

**Galway Rape Crisis Centre**  
**Annual Report**  
**2014**



### ***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 person 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'.*

### ***Table of Contents:***

### ***Page No:***

Introduction	1
Chairpersons Report	3
Client Services	5
Statistics	11
Media and Awareness	21
Financial Statement	22
Fundraising	23

## ***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 education workshops 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 12 part-time staff, and has in the region of 12 volunteer counsellors, 25 volunteer support workers and numerous fund-raising and other volunteers.

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. We have also signed up to the Governance Code for Community and Voluntary Organisations in Ireland, a clear indication of the pride that the Centre places on best practice in Governance.

## **Client Contributions**

*“Living with myself is not easy at times but I see great recovery in the difference from before”*

*(Anon)*

*“My counsellor is excellent. I can talk about anything! It’s great to talk and to have someone like [her] to listen to me.”*

*(Anon)*

*“I want to thank you for giving your time, I learned to trust you and you didn’t judge me. Thank you for sitting with me in my silent moments, with my hurt and pain, thank you for letting me speak, thank you for being patient and supportive. Thank you for being you.”*

*(Anon)*

## Chairpersons report on behalf of board

Helping survivors of sexual crime is the total focus of the board, staff, volunteers and all at Galway Rape Crisis Centre. Survivors have no voice at the board so we have a vacant chair to look at when making decisions that impact on the victim. It is our responsibility to ensure that the centre is being operated in a professional manner and that all the tools required to run a large centre are available to all involved. 2014 was an eventful year and will be covered in the report. I would like to thank outgoing Chairperson Carmel Dooley and fellow board members Marlene O Connor, Gemma MacNally and Lorraine Scully. We welcome to the board Maree O Connell and Karen Golden.

GRCC has had many meetings with Tusla and are building a strong relationship and we consider that we are influential in the direction Tusla is going. After a long relationship with RCNI, GRCC have strategically decided to take a different direction and join forces with the manager's forum which now includes most of the centre especially the larger ones.

The GRCC is on a very strong footing and we thank all involved who contribute so much to help improve the lives of clients. We like to thank all our funders especially Tusla, Manuela Riedo foundation members and other volunteer collectors. While GRCC has come through the recession robustly it is important to be aware that most organisations get into trouble coming out of a recession as opposed to during a recession, therefore we all need to be aware of what is best for GRCC long term. We will be putting together a strategic plan over the next 6 months.

On behalf of the board I sincerely thank everybody for making GRCC a centre of excellence.



John Daly, Chairperson GRCC

## **Board of Management 2014**

Chairperson – John Daly  
Secretary – Máire Furlong  
Treasurer – Ken Walshe

Board Members - Lorraine Scully, Gemma MacNally, Padraig McNeela, Marlene O'Connor, Carmel Dooley



Board of Management

## **Counselling and Support Services**

The first contact a survivor will make with us is through our telephone help-line. Through our help-line we offer support to regular clients, supporters of survivors, people who require information on the services we provide or those who wish to talk about issues relating to sexual violence or sexual abuse. Other times, the survivors contact us through email or Facebook. Also, when a client attends SATU they are offered follow up services at GRCC.

“A sincere thank you for your wonderful listening ear, your patience and counselling”

- Client (Anon)

### **Counselling**

The Centre provides a professional and confidential counselling service with specifically trained counsellors in a caring and safe environment. Through this counselling, the centre offers social support to survivors and affords them the opportunity to examine how the experience of sexual violence and/or abuse they went through affected their lives.

During the first meeting with the client, which is called the ‘initial appointment’, the clients current situation is discussed, how they are coping right now, what means of support are available to them and 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. 2,690 face-to-face counselling sessions took place in the Centre in 2014.

### **Short Term Crisis Counselling**

Survivors of sexual abuse and sexual violence often experience crisis at some point in their lives and this is often what causes them to contact a helping agency. During this ‘crisis’ time the survivor’s coping mechanisms do not work, leading them to feel overwhelmed and unable to deal with what has happened to them. Our frontline staff, who answer the telephone helpline, also see clients for their first appointment which is followed up by six crisis appointments if needed.

### **Long Term Counselling**

During long-term counselling, the client and counsellor identify the individual needs and goals, which form the basis of how the issues the client faces are dealt with in the counselling session. The survivor is also given the opportunity to examine how the sexual abuse and/or violence has affected their lives.

### **Telephone Helpline 1800 355 355**

The helpline is generally how women and men make their first contact with GRCC. It is the most important, and usually the most common point of contact for our clients when they are seeking the services of GRCC and the 1800 number allows our clients to contact us free of charge and confidentially

The helpline is available from 10am to 1pm Monday to Friday. There were 3,155 calls and texts to the helpline in 2014. This is a small decrease from 2013 figures. This vital service is often the first contact survivors have with the centre.

### **Male Clients**

GRCC has a counselling and support service that specifically caters to male survivors of sexual violence. It is similar to that offered to female survivors, but because it is orientated towards men it endeavours to remove the taboo and isolation surrounding the issue, to provide the survivors with a safe environment in which to disclose the sexual abuse, to enable the survivors to come to terms with the long term effects of abuse and to enable them to make positive changes in their lives and to ensure that they no longer feel alone. Male clients can also choose to avail of a male or female counsellor. Male clients represented 14% of clients at GRCC in 2014.

*"I am 44 years old. When I was a teenager, I was molested, abused and raped by my employer. The path of my life has involved drink and drugs, broken relationships and a sense of never belonging. The Rape Crisis service has given me healing. I no longer cry over memories or suffer nightmares. Thank you" (Male survivor)*

### **Support Groups**

GRCC facilitates several support groups for survivors of sexual violence including Ear acupuncture (NADA) and Capacitar. The aim of these support groups is to remove the isolation the survivors feel within society, experience support from people with similar

experiences and to learn new coping skills such as meditation and mindfulness.

### **Capacitar**

The Capacitar group meets on Wednesdays from 1pm to 2pm. Capacitar connects the mind and body to combat negative thoughts and manage anxiety using guided mediation, Acupressure, Mindfulness techniques, Visualisation and breathing exercises. Tai Chi body movement is incorporated to promote serenity through gentle movement

### **Christmas Sharing**

The Centre traditionally holds an annual Christmas Sharing event for clients, 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.

### **Outreach**

GRCC provided Outreach services in Gort and Ballinasloe in 2014. There were 111 appointments in these areas. The Outreach Clinics facilitate clients who are unable to attend our main centre. This gives the option for clients to access GRCC services which provide counselling for clients in their locality and enables the client to XXX.

