



Woman Against Rape, P O Box 26973, Monument Park, Pretoria 0105

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## Word from the Founder

By Janine Rowley

Firstly, we would like to thank the monthly debit order sponsors; without you we would not be able to budget and plan for expenses. Thank you to all who have heard from our call centre this year, and responded positively. It's not an easy job to phone people all day, but I hope after the call, you consider yourselves friends of WAR and not strangers. May you all be blessed in 2016.

As the year slowly comes to an end I can say that as a team WAR has managed to reach out to so many rape survivors and those in need. Rape and abuse is not easy to deal with at any age or time in our lives. I managed to survive my ordeal and with pride and dignity have moved forward. Along my path I teach woman, men and children to be strong and that there is no disgrace in being a survivor of sexual violence and that the shame is on the aggressor. Rape has nothing to do with sex but with power. Rape tortures and humiliates the innocent.

It's so difficult to share this with little children but we need to help, protect and guide them to recover from this inexcusable ordeal.

We have to come forward, speak out and help the many suffering the pain, hurt and disgrace. It is not our fault. Recovering from the trauma of rape is a daunting journey where VICTIM to SURVIVOR begins.

### Counselling and support groups

We are now also affiliated with CIC in Milnerton. The Community Intervention Centre provides a free 24-hour trauma and crisis intervention service.

They are a dedicated resource centre that provides hope & support for all people in crisis situations, to stabilise them emotionally, spiritually and psychologically.

CIC operates within the area covered by the Tableview, Milnerton and Melkbos SAPS. This includes Milnerton, part of Brooklyn, Summer Greens, Joe Slovo, Montague Gardens, Killarney Gardens, Milnerton Ridge, Sunset Beach, Dunoon, Doornbach, Tableview, Bloubergstrand, Westbeach, Parklands, Bloubergstrand & Melkbos.

If you are in need of trauma and crisis intervention, use their helpline number:

**HELPLINE: 082 821 3447**

Woman Against Rape is dedicated to supporting Facilities who give free counselling to those in need. Thank you to those who are dedicated to helping others.

### Support Groups

We would like to have support groups that meet once a week in a dedicated spot, such as a room in a church or library. If you are interested in starting a support group in your area in 2016, please contact [carey@womanagainstrape.co.za](mailto:carey@womanagainstrape.co.za)

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### **Self-Care for Friends and Family**

It's important to know that there is no normal or one way to react when you find out someone you care about has survived an act of sexual violence. Regardless of what you're feeling, these emotions can be intense and difficult to deal with. Learning how to manage these feelings can help you support the survivor in your life and can help you feel less overwhelmed.

### **How am I supposed to react?**

There is no "right" reaction to hearing that someone you care about has survived an act of sexual violence. You may experience some of the following emotions:

- **Disbelief.** When you first hear about the assault you might be surprised or shocked, and you might have trouble believing the assault happened. After a traumatic experience, it's common for survivors and those around them to experience denial. It's important to focus on believing the survivor and acknowledging their story.
- **Anger.** You might feel anger for a number of reasons: towards yourself for not being able to protect the survivor; towards the survivor for telling you about something that is hard to hear, or because they waited a period of time before telling you; or towards the perpetrator for carrying out the assault and hurting the survivor. It can be difficult to keep anger from affecting the way you communicate. Let you acknowledge this emotion and find another outlet to express it.
- **Sadness.** When you learn that a trauma like sexual assault happened to someone you care about, it's normal to feel sad, hopeless, worried, or powerless. You might feel sad for the survivor or mourn how this has changed their life. If you know the perpetrator, you might feel sad for how this has changed your life as well. Self-care strategies and coping skills can help you move through these feelings.
- **Guilt.** You may feel guilty that you could not prevent the assault from happening or that the survivor didn't feel comfortable telling you about the assault right way. You may feel guilty that something so terrible happened to someone else and not to you. It can be helpful to refocus your energy on making the survivor feel supported as they move forward.
- **Anxiety.** You might feel anxious about responding the "right" way or worried about how this event will impact your relationship with the survivor. Reassure the survivor that the assault was not their fault and that you believe them. These can be the most powerful and helpful words for a survivor to hear.
- **Confusion.** You might feel confused by what you're hearing. You might not understand how it could happen or why it has happened. Sadly, sexual assaults are more common than we'd like to think. Although you may be struggling with feelings of confusion, especially if you know the perpetrator, you should try to always believe the survivor. They are never to blame for the assault.

### **How do I practice self-care?**

Good self-care enables you to better care for others, especially if there is someone in your life who has survived sexual violence. The principles of self-care for friends and family are similar to the self-care concepts for survivors, but there are some additional aspects to consider.

- **Maintain your lifestyle.** It can be difficult to stay emotionally strong if you are mostly focusing on the sexual assault. Maintaining your lifestyle and continuing to do what you enjoy is important for your emotional wellness. If you enjoy painting, cooking, exercising, spending time with friends, or other activities, keep them up. It may seem challenging to make time to do these activities, but they can be helpful self-care strategies in the long-run.
- **Reach out and talk about it.** It's normal to have a difficult time processing the sexual assault of someone you care about. It can continue to be difficult as time goes on and the survivor begins the healing process. Please contact one of the Crisis centres that are on the website. You can also consider talking to

someone who is trained professionally to help you deal with these thoughts and feelings, like a mental health professional.

