Gloucestershire Rape and Sexual Abuse Centre
here for you

Registered Charity Number: 1155902

So Glos Gloucestershire Lifestyle & Community Awards 2026 Highly Commended Charity of the Year

Fundraising For GRASAC

2026/2027 Information Pack


UOGWFC's Tournament


St Nicholas' Church Concert


Hannah's buzzcut


Maisie's Half-Marathon


Saxon's Tough Mudder

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Who we are

Since 1984, Gloucestershire Rape and Sexual Abuse Centre (GRASAC) has provided free, confidential and non-judgmental support to people affected by sexual violence across Gloucestershire.

We offer specialist emotional and practical support to people of any gender over the age of 13 who have experienced sexual violence at any time in their lives. We also provide training and awareness-raising to challenge sexual violence and prevent future harm.

Why our work matters

Sexual violence affects people of every age, gender and background, with impacts that can reach into every part of a person's life, sometimes for many years.

Last year, GRASAC received 668 new referrals for specialist support. Yet statutory funding is increasingly difficult to secure, making community fundraising vital to helping us meet growing demand and ensuring survivors can access the support and opportunities they need to recover and thrive.



"This is the first service I have used where support was tailored to me and what I need. It is by far the most valuable support I have been given."

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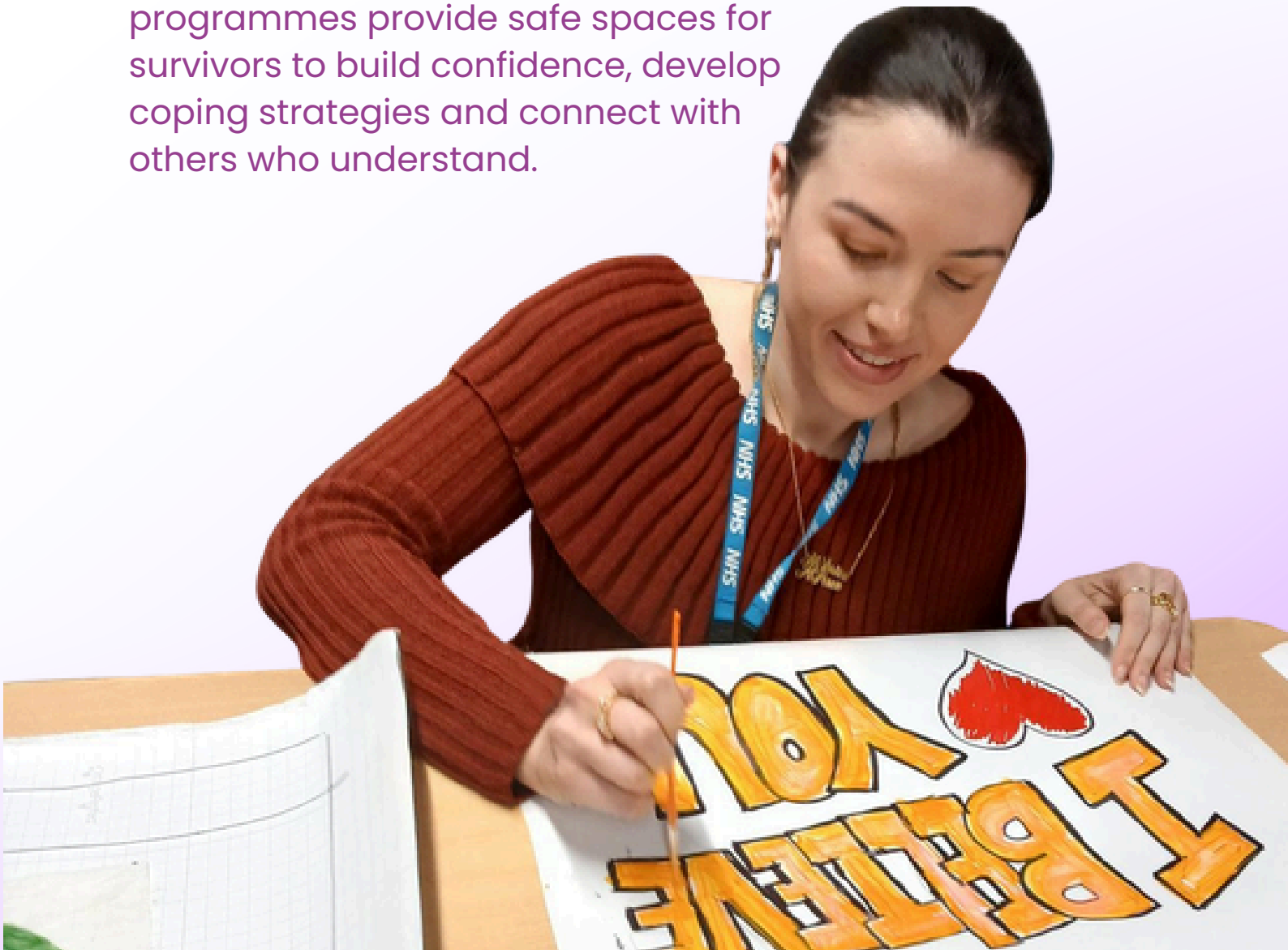
What we do