### **Advocacy & Service Accompaniment**

As an additional support, the Centre offers clients accompaniment to services like doctors, solicitors, the Courts or the Gardaí and can also contact an agency on the client's behalf. We also organise reporting to Gardaí in the Centre's premises if the client would feel more comfortable. Counsellors can support survivors with writing Victim Impact Reports post-conviction. In 2014, 6 clients were supported with Court Accompaniment and 8 clients were supported with Garda Accompaniment in 2013. It is often necessary for clients to attend court more than once and GRCC staff will support the client throughout the process.

### **Legal Clinic**

GRCC provides a monthly legal clinic staffed by an external Solicitors Practice who volunteer their time to give information and advice to survivors of sexual abuse and sexual violence in relation to the criminal justice system. There were 23 legal appointments in 2014.

### **Sexual Assault Treatment Unit (SATU)**

The Galway Sexual Assault Treatment Unit opened its door in 2009. We are part of the specialist team that provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for survivors of sexual crime, in a supportive, sensitive manner. This includes provision of treatment such as emergency contraception and medication to reduce the possibility of developing sexually transmitted infection. The SATU services respond to requests from the Gardaí for the collection of forensic evidence to aid the legal

process and also provide services for people who do not wish to report the incident to the Gardaí. There is no charge for any of the SATU services or follow up appointments. Galway SATU services can be contacted at any time via your local Garda Station, or by contacting the Galway unit 091765751 or 0876338118 Mon -Fri 0800- 16.00.

### **Psychological Support**

We provide Psychological Support Services within the Sexual Assault Treatment Unit (SATU) to survivors in the aftermath of a Sexual Assault. Within GRCC our SATU Team consists of our Co-ordinator Bernadette Daly and an incredible team of fully trained Volunteer Psychological Support Workers who are on call 24\7. In 2014 the Galway SATU had 48 cases and our Support Workers were in attendance to support all 48 Survivors. We are very proud of our Teams 100% attendance record especially when other Units reported an attendance of between 75% and 95% in 2014. This is due to the dedication and goodwill of the Support Worker Team within GRCC and it is our privilege to take this opportunity to acknowledge and thank our wonderful Team that work tirelessly to ensure that all Survivors have Psychological Support available to them.

### **Support Worker Testimonials**

*'The training period was a huge learning process for me, not only in developing the necessary skills to support survivors of sexual violence at the SATU but also in learning to be more supportive and kinder to myself, something that inevitably makes me a better support worker too'.*

*'In the time I have been part of the SATU Team, I have always valued*

*and greatly appreciated the Support Structures that are in place to support me and my fellow-support workers. I believe debriefing and supervision are essential in supporting me as a support worker, it also gives time to reflect and to learn from my experiences in the SATU'.*

*'I truly value the Support Structures within the SATU Team delivered by an incredibly committed co-coordinator Bernadette Daly'*

*'I am very proud to be a SATU Support Worker and volunteer alongside other incredible women'.*

*'I feel honoured to be part of a Team that provide support to a person that has been subjected to such an horrendous act of violence. To have the opportunity to reassure a person that no matter what happened, the blame ALWAYS lies with the perpetrator. It is not or ever will be his/her fault'*

### **Statistics 2014**

- **3,155 calls, texts and emails to the helpline**
- **2,690 face-to-face counselling sessions**
- **23 legal appointments**
- **111 Outreach service appointments in in Gort and Ballinasloe**
- **48 clients supported by Galway Rape Crisis Centre Psychological Support Worker at SATU**



## **Statistics 2014**

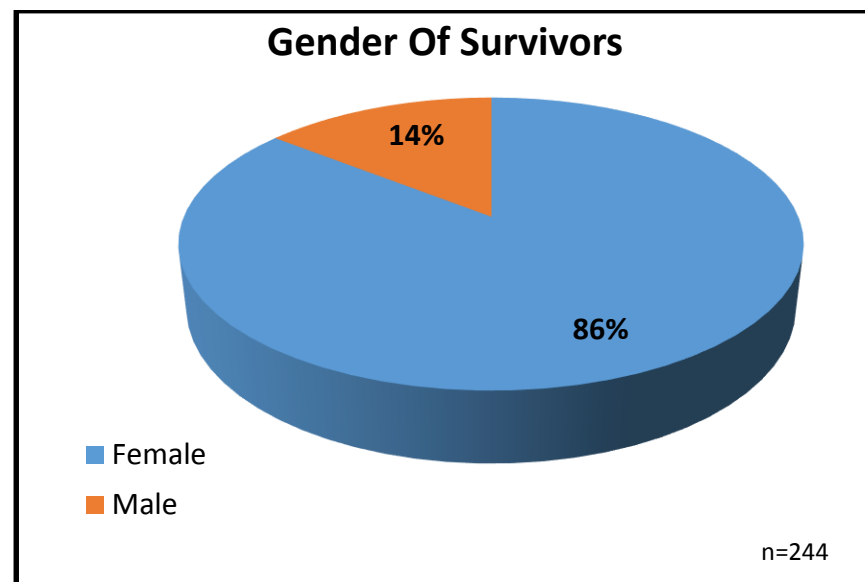
- Over 70% of clients are under 40 years of age
- Increase of 25% in helpline calls since 2009
- 80% of clients are of Irish Nationality



### **GRCC Staff, Volunteers and Board Members**

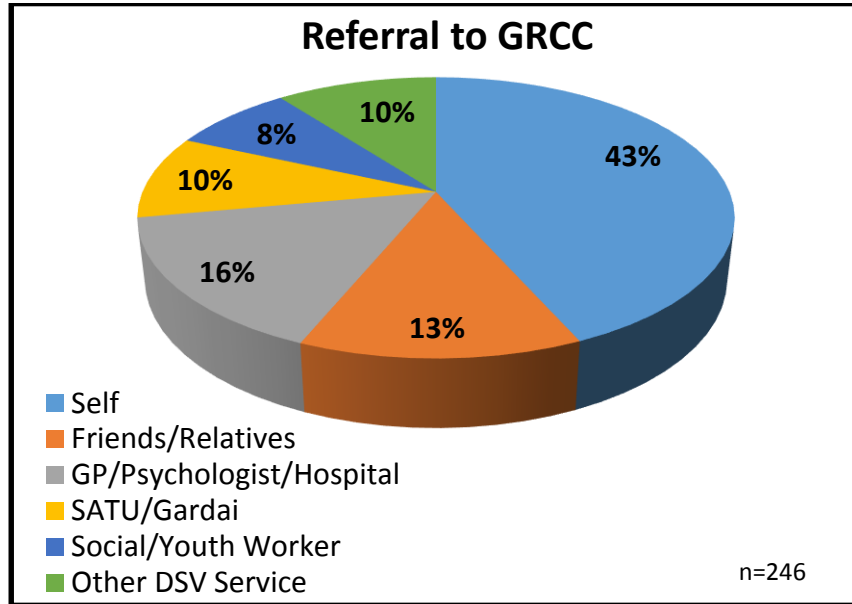
Mags Coleman, Orla McGuinness, Máire Fitzmaurice, Conor Fennelly, Maree O'Connell, Liam Power, Gemma MacNally, Kevin Feighery, Michelle Caulfield, Máire Furlong, Cyril Connole, Bernadette Daly, Kenneth Walshe, Áine Feeney McTigue, John Daly, Sarah Gilmore, Padraig Mac Neela

