



Galway Rape Crisis Centre
Annual Report
2010



Helping to Heal Since 1984 ...

OUR VISION

GRCC's vision is of a just and equal society where everyone has the right to live free from sexual violence and abuse.

OUR MISSION

GRCC is dedicated to providing a professional, caring and confidential counselling and support service for those in our community affected by sexual abuse and sexual violence. We also work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes.

The half-circles in our logo symbolise a listening ear, we are always here to listen and support in a safe environment. They also symbolise the ripples of healing that we hope reach throughout society each time a woman is given the opportunity to break the barrier of silence. We also incorporated the cornflower into our logo which has its basis in Greek mythology. The story goes that one of the centaurs, Chiron, is said to have used the flower to heal wounds, including his own, after battle. It signifies the Centre's approach to healing, encouraging survivors to reclaim their lives. Finally, we have chosen blue to reflect our work with survivors, a universal colour which symbolises trust, wisdom and understanding.

Ar scáth a chéile a mhaireann na daoine.



Galway Rape Crisis Centre, 7 Claddagh Quay, Galway, Ireland.

Business: 091-583149. Helpline: 1800 355 355.

Website: www.galwayrcc.org email: administrator@galwayrcc.org

Galway Rape Crisis Centre Limited is a company limited by guarantee registered in Ireland to the above address.

Board of Management: Chairperson – Stephen Mackey; Secretary – Marian Shiels; Treasurer – John Daly; Helen Mortimer, Roseabella Don Pedro, Lorraine Scully, Maire Furlong

For up-to-date information on Board Members please check the listing on our website at www.galwayrcc.org.

GRCC are grateful for the support of the following funders:



Introducing GRCC

The Galway Rape Crisis Centre provides a quality professional counselling and support service for survivors of sexual violence and abuse. Through our lobbying and educational work we also work towards an end to cultural and societal tolerance of sexual violence and abuse.

The Centre was founded in 1984 by a group of women who were concerned about the lack of services for survivors of sexual abuse. Since then it has grown to become the second largest member of the Rape Crisis Network Ireland. The centre currently employs 14 part-time staff, and has in the region of 9 volunteer counsellors, 20 volunteer support workers and numerous fund-raising and other volunteers.

GRCC is an active member of the Rape Crisis Network of Ireland (RCNI) and we abide by the Network's code of ethics and practice. The Network supports and promotes the work of Rape Crisis Centres and provides a national voice for survivors of sexual violence. Over the past number of years, GRCC has moved from being a collective organisation to having a Board of Directors in order to meet criteria of transparency and accountability set by the Revenue Commissioners and the Health Service Executive

Chairperson's Message



As Chairperson of the Board of the Galway Rape Crisis Centre [GRCC] I am pleased to introduce our Annual Report for 2010.

As you will see from the Report we continue to provide a wide range of services to survivors of sexual abuse and sexual violence in our area.

We are also very pleased to be involved in The Sexual Assault Treatment Unit in Galway which continues to provide an essential support in its second year of operation.

I would like to take this opportunity to thank my colleagues on the Board, The Executive Director, the Staff and Volunteer for their hard work and dedication in promoting all the services of the GRCC in the past year. I would particularly like to thank the HSE, Riedo Foundation, ESB and all our funders for their continued support. During 2010 we appointed Helen Mortimer to the Board and she is very welcome.

Finally I wish to dedicate this Report to our clients for whom we have the highest admiration.

Stephen Mackey

Executive Director's Message



2010 was a very challenging year for us at GRCC. While client numbers increased by almost

20 %, we had to make spending cutbacks of over €80,000 on top of those made in 2009.

However it was not all bad news. The Riedo Foundation came on board as a major funder and our education talks resumed alongside other brilliant prevention initiatives aimed at teenagers. Teenagers are a very at risk group this is highlighted by our general and SATU statistics so this prevention work is central to our work. We also trialled some new initiatives such as our first specialised training open to qualified counsellors, half of whom joined the team as volunteers.

I would like to thank all the staff, volunteers and Board of Management for sticking with us through a particularly hard year. Also thanks to the HSE who continue to provide the majority of our funding, alongside The Riedo Foundation, ESB Electric Aid, Board Gais, Cosc and The Community Foundation.

Finally, thanks to the people of Galway who continue to support our work.

*Aoibheann McCann
Acting Executive Director*

Counselling and Support Services

Survivors often make the first contact with us by means of our telephone help-line which is there to support regular clients, supporters of survivors, people who require information on our services or those who wish to talk about issues relating to sexual violence or sexual abuse. Some survivors call straight to the door during the opening hours of the drop in service. Others contact us through email or Facebook. Clients attending the SATU are offered follow up services at GRCC.

COUNSELLING SERVICES PROVIDED BY GRCC

Through counselling, the Centre offers social support to survivors and helps them examine how the experience of sexual violence or abuse they went through has affected their lives. The centre provides a quality professional and confidential counselling service in a caring environment.

