



Operation Spike: Reducing Drug Assisted Rape in South Cumbria

Tilley Awards 2003

Category: Crime and Disorder

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SUMMARY

The district of South Cumbria covers an area of over 630 square miles and includes two district council areas, South Lakeland District Council and Barrow-in-Furness Borough Council. Much of the area is largely rural but includes large resident populations in Kendal, Windermere, Barrow and Ulverston.

This initiative arose as a result of close liaison between the police Child and Adult Protection Unit (CAPU) at Kendal and the South Cumbria Rape and Abuse Service (SCRAS) who have offices in Kendal and Barrow. SCRAS contacted Kendal police having identified a significant increase in the number of rapes reported to them in the year 2000 to 2001. Their figures indicated an alarming rise in the number of recent rapes where drugs had been introduced in order to facilitate the attack. Previously rapes reported to them were in the main of an historic nature so this was a new and worrying turn of events. This initiative was aimed at reducing this violent crime.

Detailed analysis of the statistics provided by SCRAS, Cumbria Police Community Safety Analyst, the National Drug Assisted Sexual Assault research document, along with locally generated national research was undertaken. From this analysis it was possible to confirm that Drug Assisted Rape was indeed on the increase. We were also able to identify the modus operandi used by offenders, the potential location of incidents and that significantly many cases of Drug Assisted Rape are not reported to the police.

In response to the problem in February 2001 a steering group was formed with members from CAPU and SCRAS. The group formulated an action plan at reducing the number of instances of Drug Assisted Rapes. This resulted in a campaign involving an education programme aimed at police officers, potential victims and identified offence locations. It was essential that the campaign utilised the multi agency approach in order to achieve its objective.

The initiative was commenced in March 2001 and was sustained over a two year period until March 2003. Throughout the campaign Drug Assisted Rape statistics were monitored and a rolling programme of public awareness initiatives were introduced and maintained.

Feedback from partner agencies in the initiative indicates that communication between those agencies and the police has vastly improved, as has their confidence and trust in the police.

This **cost effective** campaign has resulted in a dramatic reduction of Drug Assisted Rape in year one and **total elimination** of reported Drug Assisted Rape in year two.

The success of this initiative has merited the campaign being extended across the force.

INTRODUCTION

This report will follow the structure of the SARA Model, using Scanning, Analysis, Response and Assessment as the framework.

SCANNING

Rape is an abhorrent crime and is seriously under reported to the police. In 2000/2001 South Cumbria Rape and Abuse Service (SCRAS) reported that only 18% of rapes were reported to the police. Drug assisted rape is no different. There are many reasons given by victims for not reporting this crime to police which include,

- self blame
- Intimidation and fear of retribution
- *Incomplete and confused memories of events*

In order to achieve a true picture of the extent of the problem, the police needed to look beyond the reported crime figures to other partners who have direct contact with victims seeking professional help and counselling. SCRAS has offices in Kendal and Barrow, and is a confidential service. They share information with regard to the number of rapes reported to them, how the rapes are facilitated and the areas in which the rapes occur.

In February 2001 SCRAS contacted the Child and Adult Protection Unit (CAPU) within Kendal Police. The two agencies had a strong relationship having worked together in the past. SCRAS reported their concern at the alarming increase in rape being reported to them, and the high percentage of those rapes being reported as being facilitated through the use of drugs.

SCRAS figures illustrated that there were a total of 32 rapes in 1999/2000. 24% of these rapes reported to them were drug assisted rapes. The following year this had increased to 72 rapes, with 68% of those rapes having been committed after drugs had been administered. The table below illustrates these figures.

Financial Year	Number of Rapes	% rapes drug assisted
1999/2000	32	24
2000/2001	72	68

ANALYSIS

The analysis section will be broken down into three components, Location, Victim and Offender. Statistics below are taken from the South Cumbria Rape and Abuse Service (SCRAS) Annual Report 2001-2002. All statistics are presented in Appendix A: Statistics.

Location

The district of South Cumbria covers an area of over 630 square miles and includes two district council areas; South Lakeland District Council and Barrow-in-Furness Borough Council. Much of the area is largely rural but includes large resident populations in Kendal, Windermere, Barrow and Ulverston. These town centres have an active night time scene.

In drug assisted rape cases, the drug is administered in varying types of location, however, the most common is in clubs and public houses, as well as private homes (parties). 27% of assaults take place in the victim's home, 36% take place in the assailant's home, and 37% take place in other locations, such as hotel rooms.