## **Statistics 2014**



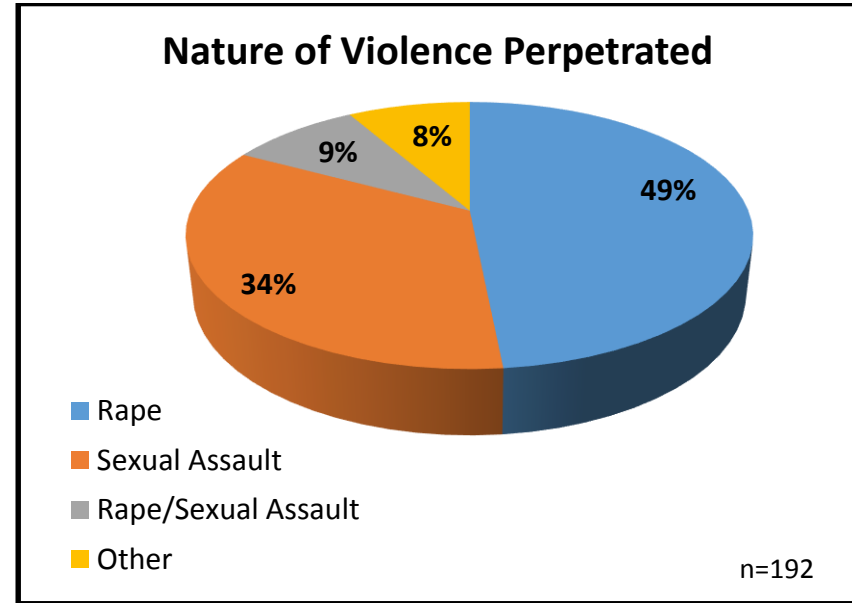
86% of GRCC clients were female and 14% male in 2014. This was a slight decrease (1%) in male clients since 2013. There are currently two male counsellors at GRCC, and clients have the option of seeing a male counsellor if they prefer.

### Statistics 2014



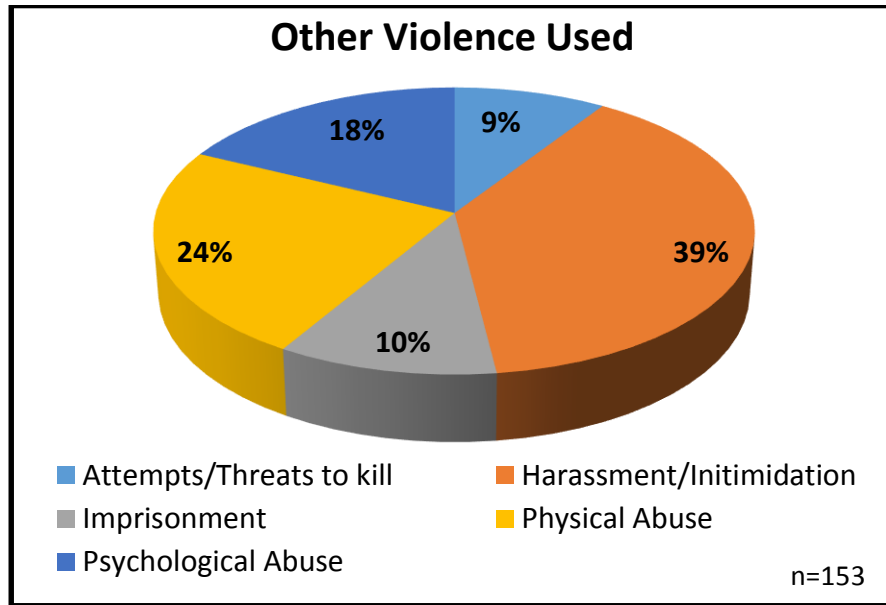
43% of clients made contact with the Centre themselves but clients can be referred from a variety of sources including medical professionals (16%), social/youth workers (8%) and friends or family (13%).

### Statistics 2014



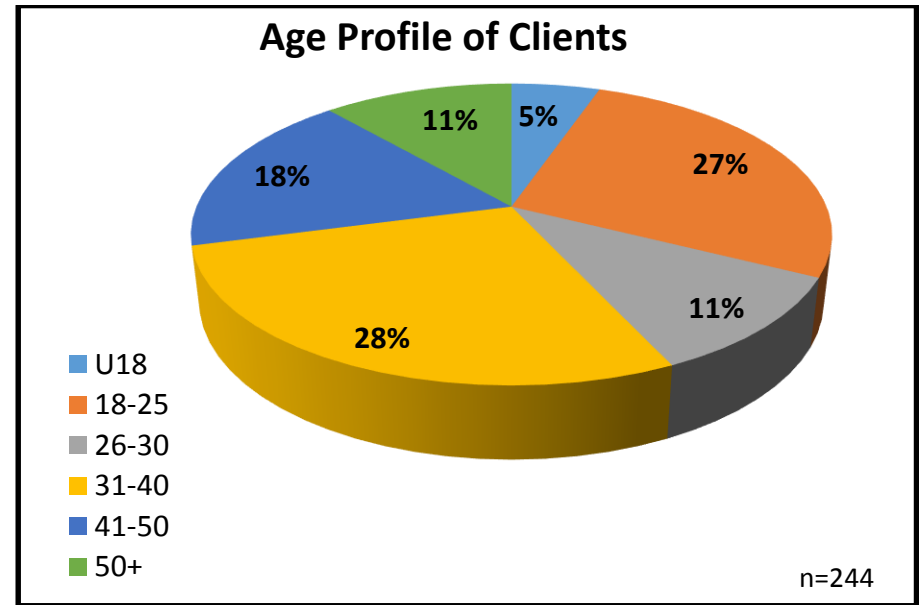
In 2014, 49% of clients sought support for rape, 34% for sexual assault and 9% for a combination of both rape and sexual assault. Other combinations of sexual violence accounted for 8%, including, but not limited to: grooming, ritualised sexual abuse, use of pornography, sexual harassment.