During the first meeting with the client, which we call the 'initial appointment', the clients current situation is discussed, how they are coping right now, what means of support are available, what kind of support they are looking for from our service.

After the initial appointment, counselling can take the form of short-term crisis counselling, or long term counselling. 2,422 face-to-face counselling sessions took place in the Centre in 2010. This was down from 2,609 sessions in 2009 due to cutbacks.

Short-Term Crisis Counselling: A 'crisis' is a time when coping mechanisms don't work and the client experiences being overwhelmed. Survivors of sexual abuse and sexual violence often experience crisis at some point in their lives which often leads up to contacting a helping agency. Our front line staff who answer the telephone helpline also see clients for their first appointment, followed by up to six crisis appointments if necessary.

Long-Term Counselling: With long-term counselling, survivors look in detail at how sexual abuse or sexual violence has affected their lives. In either case client and counsellor establish the counselling needs together and they work on this basis to deal with the issues they are facing as they live their lives. There is a waiting list for long term counselling which throughout 2010 was in the region of 3 months long.

SUPPORT SERVICES PROVIDED BY GRCC

Telephone Helpline

The telephone is the most important point of contact for our clients when they are seeking the services of GRCC and the 1800 number is allowing our clients to contact us free of charge and confidentially. 2,620 calls were made to the Helpline in 2010, up from 2,180 in 2009.

Advocacy & Service Accompaniment

In addition to face-to-face counselling, many of the Centre's clients request support in the form of accompaniment to services such as doctors, solicitors, the Courts or the Gardaí. Accompaniment or contacting an agency on the client's behalf is provided as a regular part of the Centre's services. We also organise



reporting to Gardaí in the Centre's premises and counsellors write Victim Impact Reports on behalf of our clients.

Emergency Call-Out Service

The immediate aftermath of a rape and/or sexual assault is a confusing as well as a frightening period of time. Social support is extremely important at this time. The emergency call out service is a service contacted through a pager by the Sexual Assault Treatment Unit (SATU) which provides 24 hour emotional and advocacy support in the immediate aftermath of a recent assault.

Male Clients

2006 saw the establishment of a counselling service for male clients with the integration of the Male abuse Survivors Centre (MASC) which had to close its doors due to lack of funding. This service is now fully integrated and we have just completed a fourth year of counselling male survivors. Male clients can choose to avail of a male or female counsellor.

Refugee & Asylum Seekers Clinic

The Centre has run a very successful Asylum Seeker Clinic since 2005.

Support Groups

The Centre has a tradition of facilitating support groups through which survivors of sexual violence in counselling have a chance to share their experiences with other survivors. During 2010 GRCC also ran a group specifically for clients who are asylum seekers and one for teenagers.

The teen support group is run to give self-care and coping skills to teenagers for the after effects of rape or sexual assault, this group is held on an annual basis usually held during the summer months and is funded by the Riedo Foundation .Secondary schools and youth groups are given information about this support group to make teenagers aware that there is support available to them.

Christmas Sharing

The Centre traditionally takes part in the annual Christmas Sharing event facilitated by all Rape Crisis Network Ireland RCC's which is usually held on the last Friday before Christmas. The Christmas Sharing is a group event which facilitates survivors coming together and sharing what Christmas means to them at a time of the year that can be very difficult.

Christmas Sharing

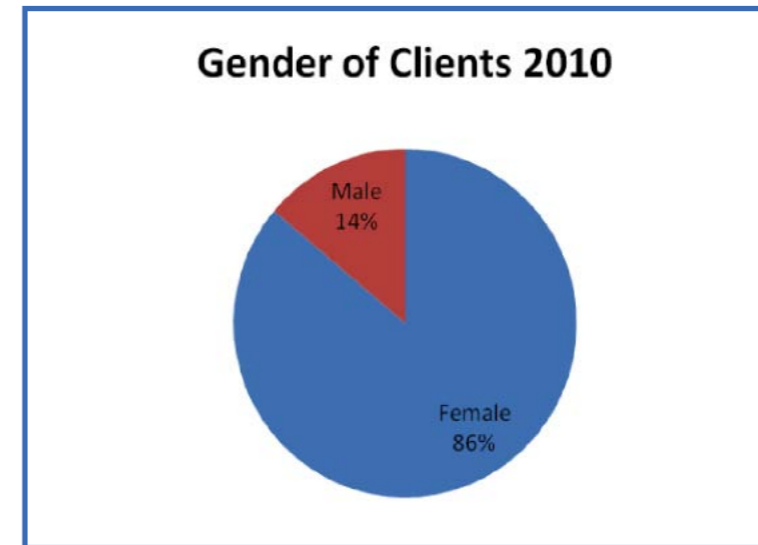
The Centre traditionally takes part in the annual Christmas Sharing event facilitated by all Rape Crisis Network Ireland RCC's which is usually held on the last Friday before Christmas. The Christmas Sharing is a group event which facilitated survivors coming together and sharing what Christmas means to them at a time of the year that can be very difficult.