GRASAC offers specialist one-to-one support in person and online, anonymous email support, and access to specialist trauma counselling..

We also deliver consent and healthy relationships workshops, alongside training and awareness-raising to challenge harmful attitudes and help prevent sexual violence.

Alongside these services, our group programmes provide safe spaces for survivors to build confidence, develop coping strategies and connect with others who understand.

"My Specialist Support Worker made me feel seen, heard and safe, which is something incredibly rare when you are carrying the weight of trauma."



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The difference we make

Our 2025/26 service reports show the difference GRASAC makes in a survivor's journey towards recovery:

94.7% felt believed and understood during their support.

63% reported increased confidence after receiving support.

68% reported feeling more able to care for their physical and mental wellbeing - building the foundations for recovery.

"My Specialist Support Worker made me feel empowered, and now my goal is to learn how to hold that power on my own."



Picture: Some of our staff and volunteers with High Sheriff of Gloucestershire Dame Fiona Reynolds and our CEO Sharne Maher (centre).

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Easy ways to get started

Bring people together and raise money for GRASAC by organising a bake sale, coffee morning or craft stall, hosting a quiz or raffle, or taking on a creative challenge.

Whatever you choose, fundraising is a great way to have fun, connect with your community and help us continue supporting survivors across Gloucestershire.

Take on a challenge

Whether it's a sponsored walk, hike or cycle, a running event, giving something up for a month or creating your own challenge with friends and family, there are so many ways to get involved.

Our supporters have raised money through charity football tournaments, concerts, Tough Mudder challenges, half marathons and even a sponsored buzzcut!



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What could your fundraising make possible?

Whether through a community event, a sponsored challenge or a personal donation, your support can help survivors feel less alone, rebuild their confidence and move forward with their lives.

Below are examples of what different contributions could fund.

£150 – Recovery resources
Provides empowering books and recovery resources for a survivor.

£500 – Specialist support
Helps fund ten one-to-one sessions with a Specialist Support Worker.

£1,500 – Finding My Voice
Supports a year of lived-experience meetings, helping survivors influence our services and shape change.

£2,000 – Phoenix
Funds a six-session programme supporting young women aged 14–16 affected by sexual violence, alongside support for parents and carers.

£5,000 – POWER
Funds a 14-week women's empowerment and recovery programme.

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Ready to make a difference?

Every fundraiser starts with an idea. Bring people together, take on a challenge or organise an event. We can share our JustGiving page which includes a GiftAid facility, and makes it easy for your supporters to donate online, or help you explore other ways to collect donations. We can also provide logos, fundraising materials and advice where available.

JustGiving
Charity gets 100% of a donation

giftaid it
making donations go further

"She held space for me in a way that made healing feel possible again."

Fundraise with care

You don't need to share personal experiences to make a difference. Simply raising awareness and funds helps us create a community where survivors feel believed, supported and empowered. Please consider any permissions, safety requirements and fundraising rules relevant to your activity.

Every contribution counts

Once your fundraiser is complete, let us know how you got on so we can celebrate your efforts and thank you for supporting survivors across Gloucestershire.



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Other ways to give

Make a one-off or regular donation, organise a collection at a community event, or donate goods and resources from our agreed wishlist to help meet practical needs.

You could also celebrate a birthday, wedding or other special occasion by asking friends and family to donate to GRASAC instead of giving gifts. Every contribution helps us continue supporting survivors across Gloucestershire.

We can discuss opportunities to support specific projects or areas of greatest need.

Have an idea?

Contact us:
01452 305421
fundraising@glosrasac.org.uk
www.glosrasac.org
Registered Charity No. 1155902

Your idea.
Your community.
A real difference for survivors.