### Statistics 2014



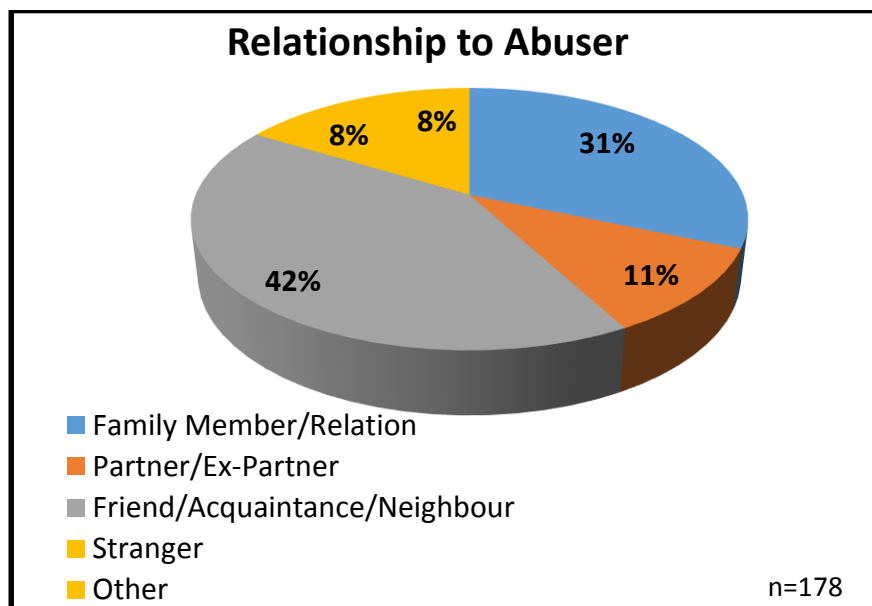
Of the clients who reported other types of violence, 39% experienced harassment or intimidation. In addition, 24% mentioned physical abuse, 18% psychological abuse, 10% imprisonment and 9% threats or attempts to murder the client.

### Statistics 2014



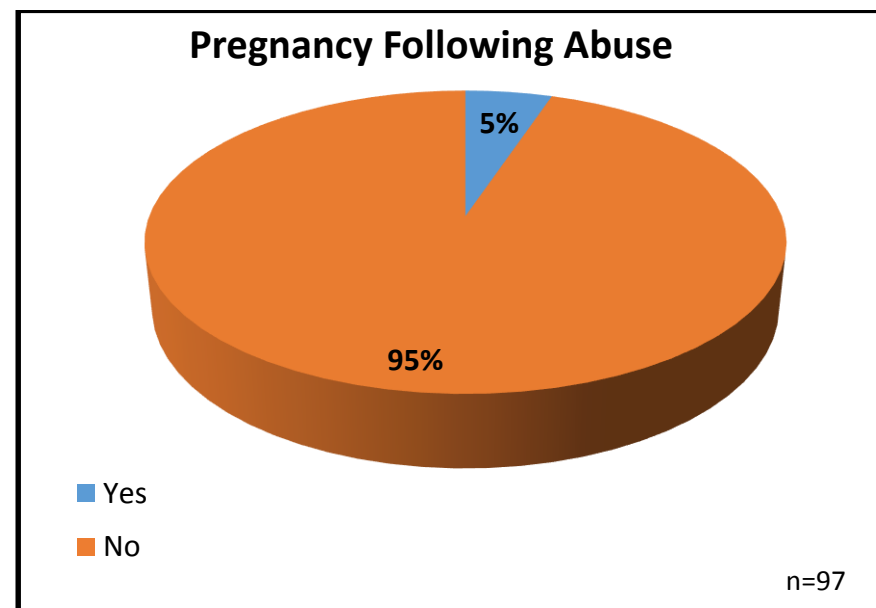
With regards to age, clients were utilising the centre during a variety of times in their lives. The ages of the clients were nearly split between those who were aged 31 through 40 (28%) and those aged 18 through 25 (27%). Those aged 41 through 50 comprised another 18% of clients, while the remainder of the clients were aged 26 through 30 (11%), over 50 (11%), or under 18 (5%). Over 71% of clients attending the centre are aged 40 and under. This reflects a huge increase in the number of younger people coming for counselling after suffering sexual violence.

### Statistics 2014



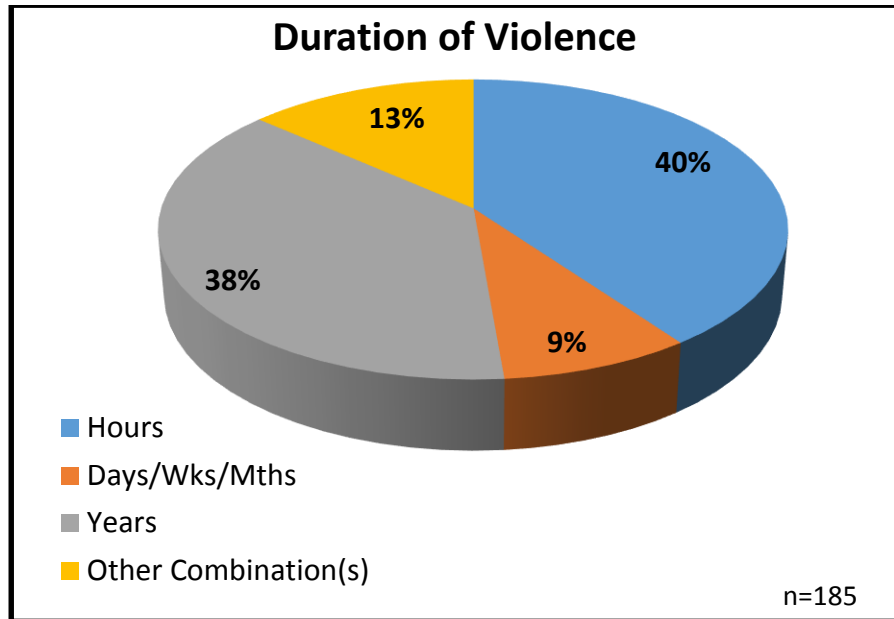
In 92% of cases the perpetrator was known to the survivor. Overall, 42% of cases were perpetrated by a friend, acquaintance or neighbour, 31% of perpetrators were family members, and partners and ex-partners accounted for 11% of perpetrators. Challenging the commonly held view that sexual violence is most commonly perpetrated by a person/s unknown, only 8% of perpetrators were strangers.