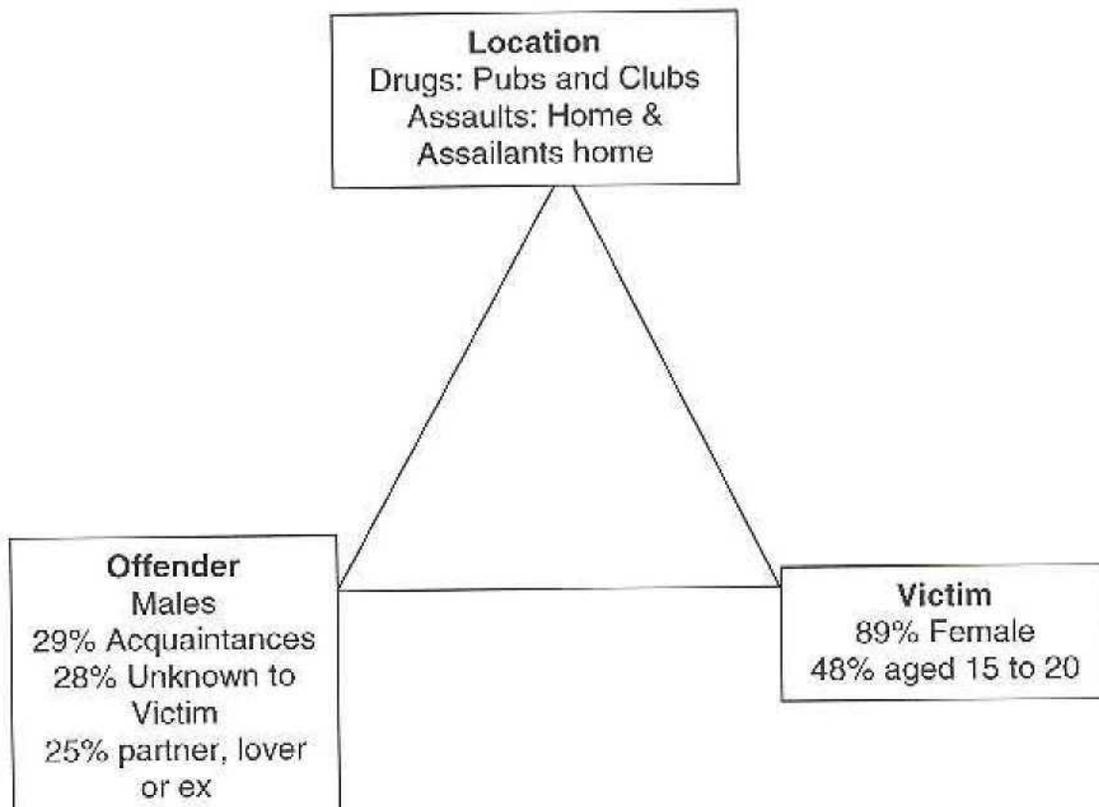
Victim

The majority of victims are female, although national research by DCI Peter Sturman states that 11% of victims are male. 48% of Victims are aged 15 to 20 years old. In addition to the physical effects, rape often leads to psychological distress, and has detrimental effects on friends and family.

Offender

SCRAS reports that 25% of offenders were either their partner, lover or ex. 29% of offenders were Acquaintances, 18% were known: other, and 28% were Unknown. Of the 28% of offenders, which were unknown, every victim was drugged. In the majority of cases the offenders were of a similar age group to the victim.

The diagram below illustrates the key components of the Problem Analysis Triangle (PAT).



RESPONSE

Having identified that a problem existed, the first response was the creation of a steering group involving the police and SCRAS. This brought together two agencies and a joint initiative enabled the two parties to assist each other with a view to raising awareness and ultimately reducing drug assisted rape within South Cumbria. SCRAS is a confidential service but will never collude with crime.

It is imperative that any information being given to the public is informed. Therefore the first step for the group was to glean information from credible sources and learn their subject.

Research was done; both through the Internet, and an extensive paper written by DCI Peter Sturman proved useful. This paper researched Drug Assisted Sexual Assault with home office funding, and provided much of the information required to educate both police and public. Internet sites such as *Roofies foundation*, www.faze.com were also accessed which on first appearance seemed to provide statistics that could be used. It is important to ensure that information used is precise and further investigation revealed that the Home Office paper was to be the information on which the education programme was to be based.

Having done the research and feeling confident that a good understanding had been reached by the group, a campaign was decided upon to target the two staged offence; the first being the administration of the drug, and the second the assault itself.

There is a fine line between raising awareness and raising the fear of crime and this was at the forefront of the decision making of The Action Plan. It was very clear that action needed to be taken to prevent the rapes happening, rather than picking up the pieces of the traumatic victims. A message had to be put out to potential victims and also those offenders committing this appalling crime.

The Action Plan

- Raise awareness of Drug Assisted Rape and indecent assault throughout South Cumbria
- Reduce the number of Drug Assisted Rape, sexual assaults and spiking of drinks in South Cumbria
- Constantly assess and analyse the impacts of the campaign.
- Have a set time to achieve the objective.

To deal with these issues, the initiative was split into two key areas:

- Funding
- Raise Awareness
- Education and Training

Funding

The area Police budget provided £1000, to get the campaign off the ground. Once the initiative was under way, the Community Safety Partnership was approached and a secured funding of £8,000 was achieved from them to assist with the campaign. This funding was used to train volunteers within SCRAS and continue with the rolling programme of materials being produced.

Awareness

Publicity Material

- Beer mats
- Posters
- Able labels (stickers)

Publicity material took the form of beer mats, posters and able labels (stickers) giving crime prevention information. Able labels (stickers) were ideal because of their size they could be stuck to the backs of toilet doors and other convenient locations. Samples of publicity material are illustrated in Appendix B: Leaflets, able labels (Stickers) and Beer Mats

These were designed by the steering group and distributed throughout South Cumbria. They used 'Spike' as the logo. Spike is an Incubus, which is an evil spirit and is believed to visit the sleeper and rape them.

Concern was felt by the group that members of the licensing trade may want to distance themselves from displaying such material, thinking they are sending a message to their clientele that their premises are patronised by offenders.

The police contacted the Licensed Victuallers Association and were invited to give a presentation on the subject. The fears of rejection were unfounded, and total support was received from the licensees and all were keen to display the materials. In the words of the chair *"we fully support anything that is going to make pubs and clubs a safer place"*. The group has been requested to provide talks and further materials, at a future meeting, which will take place in July 2003.

Those public houses and clubs who were not members of the association were all visited and they offered full support for the scheme.

As well as displaying the publicity material in public houses and clubs, posters and labels were also distributed to public buildings, schools, agencies, hospitals, health centres and Doctors surgeries and also to rural police stations for distribution where the local officers felt they would be most effective.

Campaign Launch

11th April 2001 was decided upon as the launch date for the campaign.

The press office at Cumbria Constabulary Headquarters issued a press release and the launch was well attended by the media, local newspaper representatives, Radio Cumbria, Bay Radio and Border television, giving the launch Cumbria wide recognition.