Legal Clinic

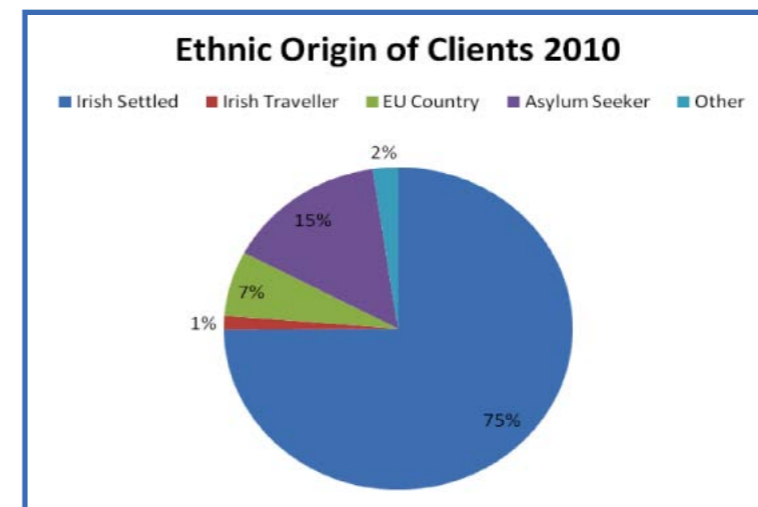
GRCC provides a monthly legal clinic staffed by an external legal professional who is volunteering their time to give information and advice to survivors of sexual abuse and sexual violence mostly in relation to the criminal justice system.

GRCC Client Statistics for 2010

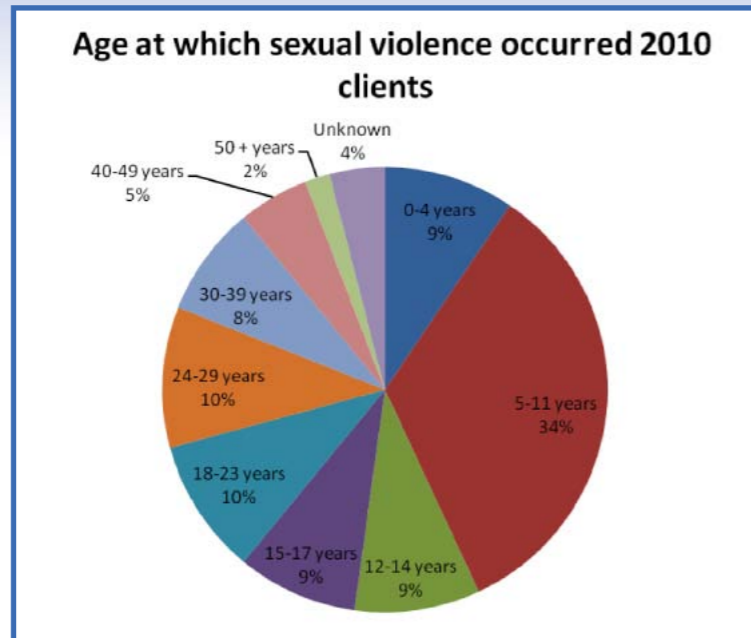
In 2010 a total of 621 people used our services (up from 518 in 2009)
341 were new to the centre in 2010



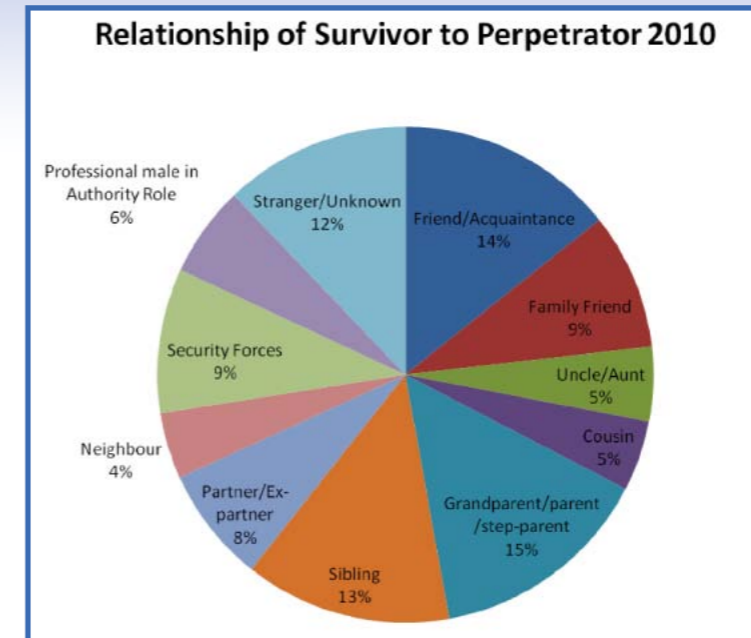
New male clients attending GRCC was up again this year bringing the total to 14% bringing us closer to the national average of 15%.