### Statistics 2014



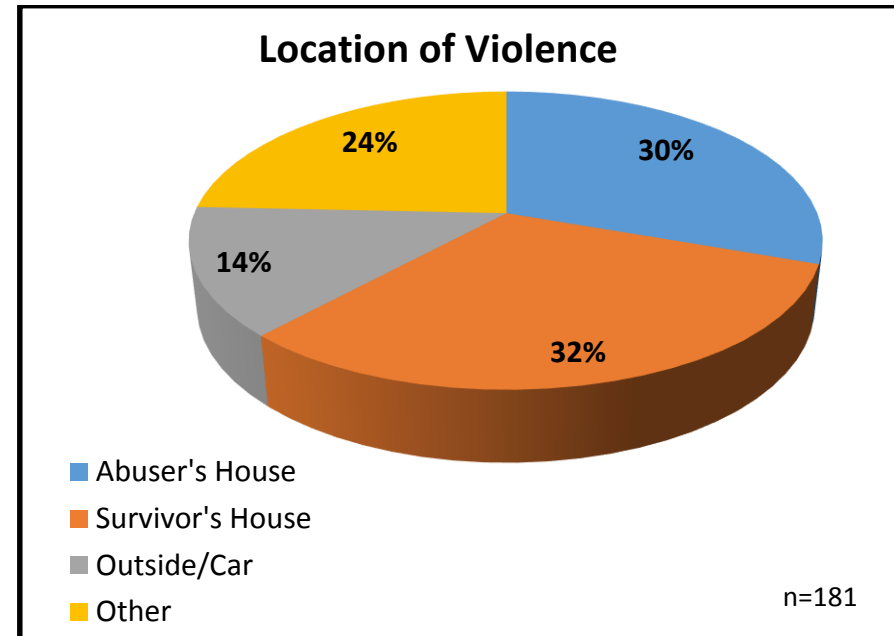
While experiencing a pregnancy as a result of sexual abuse was rare, it did happen to some of the clients this year (5%), while most of the clients did not become pregnant following abuse (95%). Becoming pregnant following an assault creates a complex situation for the client, and a need for additional resources.

### **Statistics 2014**



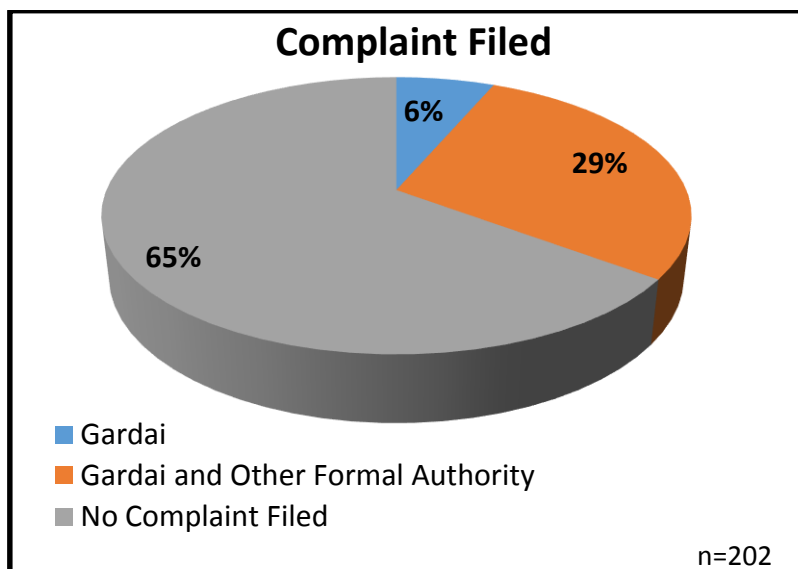
The violence described by clients in 2014 occurred over a variety of periods, with 40% of clients reporting abuse that lasted for hours. For many clients (38%), sexual abuse occurs over a period of years. This figure reflects the experience of survivors of childhood sexual abuse. Additionally, 13% of clients mentioned abuse that spanned another combination of time, and 9% discussed abuse that lasted days, weeks, or months.

### **Statistics 2014**



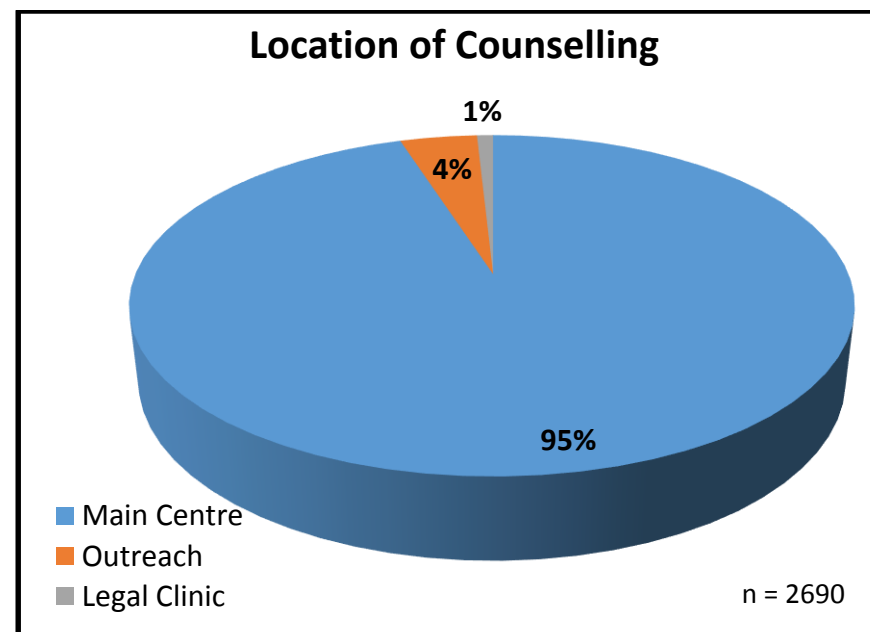
Many of the assaults occurred at someone's house, either the home of the survivor (32%) or the home of the perpetrator (30%). Abuse also frequently occurred in some other location (24%). Assaults that occur in the home aligns with the previously noted discussion of the relationship to the abuser, as perpetrators are most often known to the survivor with 42% of perpetrators were a friend/acquaintance, 31% family member and 11% partner/ex-partner.

### Statistics 2014



While some of the clients did report to Gardaí (6%) and 29% reported to Gardaí and another formal authority, most of the survivors did not report the abuse to any official body (65%). There are many reasons that survivors do not report. A court case is a long and arduous process, taking on average two years from reporting to a court date. As seen in the data, for many survivors the perpetrator is often someone close to them and this creates more complexities in terms of reporting. The GRCC supports any client that chooses to report to the Gardaí and to proceed with legal proceedings, but the client is under no obligation to take any steps that they are not comfortable with.