- **Make plans.** Sometimes talking what happened can help you cope with your feelings, and other times it can make you feel more stuck. Make plans that give you a break from talking or thinking about the assault. It could mean starting a new hobby or revisiting one you already enjoy. You could go to dinner with a group of friends who understand this isn't time to discuss what happened. Maybe you prefer a solo activity, like going on long walks. Let this be a time where you can take your mind off the assault.
- **Take time to relax.** Relaxation looks different for everyone. You might consider meditation or deep breathing exercises. Maybe journaling helps you sort through your thoughts and find peace. Build time into your day for these moments of relaxation so that you don't skip out.

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## Comfort Packs

October was our biggest month of donations of goods in 2015 so far!

We have been blessed this year to receive many donations of items for the comfort packs from Appletiser, Score Energy Drinks, Permoseal (Pty) Ltd, Cool Bananas, Caring Womans Forum (The Matasis Foundation), International Diplomatic Spouses Association of South Africa (IDSA), Protea Hotels (Luxury Hotels International South Africa (Pty) Ltd), Into Africa, Fishhoek Crafters Association, Rowena Heyns, Lynne Goosen, Michelle Cronje and Chamonix and Manoah Robinson.

First our team sorts the items and puts like items together.



Then where there are short falls, Woman Against Rape buys items that are needed to complete the comfort packs. We are grateful to our call centre and the growing number of monthly sponsors who donate between R30 and R480 a month towards counselling and comfort pack items.



Volunteers pack the comfort packs in a hot garage, from box to pack, each item is carefully selected and lovingly placed in a bag with a thought for the victor who will be given the pack in the end.



Soon there are over a hundred comfort packs to give out in one month! WOW! Thank you to everyone who contributed. Without you, WAR would not be able to do this great job.



Drop offs were made to many centres in 2015, some are pictured below:



Tshwane Home of Hope



Community Intervention Centre in Milnerton



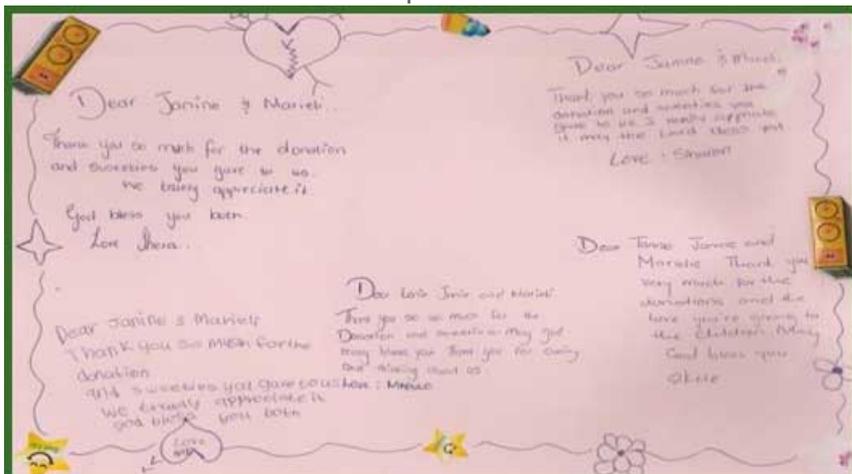
Mogudu's Children's Homes in Ratjiepane



Odirile Mentally and Physically Disabled Children Centre



Children's Hospital in Garankuwa



Peas in a Pod



GJ Crookes Hospital in Scottburgh



Ukukhanya Counselling Centre in Somerset West



Home of Hope Tableview



Laudium Thuthuzela Centre



Pretoria Central Police Station



SAVF and Medico Legal Crisis Centre at Steve Biko



Laudium Hospital



ArrupeWomens Centre

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I'm sure 2016 will be even better as we grow and affiliate with other NPOs who are also reaching out to those who are affected by rape and abuse in South Africa.

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## Conclusion

I'm sure 2016 will be even better as we grow and affiliate with other NPOs who are also reaching out to those who are affected by rape and abuse in South Africa.

Thank you to all who have donated and volunteered and worked hard with Woman Against Rape!

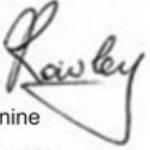
Thank you for reading our second newsletter. We hope you have learned something interesting and helpful and that you are inspired to help someone near to you, or even yourself, to be a person living FREE from depression or guilt.

## We're on the Web!

Visit us at:

[www.womanagainstrape.co.za](http://www.womanagainstrape.co.za)

Yours sincerely



Janine  
FOUNDER



Marieli  
EVENTS DIRECTOR GAUTENG



Carey  
EVENTS DIRECTOR CAPE TOWN



Janine Rowley & Marieli Jonsson



Carey Robinson

PS: Your details have now been passed on to our Head Office. One of our staff will soon contact you to explain the sponsorship programme to you.  
Bloubergrant, 7443

Support: 021 555 3492  
Fax: 086 725 8029  
NPO 091-724 BEE LEVEL 4 APPROVED  
Sars Tax Exemption: PBO: 930011191  
[www.war.womanagainstrape.co.za](http://www.war.womanagainstrape.co.za)