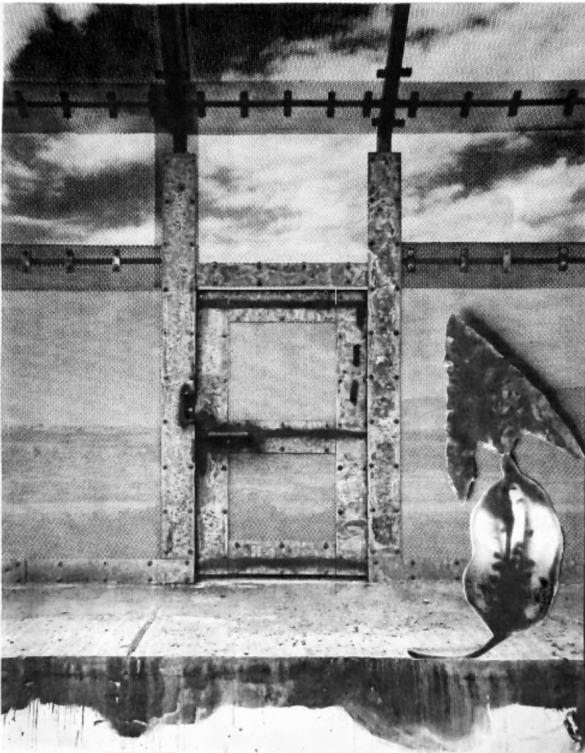
Journaling!

Think about a time when a friend felt bad about themselves. How did you respond?

Think about a time when you felt bad about yourself. How did you respond?

How are the two different?

WHEN I KEPT IT ALL IN AND JUST KEPT ON GOING

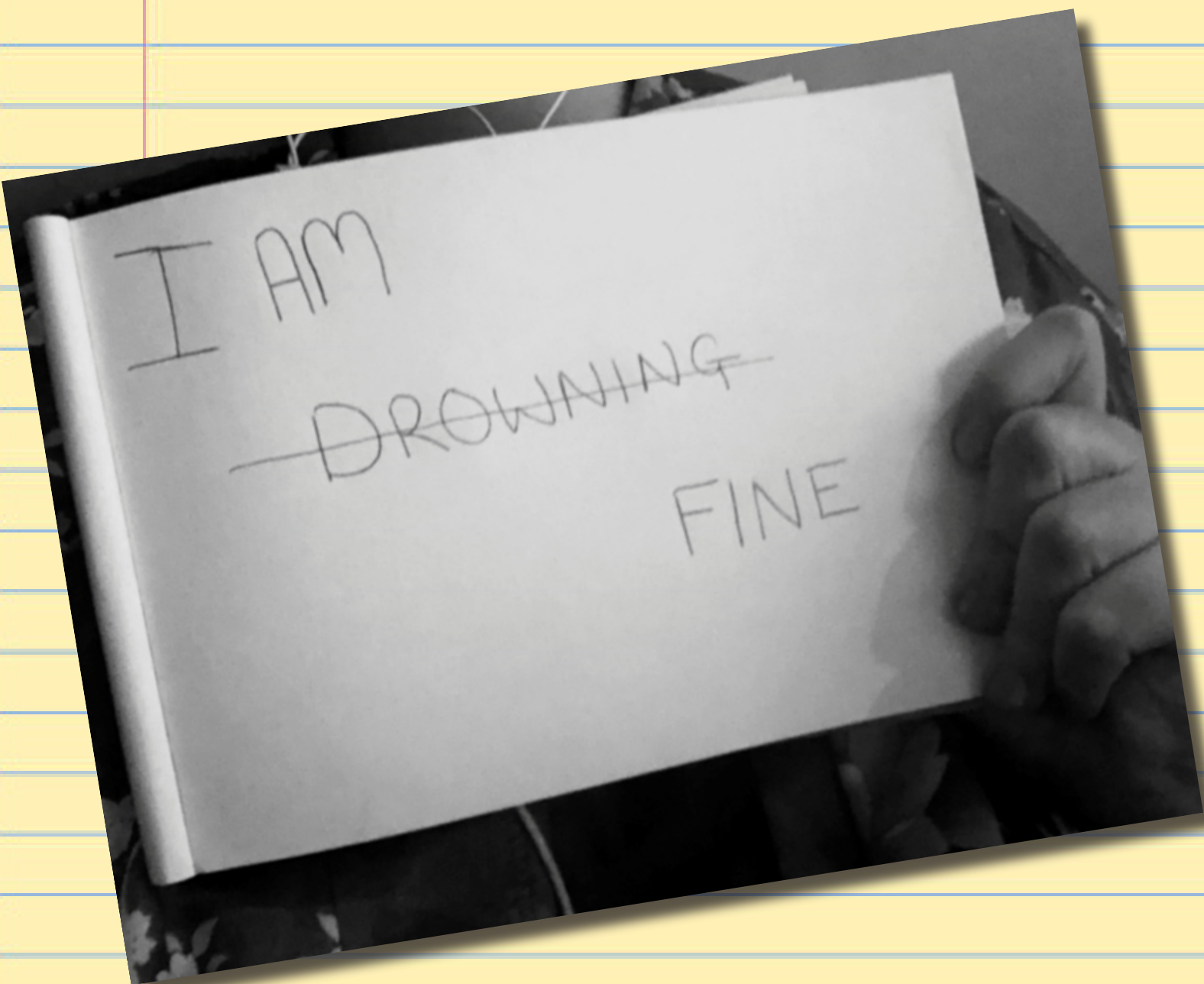


WHEN I ACCEPTED SOME HELP AND FELT MYSELF GROWING

I AM

~~DROWNING~~

FINE





"FANTASTIC!
the *best thing*
I HAVE DONE
IN TERMS OF
dealing
with this"

by Rosey Project service user

How to get support

Connect Live – call us on 08088 00 00 14

Open Mon-Sun 11am-2pm / Mon-Thurs 5.30pm-7.30pm

Live Chat – access via the website

www.glasgowclyderapecrisis.org.uk

Open Mon-Sun 11am-2pm / Mon-Thurs 5.30pm-7.30pm

Rosey Drop-in – every Thursday 4pm-7pm

Glasgow & Clyde Rape Crisis Centre

5th floor

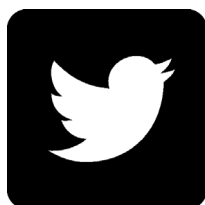
30 Bell Street

G1 1LG

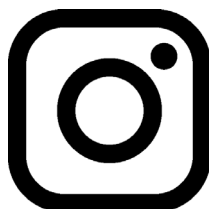
Rape Crisis Scotland Helpline – 08088 01 03 02

Open every day 6pm-midnight

www.roseyproject.co.uk



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rosely resources



for survivors
by survivors