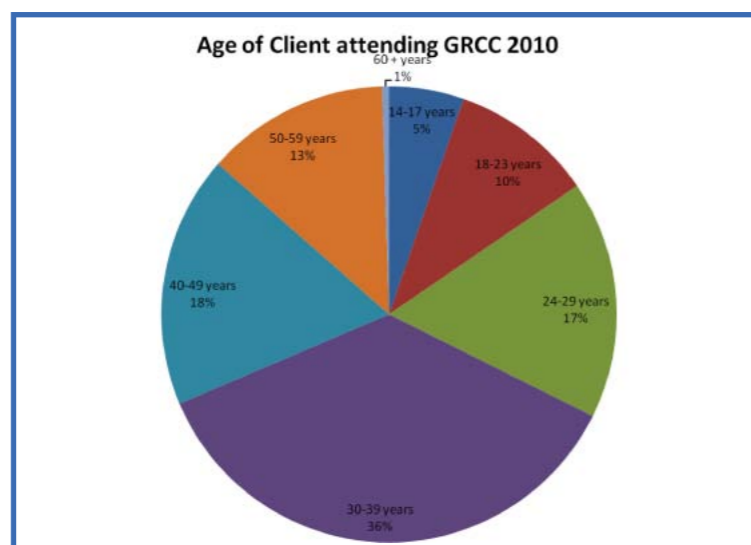
This chart shows the ethnic origin of our clients in 2010. Irish people represent 76% of our clientele. Asylum seekers numbers fell again this year which reflects national trends.



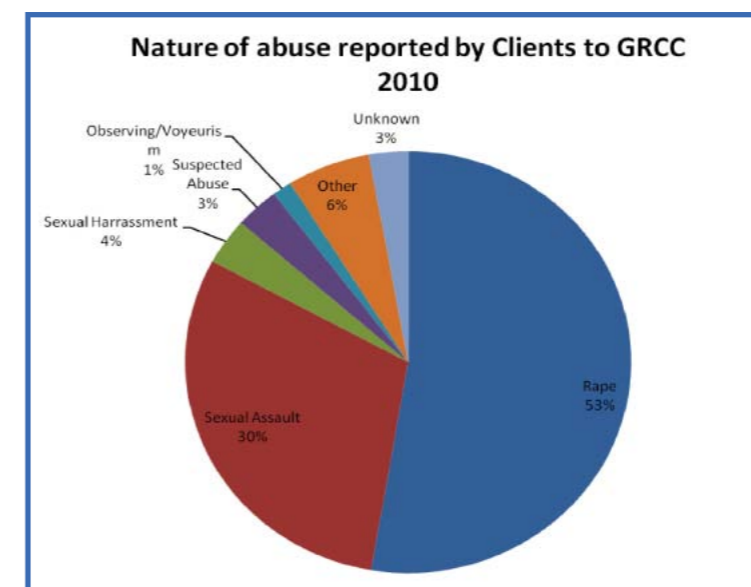
Over 60% of people attending GRCC experienced sexual violence or abuse under the age of 18 years. This chart shows clearly that all age groups are at risk of sexual abuse and sexual assault. However, some emerge as more high risk than others. Children and teenagers are shown again to be highly vulnerable to sexual violence as is reflected in worldwide statistics.



What is evident from this chart is that in nearly 80 percent of cases the perpetrator was clearly known and trusted person in the survivors' life. Our percentage of clients presenting who have been assaulted by a stranger or other persons unknown has increased as we are now present at all recent assault cases reported to the Gardai in the Western region.



2010 showed an increase in 50-59 year olds contacting GRCC; more than 60% of this age group had experienced child sexual abuse often waiting decades to reach out for help. Survivors wait a significant amount of time before seeking professional counselling. Over 60% of clients are between the ages of 30 and 60.



2010 statistics show that rape is the most commonly reported form of violence experienced in both child sexual abuse and adult sexual violence reported by our clients.



Client Contribution

The impact of the Counselling and Support Services Provided by GRCC on the lives of Clients by Clients:

THE FOUR OF US

Ten years ago we met. Strangers with individual stories who became part of a support group run by the GRCC. None of us could have imagined the difference it was about to make in our recovery. Each of us has written a few lines to mark both our anniversary and the lifelong friendships that have grown out of it. Special Thanks goes to the GRCC and the counsellors who facilitated us.

Suddenly I was surrounded by women who had similar experiences. I was no longer locked into an isolated cube talking to someone who, although there for me 100%, could never understand where I had been. I wasn't crazy (my life-long fear) and started to feel normal. Each of them are sacred and belong in an innermost sacred place in my heart. When we meet it's not the deep, safe sharing that takes place that makes me love them, it's more the unspoken volumes that's conveyed in the tightness of their hugs. Healing hugs whose energy has healed my wounds. I belong so much to them and know my embrace belongs equally as much in their hearts.(F)