The reporting was excellent and factual information was given to the public. The message contained three main elements;

- Advice to prevent drinks being spiked.
- A message to the offender that the public are aware of their criminal activities
- The police are sensitive to victims of rape and those reporting will be treated with respect and understanding.

Another point made clear was that should the victims of crime choose not to make a statement to police then counselling is available from SCRAS who remind them that criminal proceedings is also an option.

Samples of Press Release materials are illustrated in Appendix C: Press Release

Education and Training

Agency training

Having made the points above it was essential to ensure that members of our own agencies were well educated on the issues surrounding rape and drug assisted rape.

Joint training by SCRAS and the Police was given to over 250 police officers of all ranks and civilian support staff in South Cumbria. The aim of this training was to raise awareness and highlight the effects of the drugs most commonly known to be used, and the forensic requirements to ensure a thorough investigation. This was well received by all present.

Empowerment Through Education

The decision to target 17 to 19 year olds was made after deliberation and examination of the research. The research shows that this is a vulnerable age group and easily accessible if support from the schools was forthcoming.

All secondary schools were sent posters and a letter offering to give presentations to Sixth formers. The aim was that by ensuring the talk was informative and interesting the subject would be taken out of the classroom and back to families and friends and therefore indirectly we would be reaching all age groups.

Careful planning was imperative when deciding the format of the talks. It was important that the students were made aware of Drug Assisted Rape without educating potential offenders.

It became clear that most students were vaguely aware of the crime from reports in newspapers; Rohypnol was the drug mainly known. This highlights that a little information can be a dangerous thing. Rohypnol is often reported in the media as the "Date Rape Drug" including the fact that it disperses a blue dye. The fact is that Rohypnol has only been detected once in this country (Northern Ireland). The myth that if one's drink did not turn blue it had not been spiked was therefore dispelled.

The presentations were carried out jointly, by a police officer and a founder member of SCRAS. Provoking questions were asked by the students and by using their own specialist skills and knowledge of the subject of rape and drug assisted rape the presenters were able to cover a wide spectrum. This included legislation, police actions through to the court process, the effect of rape psychologically and physically and the help available.

One problem encountered with the presentation was that the teachers on occasion chose not to tell the students what the content of the presentation was prior to the lesson period. The concern by the presenters was that there may be students present who have suffered sexual abuse. All teachers were

informed that the students must have a choice as to their wishes to attend the session. This was adhered to and in actual fact previously abused students chose to attend in some cases.

Questionnaires distributed to students produced extremely favourable comments (see below). Beer mats and posters were made available for Sixth formers and common rooms now have beer mats for their coffee cups!

ASSESSMENT

Year One

During the first year of the campaign over 1000 students were made aware of Drug Assisted Rape and given solid crime prevention advice on how to keep themselves and their friends safe. Responses from students are illustrated below.

"I have just witnessed one of your drug assisted rape talks...and was astonished at the information that I did not know. Most teenagers my age have heard stories about drug rape from the media and through topical dramas but your talk was very information." (email from student)

"Hopefully the service you are providing to the Youth in Cumbria will continue to have a positive affect on people's safety and prevent so many people going through these ordeals." (18 year old)

"Generally I am aware of the dangers of drinks being spiked when I go out but I know many people aren't..." (6th form student)

Over 250 police officers and civilian support staff were trained in Drug Assisted Rape and thousands of beer mats, posters and labels were distributed to a variety of locations.

The result of the first years hard work was that the number of rapes reported to SCRAS dramatically reduced to 18 and only 2 of these cases were drug assisted rapes.

Year Two

Schools

Following the success of the first year, the talks continued with the schools. This time the schools themselves instigated the contact to arrange the dates. There were as in the first year over 1000 sixth formers educated having visited 8 secondary schools.

Research showed that 11% of victims are male. An all male school was one of those visited in the first year and we were invited back in the second year.

Agencies

A bulletin was produced and circulated to all Police Officers stating the procedure to take when spiked drinks are reported.

Knowing that it is important to gather intelligence a questionnaire was produced for counselors to complete. This highlighted offender details, victim details, the whereabouts of the offence and the MO. SCRAS is a confidential service, so therefore the victims name would not be disclosed and information not passed without their consent.

None of these questionnaires have been completed as no drug-assisted rapes have been reported since their introduction.

Media

An update for the media was arranged to highlight the events and results of the first year. Further beer mats and posters were distributed and received the full support of the licensed trade as in the previous year.

Further media involvement included 30 second slots on BAY radio raising awareness of drinks being spiked, these ran over a period of 4 weeks, relaying the message to wide areas of north Lancashire and South Cumbria.

Crimewatch Daily made contact with the Police asking for materials produced to be forwarded to them as they had become aware of the campaign. The publicity materials were introduced on the show as a representation of what was being done around the country to raise awareness of rape and drug assisted rape.

Research

A National research study was commissioned by SCRAS and conducted by students at St Martins College in Lancaster. The reason for this research was two fold.

- To assess if other Rape and Abuse services were noticing if there was a problem with Drug assisted rape in their local area.
- If so was any action being taken by the service either alone or working with partners. Information provided here would inform the project in South Cumbria.

Research would also raise awareness of the existence of drug assisted rape to other rape and abuse services throughout the country. A full report from the completed questionnaires was submitted along with a mapping system revealing their results. (this is available on request). Mapping is illustrated in Appendix D: Drug Assisted Rape Cases in England and Wales. The original questionnaire is illustrated in Appendix E: Drug Assisted Rape Questionnaire.

Out of the 384 questionnaires sent out to Rape and Abuse services Nationwide, 138 replies were received within the deadline (36% response rate). Of the replies received, 44% of the organisations noticed that drug assisted rape was a problem and 45% of those were taking action to try and address the issue. This seemed positive, however on closer examination only 10% were raising awareness through campaigns within the public and only 8.5% were doing anything to raise awareness within the authority circles such as the Police. This shows that the campaign being run in South Cumbria was innovative and that the relationships between statutory and voluntary partners were strong and particularly forward thinking with their information sharing.