### Statistics 2014

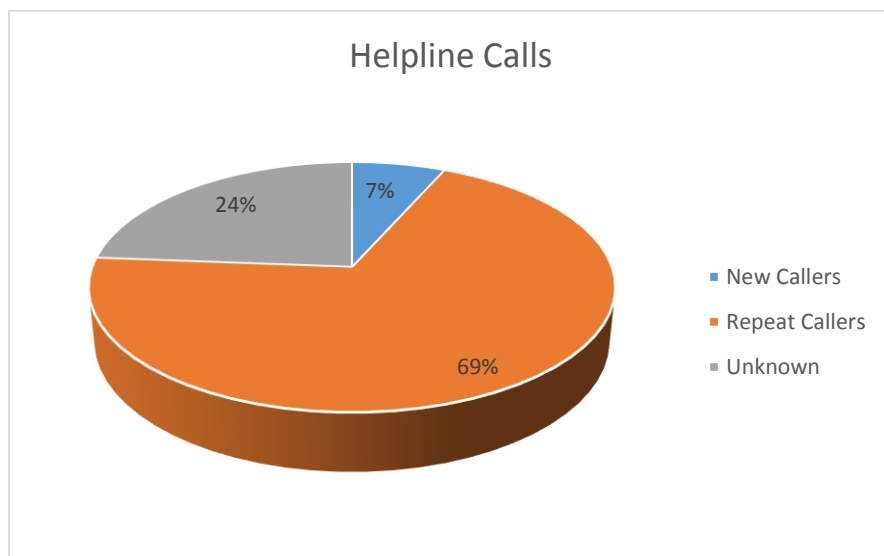


In addition to the main centre in Galway, GRCC has Outreach services in Gort and Ballinasloe. In 2014, a total of 5% of services occurred outside of the main centre. There were 110 appointments in these extended outreach areas, and there were 23 legal appointments. The Outreach service is vital for clients who are unable to attend the main centre.

## **Helpline Statistics 2014**

### **Helpline**

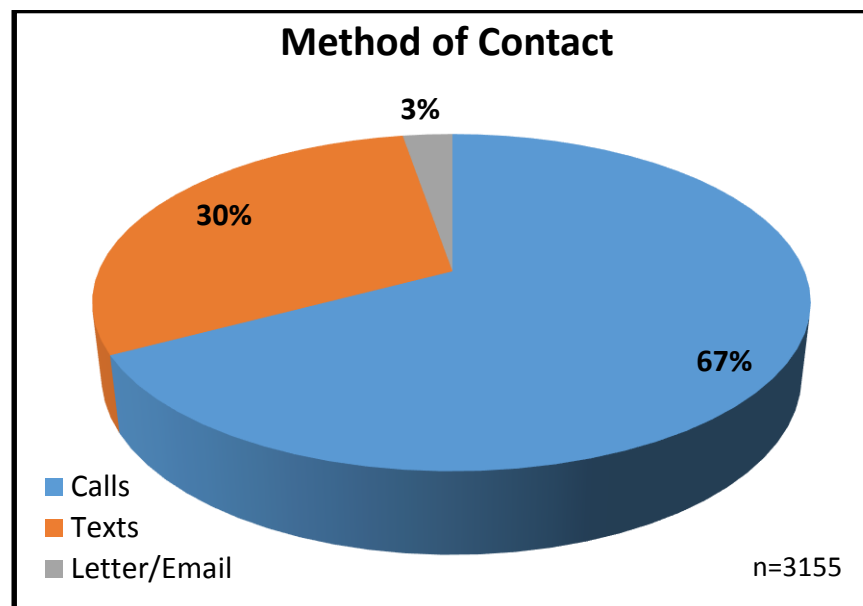
The helpline is open from 10am to 1pm. Prior to 2013 it was available from 10am to 5.30pm. There were 3,155 calls, texts and emails in 2014 as compared to 3,681 in 2013. Although there was a slight decrease in telephone contacts in 2014, the numbers remained consistently at the higher rate since 2012, which is exceptional considering the helpline continued to be available for half the time than it was in 2012.



Many of the phone contacts were from clients who had worked with the Centre previously (69%). New callers comprised 13% of

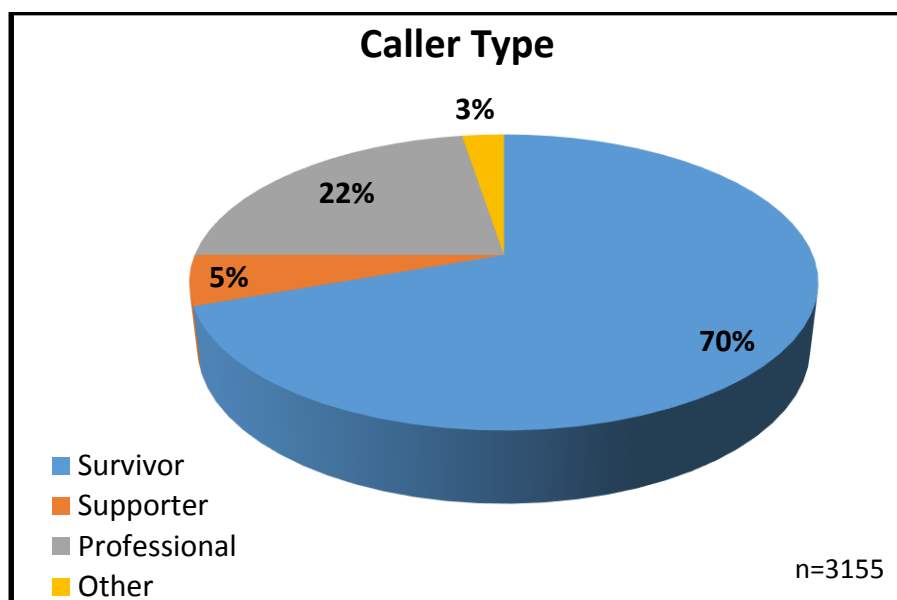
contacts through the helpline, and in 17% of calls the relationship between the client and the Centre was not established.