It can be really difficult to talk to people in your social group (if you still have one) – not just about the big stuff but routine stuff like getting on with your life whilst dealing with a whole host of feelings you may never have acknowledged or noticed before. We listened to and witnessed each other in a safe space where I could express myself openly. It was ok to cry or laugh and not have someone trying to 'fix' us. We learnt to trust and took that trust outside the GRCC exchanging phone numbers and meeting up individually or collectively. When times are tough it's ok to ask for positive energy for whoever needs it or light a candle. Sometimes all it takes is sharing a coffee. I value these relationships highly and am grateful for the wonderful, strong women in my life. (M)

I didn't believe I'd fit in and was sure they'd see right through me. At first I thought it was what we'd been through which united us but it wasn't. What united us was our courage to share, our desire to heal, to be held and have a better life. There were days I didn't want to be there. Fidgety days when I wanted to scream out loud or cry but it was the safe space we created together, the understanding, respect and above all the honesty we shared which always helped me to push through. This group has enriched my life in so many powerful ways, inspired me to face dark corners and taught me how to have honest and healthy adult relationships. (M)

It was that very brave step into the unknown which helped us to become more than survivors. None of us wanted that first support group to end and thanks to the GRCC it didn't. Nourished by each other's strength, courage and yes, even our tears we grew out of a darkness that had forced us to hibernate our feelings and our lives. In the aftermath of the hidden tsunami of sexual crime, we held each other, conquered our fears to become more than that one thing that had such a grip over us for way too long. These special friends made all the hard work worthwhile. Our journey wasn't over when the group finally finished. It had only just begun. (T)

Counselling Male Clients

A STOLEN CHILDHOOD

Alan was five years of age when his parents asked the neighbour's daughter to baby-sit him and his older brother. As the girl had just met a new boyfriend she suggested that it was about time that her 16 year old brother began babysitting too and that seemed fine to all concerned especially as Alan's parents were known to pay well.

Some months later Alan's mother told his older brother to be more careful when playing with Alan as she'd noticed that the younger boy was often in tears when she and her husband returned home from social evenings. It became apparent that the boy's distress was only evident when the neighbour's boy had been babysitting but the parents believed that it was all down to rough play. Alan soon became very secretive about his toilet habits and about being seen naked or bathing. His teacher said he had become very insular, had lost his sense of fun and that he was wishing to be excused far more often than seemed normal. The boy violently resisted all attempts to bring him to the local GP. In her younger years his mother had been a nurse and was alarmed one day to find a pair of his pants, obviously washed and unsuccessfully wrung out, stuffed behind the bath. When she confronted Alan he denied all knowledge and spent the rest of the day hiding under the stairs. He seemed to have developed a phobia about drinking tap water and he tried unsuccessfully to get his parents to buy bottled drinking water. He would become quite upset to see anyone drinking tap water.

The parents changed babysitters feeling that something wasn't right and two years later the neighbours moved away. Family and friends regularly commented on Alan's moodiness and lack of childish fun. He was taunted and bullied for being "different".

Some years later, on Alan's Confirmation day, he saw his former babysitter in the pub where the reception was being held. Alan threw his meal on the floor, rushed out and went to the local park where he spent the rest of the day. When the Gardai brought him home he said that he hated the boy who had been his babysitter. Later that evening Alan's older brother, who was also in some distress, told their parents that the boy had sexually abused Alan using different objects when he babysat them and had told them that something horrific would happen to his family if they breathed a word to anyone about what was happening. The boy's father had once worked in a water treatment plant and he convinced the children that he'd stolen a key to the plant and would be able to poison the family's water.

Coping with life as a teenager proved painful. He suffered from severe bouts of depression and was unable to relate to most of his peer group. It was during a period of abject loneliness that he decided to accept his first fix of heroin. Drugs and alcohol became part of his way of life. His early sexualisation by a male led to confusion about his sexual orientation and he grew fearful of forming any meaningful relationships.

Some years later Alan became engaged to a local girl. He loved the girl but could not get excited about the prospect of sharing intimacy with her. Her parents were not in favour of the match and told him that he really did need to go for counselling. Alan agreed that something had to happen if he was to get his life together and have any chance of happiness in his marriage.

Alan has committed to several counselling sessions and is prepared to do many more if they seem to help. So far all is going well.

Jimmy Haran, Galway Rape Crisis Centre Counsellor

The above extract shows that counselling can give a survivor of sexual violence and abuse a level of support which can lead to empowering survivors to improve their quality of life and provide coping skills which can also enable a survivor to move on and look past the horrific ordeal which may have held them back previously. Story submitted with permission of the client. GRCC wishes to thank ESB Electric Aid for their support of male service.

Education, Awareness & Lobbying

During 2010 there were over 64 education talks given to students of Secondary schools around Galway city and county. The Riedo Foundation, which has been set up in the name of Manuela Riedo who was murdered in Galway in 2007, has made money available for GRCC primarily to give education and awareness talks to teenagers. These talks have been very useful in giving teenage girls and boys' information around the services GRCC provide and raising awareness among the young student population of the types of sexual abuse and violence that can occur among young people. The SATU statistics show that almost 40% of recent assaults reported in SATU are teenagers this statistic shows how vulnerable teenagers are to sexual abuse and violence.