Partnership working

Previously SCRAS had experienced difficulties in gaining access to young adults in their own environment due to lack of understanding of the importance involved. Working with the police has facilitated their accessibility into schools and a good working relationship within the education system

It has also been noticed that victims of rape are seeking help from SCRAS by way of counselling much sooner after the event than they used to. This must have an impact on many other agencies, the *SCRAS manager stated that, when working with clients during sessions it becomes clear that they have sought help from their doctors, for various symptoms and had lengthy periods of sick leave from their work place, thus affecting various employees both with their staffing levels and financially.*

The whole project has strengthened the relationship between the two partners, and as a result has improved what was already good information sharing.

CONCLUSION

Anecdotally we have been told that a number of 'spikings' have taken place, but because of the awareness of their friends the victims were looked after and taken home safely.

As a result of the initiative the number of rapes reported to SCRAS dramatically reduced to 18 with 2 of these cases being drug assisted rapes in the first year and, then in the second year to 8 rapes, of which none were drug assisted.

Financial Year	Number of Rapes	% rapes drug assisted
1999/2000	32	24
2000/2001	72	68
2001/2002	18	11
2002/2003	8	0

Originally this was a two-year campaign, the project is now being rolled out across the county via Community Involvement. Further funding is being sought to produce CD-ROMS to include in an education package for the schools.

The overall campaign with a budget of £9,000 (£1000 from Cumbria Police and £8,000 from the Community Safety Partnership) has been a huge success, Many objectives have been achieved, some of which became apparent whilst working on the campaign.

- The reduction of drug assisted rape.
- The reduction of rapes committed
- SCRAS improved relations with the education system.
- Improved understanding of drug assisted rape within the Police service

Rape is a violent crime and no value can be put on any individual's trauma from a specific incident. However it is estimated that the impact of a crime against the person is equivalent to a cost to society of £19,000. (Violent crime, the costs. Home Office Research Study 217)

A victim receives 12 months of counselling from SCRAS, although free of charge to the victim. Because of the reduction of rapes reported to them, the waiting list has reduced dramatically allowing service to be provided to other victims of sexual abuse.

This project highlights how working together and using a multi-agency approach to problem solving really does work.

Appendix A: Statistics from South Cumbria Rape and Abuse Service

Year	1999-2000	2000-2001	2001-2002	2002-2003
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Number of Rapes	32	72	18	8
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Place of Assault as a percentage

Callers home	50	27	38	30
Assailants home	50	36	17	33
Other	0	37	45	37

Age at time of Assault as a percentage

Under 12yrs	10	12	7	32
12yrs - 15yrs	20	12	11	12
15yrs - 20yrs	30	48	45	24
20yrs - 25yrs	27	12	7	4
25yrs and over	13	16	30	28

Time lapse between rape and call to SCRAS as a percentage

Under 1 week	29	35	6	4
Under 1 month	24	25	22	8
1month - 6 months	10	16	22	12
6 months - 3yrs	10	12	33	20
3yrs - 5yrs	5	0	6	8
5yrs - 10yrs	14	4	0	12
Over 10yrs	8	8	11	36

Relationship between rapist and caller as a percentage

Partner / lover / ex	36	25	28	26
Acquaintance	25	29	4	19
Known Other	25	18	24	42
Unknown	14	28*	44	13

Form of threat used as a percentage

Verbal	11	4	23	26
Physical	65	28	71	16
Drugged	24	68	6	0

Reported to police as a percentage

Yes	26	18	58	32
No	74	82	42	68

Appendix B: Leaflets, Able Labels (Stickers) and Beer Mats

if you think you've been drugged -

REPORT IT!

(ANONYMOUSLY if you wish)
BUT - PLEASE -

REPORT IT

Kendal:

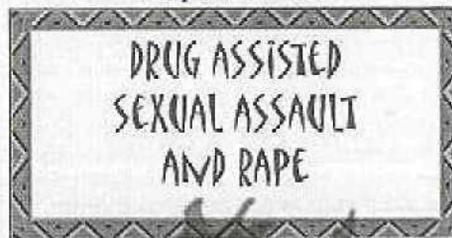
scras - 01539 734743
police - 01539 722611

Barrow

scras - 01229 820828
police - 01229 824532

and / or - freephone -
CRIMESTOPPERS
0800 555 111

Reading this leaflet can be good
for your health!



Reports of drug assisted sexual assault and rape have risen sharply over recent years. 11% of victims are male.

Often survivors have no clear memory of what happened to them. Only being aware that they were assaulted whilst unconscious or disorientated.

Drugs may be added to any drink OR food, with devastating effects.

Information leaflet produced by
SOUTH CUMBRIA RAPE & ABUSE SERVICE,
Stricklandgate House, Kendal, Tel: 734743
88 Hardingham St, Barrow, Tel: 01229 821525
e mail address: scras@southcumbria@hotmail.com
Reg Charity No: 1068907

A SCRAS and Cumbria Constabulary Joint Initiative

Q: HOW CAN IT BE CALLED RAPE, IF THE VICTIM DIDN'T - OR COULDN'T - SAY 'NO'?

A: If a person is unable to CONSENT to intercourse because of insensibility through drugs or drink, then that is deemed to be rape. Most victims are raped by someone they know.

Q: WHERE IS MY DRINK MOST LIKELY TO BE 'SPIKED'?

A: Most often in a pub. Also in a club, a private party, private house, or wine bar. Some people never remember where their drink was 'SPIKED'. Most rapes occur in the victim's or the rapist's home.

Q: SOBERLY I'LL BE ABLE TO TASTE THE DRUG?