## **Helpline Statistics 2014**



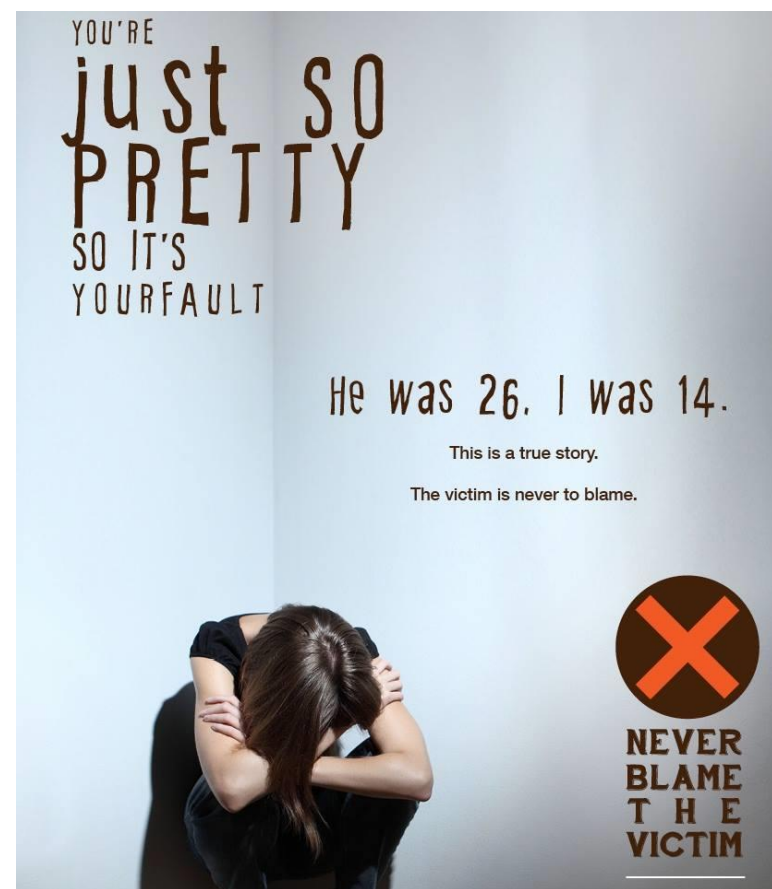
Clients reached out to the helpline in several ways, using a variety of platforms. Most of the contacts were through direct calls to the hotline (67%), while 30% of contacts were made through text, and 3% through a letter or email.

## Helpline Statistics 2014



Many of the helpline contacts were from survivors themselves (70%). Additionally, 22% of contacts were from professionals such as medical staff, social/youth workers etc. Supporters accounted for 5% of callers. Drop in counselling appointments can also be arranged for supporters.

## Never Blame the Victim Programme





Never Blame the Victim is an innovative programme by the Galway Rape Crisis Centre which will increase the understanding of young people and professionals that work with young people of the stigma surrounding sexual abuse and sexual violence.

Rape and sexual violence is the ultimate theft of self-control and often leads to a breakdown in the victim's sense of self-worth. The stigma attached to rape often is the biggest barrier victims need to transcend in order to come to terms with what has happened. Public perception is shifting slowly but media accounts perpetuate the myth that the victims, often when alcohol is involved, did something to warrant the rape. "It's still too difficult for a lot of survivors, still too much of a stigma attached, especially in acquaintance rapes, where they are so often blamed unfairly for participating in what happened." The Victim is Never to Blame.



## **Education and Awareness Programme**

The Galway Rape Crisis Centre's Education and Awareness Programme increases awareness of sexual violence and challenges the myths and misinformation that surround sexual abuse, rape and sexual violence.

The workshops focus on the services available to victims and how to deal with the effects of sexual violence, if it happens to them or someone close to them. The workshops explore relationships, impacts of sexual violence, and discusses victim blaming,

A limited number of education and awareness programmes were delivered in 2014 due to budget cuts.

## **Media & Awareness**

### **Facebook**

Our Facebook page is updated on a daily basis and is an important way of sharing information about the Centre, fundraising events and creating awareness. Facebook is one of the most popular social networks with 90% of 15-24 year olds holding an account. Young people are most at risk of sexual violence and the Facebook page is used as tool to create awareness about the services the GRCC

provides. It is an easy and accessible way for people to become more familiar with the centre. It also is also used to inform supporters of events and fundraising activities happening throughout the year. Check out the page:  
[www.facebook.com/GalwayRCC.org](https://www.facebook.com/GalwayRCC.org).

### **Website**

The website is often the initial point of contact for clients. There is extensive information about our services and issues around sexual violence. The website is updated on an ongoing basis, adding in relevant news and information about volunteering and fundraising events. There is also opportunity to fill in online forms for people interested in volunteering with the Centre 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.

## **Financial Summary 2014**

### **Income & Expenditure Account for the year ended 31 December 2014**

		<b>Continuing operations</b>	
		<b>2014</b>	<b>2013</b>
	<b>Notes</b>	<b>€</b>	<b>€</b>
<b>Income</b>	<b>2</b>	414,066	416,561
Administrative expenses		(445,073)	(442,712)
Other operating income		14,400	14,400
		<hr/>	<hr/>
<b>Excess Expenditure over Income</b>	<b>3</b>	(16,607)	(11,751)
Other interest receivable and similar income		298	32
Interest payable and similar charges	<b>4</b>	(295)	(298)
		<hr/>	<hr/>
<b>Excess Expenditure over Income activities before taxation</b>		(16,604)	(12,017)
Tax on loss on ordinary activities		-	-
		<hr/>	<hr/>
<b>Excess Expenditure over Income activities after taxation</b>		(16,604)	(12,017)
		<hr/>	<hr/>
<b>Reserve Movement</b>		(16,604)	(12,017)
<b>Income &amp; Expenditure Account brought forward</b>		326,270	338,287
		<hr/>	<hr/>
<b>Income &amp; Expenditure Account carried forward</b>		309,666	326,270
		<hr/>	<hr/>

There are no recognised gains or losses other than the surplus expenditure over income for the above two financial years.

On behalf of the board

John Daly  
Director  
Date: 20 April 2015

Kenneth Walsh  
Director  
Date: 20 April 2015

## **Fundraising**

The Galway Rape Crisis Centre would not be where it is today without the volunteers and supporters who continue to contribute so much to the Centre. We receive about 80 percent of our funding from Tulsa, leaving us dependent on the public to fill the remainder of our operating costs. We know that it is hard to budget for anything extra these days, and the maintained commitment from the people of Galway has sustained us through the year. Because of you, we can ensure that our resources will remain available to survivors of sexual violence.

The generosity of our volunteers and funders has taken so many diverse forms this year: from shaking buckets in Eyre square to writing stories for our Flash Fiction competition, our 30th anniversary was one of connection and community. Whether through Salthill for our fundraising walk or on the catwalk during Couture and Cocktails, we walked together. The support of our fundraisers and volunteers is support for survivors of sexual violence. To contribute to the Centre is to take action against sexual violence, to stand on the side of survivors and refuse to excuse abuse.