There is huge importance for young adults to be aware of the healthy and unhealthy relationships they have between friends, family and peers. It is also very important for them to feel they have a space where they are able to voice problems or questions around difficulties that arise for them. The education talks have been a great success. The quotes which follow this paragraph show how some of the students found the talks, it was all positive and it gave a greater insight into what the students learned from the talks. The education talks are provided free of charge. The Riedo Foundation also made money available to purchase pens with the website details and phone number on them, these pens are brought to every education talk and left on a desk so the students can take one if they wish at the end of the class.

Quotes from Teenagers after the Education Talks:

The talk in school was good cos it made me aware of what can happen and how to find help if me or any of my friends need help.

It helped broaden my understanding of rape and the ways the abuse of alcohol and drugs can lead to an incident as awful as rape

The speakers were kind and encouraging without being too overbearing - at any stage during the talk I felt at ease to share with the group or ask questions.

I learned a lot about the difference between a healthy and unhealthy relationships and how to spot problems.

It gave me a reality check about the world we live in today and that you need to be careful!

I am very grateful that the speaker took time out to tell our class the information, I feel I am now more likely to recognise and distance myself from someone who may cause me harm.

The Rape Crisis Centre education programme is something I was glad and lucky enough to have been part of!

It was a good idea that we could write questions anonymously and they answered them all - it made everyone feel more secure and get the valuable info they needed.

The visit from the Rape Crisis Centre was one of the most informative visits to the school. Not only did they show us how to recognise when someone is in need of help, but they also showed us how to help a victim of rape and where to go, I thought it was very good.

I now realise the impact it has on a victim - drawing that picture of the body and writing down words from the head down helped me to see how life changing it is to be raped, emotionally and physically.

I know now that a high percentage of rape happens between people who already know each other

I found the talk really informative, it gave me an insight into the damaging effects rape has on people and where to go to get help.

I think that the visit was very helpful and the speakers were compassionate and understanding - knowing that there is always a place to find help is comforting.

It opened my mind to see how unexpected something like rape could happen and it could happen to anyone

I think the GRCC should continue to visit schools and inform young people of the warning signs of healthy and unhealthy relationships

I found out that the GRCC is located on the Claddagh which is very handy cos it's in the City Centre

We were shown some of the warning signs of someone who has been sexually abused. I found some of the statistics really shocking!!

Media & Awareness

Facebook

An intern at GRCC set up a social network Facebook account for the centre during 2010. This social media outlet has been a big success with over 3,000 users subscribing to our page. The Facebook account is updated on a daily basis and is a very important way of sharing information about relevant news items from Ireland and worldwide.

The centre is now using Facebook as a tool to inform our supporters of events and fundraising activities that are happening throughout the year such as the Flora Mini-Marathon. The Facebook page also allows us to invite people to attend various events that are taking place.

The Facebook page also has the details of the centre's website so makes it more user-friendly to younger people who may want to get in touch with the centre but who may not want to phone. This makes it a very accessible and informative way for people to interact with the centre and become more familiar with it. The Riedo Foundation money has also been used for Facebook advertisements to promote the centre for fundraising and awareness-raising, these advertisements can be seen by every user who has subscribed to our account and others who are just checking out our page. www.facebook.com/GalwayRCC.org

White Ribbon Campaign

In 2010 GRCC joined forces with Cope Galway Waterside House to promote the White Ribbon Campaign. This worldwide campaign is aimed at men, encouraging them to speak out about violence against women.

GRCC and Cope displayed a white ribbon over the Spanish Arch during the global "16 Days of Activism to End Violence Against Women" launching the campaign with the help of Galway Bay FM who broadcast live from the museum. A series of



ads were also run on Galway Bay FM over the 16 days of Action alongside regional newspaper advertisements. A big thanks to COSC for funding and supporting the campaign.

Website

The website is often the initial point of contact for clients. There is a lot of detailed information about our services and issues around sexual violence. The website is updated on an ongoing basis with new features being added such as additional information about volunteering and fundraising events. There is also opportunity to fill in online forms for people interested in volunteering and SATU training which makes for more efficient and economical interaction with people wishing

to get involved with GRCC. There is also information relating to the various fundraising events people can take part in or organise, everything from A to Z and there are direct debit forms on the website to make it easier for anyone wishing to donate on a regular basis to do so. www.galwayrcc.org

Sexual Assault Treatment Unit (SATU)

The dedicated sexual assault treatment unit opened in August 2009 in Galway and 2010 was its first full year in operation.

Services include forensic medical examinations for individuals who have been raped or sexually assaulted carried out by a specially trained medical doctor. Evidence from the examination can assist in the investigation and /or prosecution of a case of sexual assault. The unit also provides medical care such as screening for and treatment of sexually transmitted infections and/ or any injuries which can occur as a result of sexual assaults.

The psychological support provided in the Unit is looked after by Galway Rape Crisis Centre. GRCC currently have 4 groups of Rape Crisis Centre volunteers trained for the role of Support Workers in the unit.