A: Unlikely. Any slight taste will be hidden by the taste of the drink or food that you are taking at the same time. Also, these drugs are colourless.

Q: WHAT EFFECTS DO THESE DRUGS HAVE?

A: Fairly drastic! Your blood pressure is lowered, making you feel dizzy and a bit disorientated. After a time when you become more dizzy, confused and unsteady on your feet you will 'pass out' and may remain passed out for up to 12 hours. Some drugs make you vomit, some cause double incontinence! Sometimes victims believe in an aggressive or sexual way, before they pass out - but they won't remember this afterwards.

In fact, you may not remember anything when you eventually 'wake up'. Some memories take many hours to surface

some may take days or weeks.

Q: HOW CAN I KEEP MYSELF AND MY MATE'S SAFE?

A: NEVER - NEVER accept a drink from someone you don't know well unless you see it poured or opened and then handed to you. Drugs come in tablet, powder and liquid form and are EASY to slip into a drink.

NEVER leave your drink unattended in a pub, club or party. WATCH YOUR FRIENDS - if one of them is behaving in an apparently 'drunk' way be aware he or she might have been drugged. Get her/him home safely! NEVER JUST ASSUME A FRIEND IS DRUNK.

Q: WHAT DO I DO IF IT HAPPENS TO ME - OR A FRIEND?

A: You may only have a hazy memory of what happened. Whether you report it or not you MUST go to your GP for a check-up! There is always a chance of pregnancy or infection - and you don't need that! If you report your suspicions to the police they will arrange for you to be examined by a doctor. Make a note of EVERYTHING that you can remember and of everyone who was with you or near you at the time.

AVOID THIS CRIME.
LOOK AFTER YOURSELF
LOOK AFTER YOUR FRIENDS
ENJOY YOURSELF SAFELY



Information sheet from SCRAS - South Cumbria Rape and Abuse Service, Stricklandgate House, 82 Stricklandgate, Kendal LA1 4PU
Tel: 01539 734743. A free, confidential service for the survivors of rape, sex of assault and child hood abuse, and for their friends and families.
A SCRAS and Cumbria Constabulary Joint Initiative

REMEMBER!
THINK!
Watch
Your
Drink



Don't get SPIKED!
Get Careful!

YOU could be the next victim
 of DRUG ASSISTED RAPE

South Cumbria Rape & Abuse Service Tel: 01223 824532, Cumbria Police Tel: Kendal 01539 722611, Darwen 01223 824532, Clitheroe Tel: 0800 555 111, Bow 01223 820628, Kendal 01539 734743, Cumbria



Drug rape crack down after 25 alleged cases in the last 12 months

A major crack down on drink spiking has been launched after 25 drug assisted rapes in 12 months.

Police and South Cumbria Rape and Abuse Services have joined forces to fight a crime which has seen a 40 per cent increase in the past year.

One victim was only 16, according to the rape centres which serve South Lakeland and Furness.

Although the service says it has dealt with 15 cases, only two registered rapes have been reported to police, who are carrying out investigations.

Drug and homicide often prevent the possibility coming forward, according to Cumbria Constabulary, which is

by **Karen Barden**

...providing a sympathetic response.

Pub and schools have been targeted in a poster campaign aimed at identifying the dangers of drugs being secretly added to drinks.

The message is simple: "Watch your drink."

It also says 11 6000-year-old bottles and mugs are most at risk.

Provisional drugs in toilet, toilet or nearby bins added to drinks leave victims unaware of what is happening. They are

reusable not only to rape, but in serious health implications.

Tony Webster, project co-ordinator for South Lakeland Rape and Abuse Services, admitted they were only touching the tip of an iceberg.

The real number of drug rape was unknown, he said. The service was possibly getting close to 10 of the cases, or it might be only one to 100.

"We have been identified by the authorities. The 2000-01 rape and drug figures for drug rape. Last year they amounted to 20 per cent of our rape cases. This year it is 40 per cent."

Victims were left confused, to the point of thinking they were going crazy, said

Tony Webster.

"It can take a week, fortnight, sometimes longer, for people to realise what has happened. Feedback gradually pieced together a picture, with devastating effects."

Victims find only disappointment, feeling dirty, abused and humiliated.

Rape Centre Mether said there was a danger of people sitting back and watching, drinking being spiked.

"The alcohol we don't live in a cage, society, sometimes drinks are spiked just to see what happens, not for sinister reasons."

"We would urge all victims to come forward. They will be sympathetically treated."

Podara, and beer mats have been

distributed to pubs and clubs through the district, warning of dangers.

People are being advised

- never to accept drinks from a stranger
- not to believe or exchange drinks
- cover to leave drinks unattended
- not to assume a friend is drunk and get them home safely

Until victims had the courage to come forward, drug rapists are left at large said Rita Looe, of Cumbria Child Development Foundation Unit.

In the meantime, she urged pub drinkers not to let an appalling crime happen to them.

ALARMING RISE IN DRUG RAPES

NORTH-WEST **Evening**

FIRST FOR BARROW and FIRNESS www.sworn.co.uk

Mail

WEDNESDAY APRIL 11, 2001 32p

Initiative bids to halt rise in sexual crimes

By ELLIS BUTCHER

A WOMAN is raped or sexually assaulted in the Barrow area every weekend after having their drinks spiked, police revealed today.

The statistic was unveiled at the launch of a campaign highlighting a disturbing rise in drug-assisted sex crimes.

Within two months in Barrow, Wainey, Ulverston and Dalton, six not reported, which happened because they only get fresh drinks late.

Girls as young as 14 as well as women are being victimised by accepting drinks which have been drugged with pills. They can take effect almost immediately and without a victim appear to be very calm and trusting.

De Sgt Mike Forester, of

the family unit based in Barrow, said police do not know how many victims there are and have based their estimates on figures they received from the South Cumbria Rape and Abuse Service.