At the GRCC we are supporting survivors as well as combating cultural myths and misunderstandings of sexual violence and those that endure it. The money that our volunteers raise goes directly to frontline services, straight to the survivor. These funds have a massive impact. Each €50 provides one emergency call out by a psychological support worker, €150 provides three crisis counselling sessions and €1500 provides counselling to a survivor for one year.

The GRCC remains committed to the principles in the Statement of Guiding Principles for Fundraising set out by ICTR. ICTR is a membership organisation of charities working to create a policy climate in which philanthropy can thrive, by utilizing a combination of taxation and regulatory reform.

Full details including our donor charter can be found on our website [www.galwayrcc.org](http://www.galwayrcc.org) or you can make a written request to Fundraising Dept., GRCC "The Lodge" Forster Court, Galway.

Again, our deepest appreciation goes out to the volunteers and supporters who helped us this year. You have made a difference in the lives of survivors.

## **Annual Events**

**Flag Day - June**

**Church Gate Collection - October**

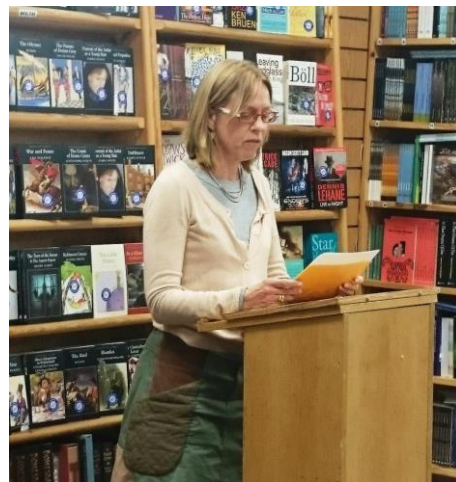
**Carol Signing in December**

“The time that volunteers give to fundraise for the GRCC is invaluable to the continuation of services.”

## **2014 Fundraising Events**

### **Flash Fiction Competition**

In January 2014, the GRCC launched “This is a Story” ....a Flash Fiction competition, in association with celebrated Galway author Mike McCormack. We invited people to submit their original unpublished work, with an entry fee of €5, to be in with a chance of winning a first place prize of €500. We were overwhelmed with both the volume and quality of entries we received. Five finalists were selected to read their work aloud in an evening at Charlie Byrne’s Bookshop.



Flash fiction finalists Joe Crotty and Rebecca Kemp

## **The Longest Day Walk 21<sup>st</sup> June**



On the 21<sup>st</sup> of June, the GRCC organised a fundraising walk from the Spanish Arch to Blackrock, in solidarity with survivors of sexual abuse and sexual violence. Symbolising the promise of hope and light on their journey, staff and volunteers, alongside members of the community, walked together from the Claddagh to Salthill to show their support for survivors everywhere.



## **Couture and Cocktails**



Fun, frocks and fashion was the order of the day at the Radisson Blu Hotel on the 2<sup>nd</sup> of July at 'Couture and Cocktails'. Prior to the event, GRCC teamed up with Frockadvisor to launch a search for Galway's Best Boutique, which involved Galway shoppers' voting for their favourite boutique on Facebook, by email or text. On the night, guests enjoyed a drinks reception, fashion show, and pampering, all hosted by stylist and television personality Brendan Courtney. It was a wonderful event which raised much needed funds for GRCC, while also promoting and supporting small business owners in Galway.



## **30<sup>th</sup> Anniversary Celebrations**



2014 was a special year for the Galway Rape Crisis Centre. In 1984, a small group of women got together to do something about the lack of services in the city for survivors of sexual violence. Thirty years later, the Centre has helped thousands of men and women heal and rebuild their lives. We held a series of fundraising and advocacy events throughout the year to mark this important milestone.

## **St. Patrick's Day Parade**

2014 was the first year GRCC were invited to take part in the annual St. Patrick's Day Parade in Galway city. A group of 20 staff and volunteers marched through the streets of the city with balloons and banners, to celebrate the centre's 30 year anniversary and to thank the people of Galway for their donations and support over the last three decades. GRCC's participation in the parade highlighted how attitudes towards sexual violence have changed considerably since the centre's establishment in 1984.

## **30<sup>th</sup> Anniversary Walk**

On 6<sup>th</sup> of December, the GRCC held a fundraising walk to raise funds and celebrate 30 years of helping survivors of sexual violence heal and rebuild their lives. Staff and volunteers did not let the winter weather dampen their spirits, and a great day was had by all!



## **GRCC needs your Help!**

Individuals and groups can organise fundraising events for the GRCC. Table quizzes, gigs and karaoke nights are fun events that raise a lot of money for the centre. The GRCC is so grateful to volunteers who organise events and give their time for bucket collections and bag packing.

### **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 in a few ways:

#### **Donate Online**

You can donate online on our website [www.galwayrcc.org](http://www.galwayrcc.org) or by visiting [www.idonate.ie](http://www.idonate.ie) and selecting our charity.

#### **Sponsorship**

Sponsoring or part sponsoring one of our fundraising events.

#### **Post**

Send a cheque, bank draft or postal order made payable to Galway Rape Crisis Centre, The Lodge, Forster Court, Galway, Ireland.

#### **Standing Order/Direct Debit**

To make regular ongoing donations to GRCC go to our website [www.galwayrcc.org](http://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.



## **Become a Fundraising Volunteer**

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. We desperately need volunteers and 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](http://www.galwayrcc.org), or contact us at [fundraiser@galwayrcc.org](mailto:fundraiser@galwayrcc.org)



Mags Coleman & Maria Heschl

### **Volunteering Experience Mags Coleman Aged 23**

I began interning with GRCC in March 2014. A women's studies student at the time, I wanted to learn more about the sector and gain some skills in fundraising. After six weeks, not only had I

gained valuable experience in fundraising, advocacy and administration, I had a deeper understanding and respect for the work of Rape Crisis Centres and the services they provide. One of the first things I noticed was how dedicated the staff were to the care of their clients.

I remember one afternoon a client dropped in a thank you present of a hyacinth flower, representing her journey as a survivor, and a card explaining how important the centre has been in helping her heal. Misconceptions I held about sexual violence, in particular, the recovery process, were soon displaced. This internship inspired me to write my Master's dissertation on the issue of sexual violence and raise funds by running races for the YOUR campaign. I enjoyed the experience so much I came back a year later to volunteer two days a week. I know the experiences and relationships I have formed here will be invaluable to me in my future career, and I would encourage anyone who is interested in volunteering to sign up straight away!

**If you have been affected by any of the  
issues raised here, please contact the  
Galway Rape Crisis Centre Helpline on  
1800 355 355**

GRCC is grateful for the support of the following funders:



*Manuela Riedo Foundation*

**TÚSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