The support workers are on call on a 24 hour basis in order to provide vital emotional support, information and advocacy services to clients in the aftermath of a rape or sexual assault.

Gardai are present at the SATU and will take a preliminary statement from clients. However, clients are given some time and space after their ordeal to decide whether or not they want to go ahead with the legal process.

Galway Rape Crisis Centre welcomes the Unit, which we have been lobbying for over the past decade. When the SATU at the Rotunda in Dublin opened, the reporting of rape and sexual assault increased dramatically. When the SATU opened in 2009, the preceding 4 months up to December there were just 7 callouts. However during 2010 there were 50 callouts which validate the statistics that show when there is a dedicated service provided to victims of rape and sexual violence more people will attend for services. This is expected to increase year on year as the service gets more referrals from external services such as doctors and other social service organisations. The psychological support offered to survivors has also been shown to help with the prosecution of a case of sexual assault as the victim is less likely to drop out of the legal system. During 2011 clients will be able to contact the unit directly themselves and this may also contribute to an increase in the use of the service.

Representation

The GRCC is a member of the Board of RCNI, the national umbrella organisation for Rape Crisis Centres committed to the elimination of all forms of sexual violence through effecting political, cultural and social change. GRCC works closely with RCNI on the employment sub-committee.

As well as that GRCC was represented on the multi-agency Western Regional Advisory Committee of the Taskforce on Violence Against Women. GRCC is also member of the Galway Community Forum, playing an active role within the forum and having inputted into its strategic plan. GRCC also was a representative on the Galway City Council Strategic Policy Committee under Recreation, Amenity and Culture.



White Ribbon Campaign Poster

Connacht Rugby team supporting COPE & GRCC



Organisation & Service Development

STRATEGIC PLANNING PROCESS

GRCC has successfully established itself as providing a vital and much-needed service within the community. In order to continue providing client-focused services, the Centre has recognised the importance of focused strategic planning so as to be in a position to face the challenges provided by an ever increasing demand for its services as well as changes in the diversity of its service users. As a result the primary focus of the Board, Co-ordinator and Centre staff in relation to organisation and service development during 2007 was the strategic planning process that resulted in the publication of the GRCC Strategic Plan 2008-2011. Within the centre staff and volunteers are working together to implement the plan, despite cutbacks.

Strategic Objectives

With these issues in mind, the following broad strategic objectives are outlined here to address organisational concerns and assist in developing a long-term strategy that will provide GRCC with a clear plan for 2008 – 2011:

1. Organisational Development, Structures & Governance

- Continue to operate clear and transparent corporate governance procedures
- Clearly define the organisational structure and clarify lines of communication
- Identify and fill new role requirements within the organisation.

2. Centre & Service Development

- Continue to provide a professional, caring, confidential counselling service for clients
- Assess how current services are provided and make necessary changes as appropriate
- Expand on current services offered to cater for increasing demand and diversity of service users
- Assist in the successful establishment of additional external local and regional services.

3. Data Management, Processes & Procedures

- Ensure compliance with all legal requirements & maintain accurate and compliant data management systems and procedures for key tasks at all times
- Identify relevant client trends and their implications for the effective management of the Centre
- Maintain a work environment which is safe, healthy and supportive of staff and their well-being
- Review the availability of service provision and identify key internal skills currently available to the organisation.

4. Advocacy, Communications, Networking & Partnerships

- Continue to work with key partners in influencing change, both locally and nationally, amongst various target groups in relation to the issues of sexual violence and abuse
- Strengthen the sector within the region and identify potential key partners and stakeholders that will assist in this aim
- Identify gaps in current service provision to which GRCC can provide a solution
- Develop an integrated internal and external communications policy.

5. Education, Training & Awareness-raising

- Identify key target groups with whom the Centre will work in relation to education, training and awareness-raising
- Investigate new ways of communicating prevention and awareness messages to target groups
- Identify the most appropriate means of managing the education, training and awareness-raising programmes
- Introduce a system to effectively assess the impact of these programmes.

6. Funding & Finance

- Continue to produce and maintain annual budgets and audited accounts in a timely manner in compliance with legal requirements
- Effectively manage the funding mix
- Maintain mutually beneficial partnerships with current funders
- Identify new and additional sources of statutory funding for the organisation
- Identify additional revenue streams from potential corporate, individual, donor and philanthropic sponsorship programmes.

7. Professional Training

On-going professional training in all areas is something to which GRCC is firmly committed in order to provide the best possible service to its clients. Examples of training programmes undertaken

- Up-dating of Professional Counselling Skills
- New volunteer training every third weekend for the first five months
- Fire, Health and Safety Training
- Court Accompaniment Training.

Fundraising

At the GRCC fundraising is an essential and year round activity and without it the centre would not be able to provide its vital services. 2010 was a particularly difficult year for fundraising due to most people in the community having to manage on lower incomes and less disposable income to contribute to charity. We rely on voluntary donations and fundraising to maintain our core services and are grateful for the generosity of the local community, city and county. There were many fundraising events undertaken during 2010 which were successful and raised much needed funds for the centre.