Sixty per cent of victims reporting incidents to the South Lakeland Rape and Abuse Service last year complained of being victims of this type of crime.

Over the same period in 2000-2001 the crimes represented just under 25 per cent of calls.

De Sgt Forester said: "People wake up the next morning and haven't a clue what has happened."

"It's only in a week or so later they get flashbacks and they begin remembering bits and pieces."

"The victims are not com-

ing to us because of the time scale but if they do we will believe them."

"It does not have to be a stranger, it can be someone they know."

Pubs and clubs in South Cumbria and the Barrow area are being targeted by the initiative with beer mats and posters warning people.

Women and men are being reminded never to accept a drink from a stranger, never share or exchange a drink, cover eyes if unattended when going to the toilet or dance floor and do not assume a friend is just drunk if they become disorientated very quickly.

Police say tests on hair follicles, urine and sweat will show traces of the drugs, if someone thinks, or sees, a victim it makes it to contact the police immediately.

WATCH YOUR DRINK

All change

HISTORY was made this week as the wraps came off Kenda's much-awaited public spaces. Certain measures took to the streets on Sunday to address the changes before the working week's contractor traffic hit the town the following morning. While there and in force to help ease drivers through the changes, which included delays on north and south roads into Kendal during peak times, with Strickland's traffic centre and going to water as drivers instead use the new routes.

Workmen looked on with interest, especially as a local radio station with lights at the Strickland's traffic centre.

After the morning rush, road workers with Caterpillar, Bob Lacey, said he was confident of the school's success since drivers had got used to the changes.

Prizetown

THE winners of last week's Prizetown competition are Mrs A. Preece, Kendal; Paul Brown, Ulverston; Mrs M. Alcock, Swanton; Mrs C. Scott, Kendal; and Robert P. Raine, Nelson, who each win a Nap-Zapper device.

Drug rape campaign success - but women must still be careful

DRUG-assisted rape in Furness and South Lakeland has fallen from 70 reports a year to two after a high-profile campaign to raise awareness of the crime.

And the number of victims coming forward to report rapes to the South Cumbria Rape and Abuse Service in Kendal has fallen 50 per cent during the year-long initiative.

But the statistics show that the two rapes, which involved drinks being spiked, both occurred in South Lakeland.

Although the success of the operation was applauded in Kendal on Monday, the campaign will continue for another year.

PC Rita Lees, of the Family Unit at Kendal Police, said of its achievement: "It is absolutely fantastic. It is a very difficult crime to detect, and that is why it is such an important one to prevent."

"We believe the campaign has had an impact in reducing the number of people who have been victims of this crime."

"We want to make sure the figures do not rise again."

Aunt Ogilvie, manager of SCRAS, said while the number of people saying they have been victims had fallen, the practice of spicing continued.

When the problem first came to their attention, the figures suggested that there was a drug-assisted rape in Kendal every month, and one in Furness every week.

Sgt said: "I think the new figures are tremendous. It is incredible, but I want to highlight that we have still had calls from people to say that they have been spiced but that they were looked after by their friends. I would still say that's terrible, watch your drink. Throughout the campaign, 20,000 beer mats were distributed to local pubs and clubs, and



1,000 jugs and bowls warned of their dangers, and offered assistance people should use for their own protection.

It involved visiting schools and putting in the message to more than 1,000 11 to 18 year olds, after it was identified that those between the ages of 14 and 16 were at most at risk group. More than 250 police officers also received training and guidance on the issue, and it is now hoped that an educational video can be distributed.

Licenses were checked for their bars, and local Community Safety Partnerships were checked for their funding, after they gave the 99-year scheme £8,000.

Colin Barrow, Chairman of the Kendal and South Lakeland Licensed Victuallers' Association, said many businesses and staff were very aware of the problem.

He said: "We fully support anything that is going to make pubs and clubs safer places for the well-being of customers. I am sure a lot of staff were not aware of the sort of thing that goes on."

The campaign is against drug-assisted rape and has Police Family Unit Officer Amanda Spedding, Detective Sergeant Miss Forester from the Lancaster and South Lakeland Family Unit, chairman of Kendal and South Lakeland LVA, Colin Barrow, manager of South Cumbria Rape and Abuse Service, Anita Ogilvie and community-oriented program officer PC Steve Strapp. (01524 22249)

News Pubs and clubs to help call time on drug-assisted rape

A MAJOR campaign to crackdown on incidents of drug-assisted rape has been launched in South Cumbria.

Thousands of beer mats and posters were distributed to pubs, clubs and other locations, warning people to take measures to prevent their drinks being spiked.

The advice followed information from South Cumbria Rape and Abuse Service, which has indicated drug-assisted rape - where a sexual assault follows the victim having a drink deliberately spiked - is on the increase. In the past 12 months, 60 percent of all people who reported rape to South Cumbria Rape and Abuse Service believed it was drug-assisted - this compares to just under 25 percent for the same period in 1999/2000. In the past 12 months, 25 reports of drug-assisted rape in South Cumbria were received - many of the victims are aged between 14 and 25.

In a bid to highlight the issue, Cumbria Constabulary and South Cumbria Rape and Abuse Service issued advice to prevent people falling victim, including not accepting drinks from a stranger or leaving drinks unattended.



PC Rita Lees, of the force's Domestic Violence/Family Protection Unit, said: "We are not suggesting drug-assisted rape is rare in South Cumbria, but the apparent rise in incidents is causing us enough concern to take these steps. "By making people aware of the risks, we hope they will be able to take the appropriate action to prevent themselves becoming a victim."



LAKELAND

ECHO

PICK OF THE FREE PAPERS

No. 1,115

April 17, 2001

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Campaign to call time on drug rape

A FRIGHTENING increase in reports of drug-assisted rape in South Cumbria has prompted a police crackdown.

Thousands of beer mats and posters are being distributed to pubs, clubs and other locations, warning people to take care their drinks are not being spiked.

The advice follows information from South Cumbria Rape and Abuse Service (SCRAS) which has indicated drug-assisted rape - where a sexual assault follows the victim having a drink deliberately spiked - has increased 150% recently.

In the past year, 50% of all people who reported rape to (SCRAS) believed it was drug-assisted - this compares to just over 24% for the same period in 1999/2000. The reports have come from both sexes, and from victims as young as 14.

Now in a bid to highlight the risk, Cumbria Constabulary and SCRAS are taking joint action to prevent people falling victim.

They advise:

- never accept drinks from a stranger
- don't share or exchange drinks
- never leave a drink unattended
- Don't just assume a friend is drunk - get

them home safely.

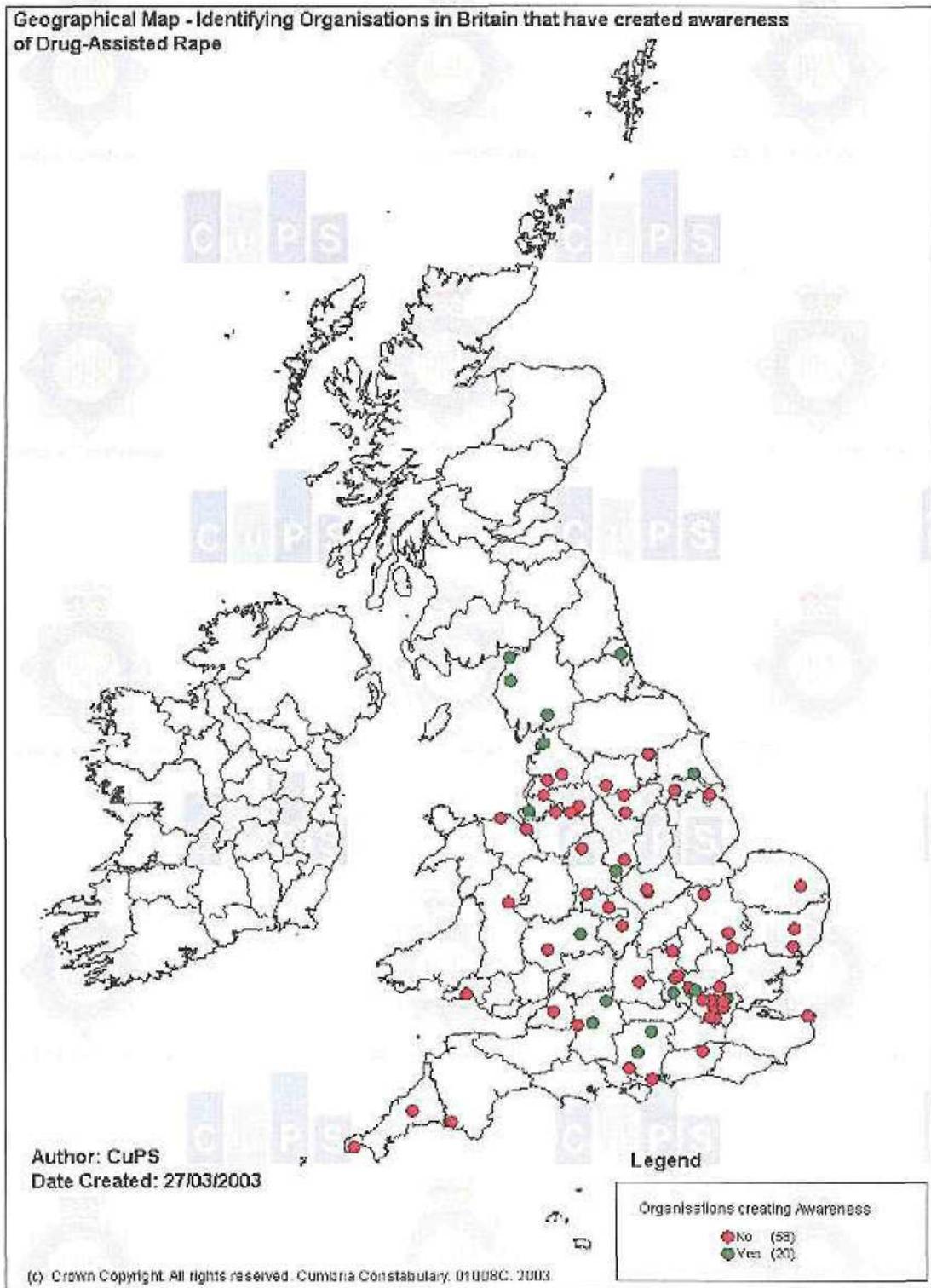
"We are not suggesting drug-assisted rape is rife in South Cumbria, but the apparent rise in incidents is causing us enough concern to take these steps," said PC Rita Lees, of Cumbria Constabulary's Domestic Violence/Family Protection Unit.

"We have been in touch with licensees who are very supportive of a scheme that ensures their customers can drink in as safe an environment as possible. People should be aware that some of the drugs used in drug-assisted rape can be commonly available and come in powder, liquid or tablet form. It is vital people with any information about these