Balloon release on Ladies Beach

Night for Manuela

The main highlight for GRCC in 2010 was the “Night for Manuela” which took place in October. It was a hugely successful night beginning with a balloon release on Ladies Beach in Salthill and continued with a concert with music by Mary Coughlan, Sharon Shannon, Máirtín O Connor and Lucia Evans to name but a few. The night was supported by the Riedo Foundation.

The foundation has raised money through the concert and other events for the Galway Rape Crisis Centre.

GRCC liaised carefully with the Riedo’s themselves to ensure the projects most close to their heart benefited from the funding. Almost €16,000 was spent in 2010 on education talks, web based awareness, promotional materials and a teenage support group .The education talks are vital to highlighting and supporting the prevention of sexual violence and highlighting the services provided by staff in GRCC. There were over 60 education talks in 2010 which took place in Secondary Schools around Galway City and County.



Musicians performing at the concert

The rest of the €30,000 received in 2010 was carried forward to 2011 to continue and expand these vital projects and further funding has since been received to fund new projects such as an Outreach Support Counsellor dedicated to teenagers who may not otherwise be able to access our services.



Launching the Women In Action Concert

An Evening Celebrating Women in Action

This evening was organised by students of NUI Galway and held in the Crane bar in November also during the “16 Days of Activism to End Violence Against Women”. The night had a showcase of women artists performing music & song (Irish traditional, classical, bluegrass, folk), dance (south Indian classical), comedy, art film, photography, poetry readings and storytelling. The aim of the night was to raise funds for the Galway Rape Crisis Centre and promote women artists.



Galway Tribes Basketball Team

Tribes

Tribes Basketball Club ran a “3 on 3” basketball tournament and after-party, held on Saturday, September 4th which was a really great success! They raised over €2,200.

ANNUAL EVENTS

Flag Day: Volunteers take to the streets and shopping centres around the city and county in this annual event to raise money for the Centre.

Church Gate Collection: This two day event takes place every year at all Churches in Galway City and county. Volunteers were out in force this year to collect funds, which was very well supported by the public.

Carol Singing: Is an annual event, in which 2010 many volunteers again turned out to sing Christmas Carols in aide of the GRCC-a very successful event.

Flora Women’s Mini Marathon: Every year many supporters of the GRCC run this annual race-a fun day out on Dublin’s streets for all involved.

Financial Summary 2009

AUDITED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2010

	2010	Continuing operations 2009
	€	€
Income	456,360	500,719
Administrative expenses	(449,375)	(531,708)
Excess Expenditure over Income	6,985	(30,989)
Interest payable and similar charges	(1,032)	(271)
Excess Expenditure over Income		
Activities before taxation	5,953	(31,260)
Tax on (loss)/profit on ordinary activities	-	-
Excess Expenditure over Income		
Activities after taxation	5,953	(31,260)
Reserve Movement	5,953	(31,260)
Income & Expenditure Account brought forward	360,201	391,461
Income & Expenditure Account carried forward	366,154	360,201

On behalf of the board

Marian Shiels, Director, Date: 12 April 2011.

Stephen Mackey, Director, Date: 12 April 2011.

This Income & Expenditure forms part of the audited accounts for the year ended 31st December 2010, as prepared by Duggan & Power Chartered Accountants & Registered Auditors, Kiltartan House, Forster Street, Galway.

How you can Help

DONATIONS

All donations make a difference. All monies donated to GRCC are channelled back into the centre to provide our core services. You can donate by:

Post - You can send a cheque, bank draft or postal order made payable to Galway Rape Crisis Centre, 7 Claddagh Quay, Galway, Ireland

Donate Online - You can donate online on our website www.galwayrcc.org.

Standing Order/Direct Debit - To make regular ongoing donations to GRCC go to our website www.galwayrcc.org. Under the fundraising section there is a direct debit form which can be filled up online, printed off and sent to your bank and they will do the rest.

SPONSORSHIP

By sponsoring or part sponsoring one of our fundraising events.

Through Benefit in Kind sponsorship you can reduce our actual spend.

BECOME A FUNDRAISING SUPPORT WORKER

Volunteers play a major role with GRCC and have done so from our foundation in 1984. From holding a bucket to organising an event volunteers over the years have contributed significantly to the financial needs of our centre. If you would like to become a volunteer with the Fundraising team please complete the form on the fundraising page on our website: www.galwayrcc.org, or contact us at fundraiser@galwayrcc.org.

Volunteer Testimonial - *"There are nothing but benefits to volunteering. It is a way to get involved in the community, to give back to the community, to meet people, to learn more about something of interest."*



How you can help

- Offer your expertise
- Become a Corporate Sponsor
- Have your company organise a fundraising event
- Lead a fundraising event
- Join one of our fundraising groups
- Donate a sum of money online at www.galwayrcc.org by clicking the 'Donate Now' link
- Set up a standing order at your bank or building society – call 091 583149 for more information