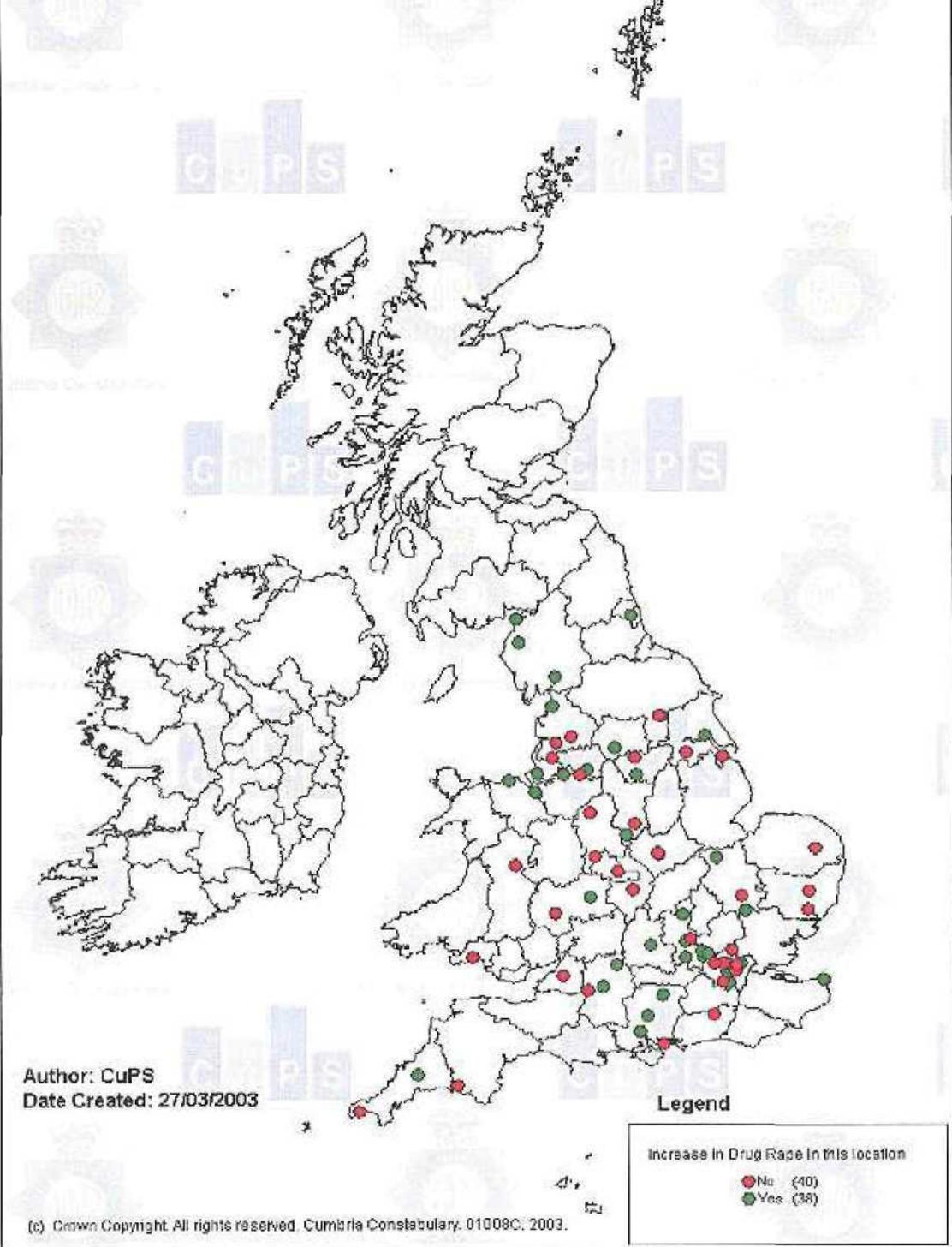
sort of incidents come forward to help us catch the offenders. They should either contact us or the Crimestoppers hotline on 0800 555 111. It must be stressed that not only is rape a very serious crime, but the actions of placing drugs in someone's alcoholic drink could have a dangerous effect on the victim's health."

A SCRAS spokeswoman added: "We believe there are many cases of drug-assisted rape that go unreported. When victims do contact us, it is often the situation that they know something wrong happened to them, but not what. Their memories of an event can come back to them after several days."

Appendix D: Drug Assisted Rape Cases in England and Wales



Geographical Map - Identifying Increases in Drug-Assisted Rape At County Locations In Britain



Appendix E: Drug Assisted Rape Questionnaire

Previously reported to the Police	Yes/No
<i>(If No, Why)</i>	
Victim Details	
Age
Build
Eye Colour
Hair Colour
Hair Length
Gender
Out Alone	<input type="checkbox"/>
Out with Friends	Number
Gender of Friends	Male No./Female No. /
Activity before Incident	
Use of any Medication (prescription or non-prescription)	<input type="checkbox"/>
Type
Use of any illegal drugs	<input type="checkbox"/>
Type
Had eaten a meal in the previous few hours	<input type="checkbox"/>
Amount of Drinks Consumed	
What were you drinking?	
Spirits	<input type="checkbox"/>
Beer/larger	<input type="checkbox"/>
Alco Pops	<input type="checkbox"/>
Wine	<input type="checkbox"/>
Non-alcoholic drink	<input type="checkbox"/>
How were you drinking (Glasses and/or Bottles)	
How much do you remember consuming?	
1 drink	<input type="checkbox"/>
2-3 drinks	<input type="checkbox"/>
4-6 drinks	<input type="checkbox"/>
6+ drinks	<input type="checkbox"/>
Transport	
Victim local to area or visitor
Method of transport to & from home or town

Premises

By order visited (if known)

.....
.....
.....
.....

or

Last know licensed premises visited

Recollection of Events Prior to Assault

Do you remember any person/persons having access to your drink, either by starting a conversation or merely hanging around near you drink? Or do you remember any person/persons acting suspiciously in a premises you had previously visited?

If so please describe

Number (if more that one) Age Range

Gender/s Hair Colour/Type

Eye Colour Glasses

Other Distinguish Features

The nature of their activity

.....
.....
.....
.....

Location of Assault (if known)

.....

Recollection of Assault/ previous events

Date and Time (morning/Mid-day/evening)

Location

Offender Details

Number (if more that one) Age Range

Gender/s Hair Colour/Type

Eye Colour Glasses

Other Distinguish Features

Ethnic Type