



Galway Rape Crisis Centre  
Annual Report  
2009



**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 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, as 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.*



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Board of Management Members (as of 15th July 2008): Chairperson: Noor Poppers (Netherlands), Treasurer: Maire Fitzmaurice, Secretary: Marian Shiels, Regina Cunnane, Stephen Mackey, Breda Lymer, John Daly. For up-to-date information on Board Members please check the listing on our website at [www.galwayrcc.org](http://www.galwayrcc.org).

GRCC are grateful for the support of the following funders:



Galway Independent; HP; Blacklight; Konnect Media; Le Maison Chic; Designhouse Barna PR Works; Nestors, Supervalu; Feeney Solicitors; Athenry Golf Club; Galway Bay FM; Galway Swing Dancers; The Kylie Experience

*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 programmes we also work towards ending 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 (RCNI). The centre employed 14 part-time staff and a new full time fundraiser began working with us in October 2009. Five volunteer counsellors continued working with us alongside numerous invaluable fundraising volunteers. We trained 30 volunteer SATU support workers and also began running an internship programme where we placed 3 interns during 2009 who gained valuable work experience in the office.

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 a more effective Management Committee & Board of Director basis in order to meet criteria of transparency and accountability set by the Revenue Commissioners and the Health Service Executive (HSE).

## Chairperson's Message



As Chairperson of the Board of the Galway Rape Crisis Centre [GRCC] I am pleased to introduce our Annual Report for 2009.

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.

GRCC celebrated 25 years of service in the past year and to mark the occasion a Conference was held in Galway entitled "The Next 25 Years, Societal Responses to Rape and Sexual Abuse".

We are very pleased to be involved in the setting up of The Sexual Assault Treatment Unit in Galway, which also opened in the past year.

I would like to take this opportunity to thank my colleagues on the Board, The Acting Executive Director, the Staff and Volunteers for their hard work and dedication in promoting the services of the GRCC in the past year. I would like to thank the HSE, RCNI and the Department of Justice for their continuing support.

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

*Stephen Mackey*

## Acting Executive Director's Report



2009 was an exciting year for Galway Rape Crisis Centre in many ways. We celebrated our 25th anniversary, which we commemorated throughout the year with awareness campaigns and educational events culminating in our 25th Anniversary Conference in November.

We were also delighted to announce that the Sexual Assault Treatment Unit finally opened on August 24th, 2009. Research shows that where such a unit exists people who have been raped or assaulted are much more likely to report, stay in the court system and avail of medical and psychological services.

Our counselling service continued to provide professional, caring and confidential counselling for those in our community affected by sexual violence. We continued to provide advocacy and accompaniment to services for our clients.

Throughout 2009, GRCC continued to work with key partners such as the HSE, RCNI and the Cosc as well as a number of important local community partners. Cooperation with statutory and voluntary agencies connects our work to the wider community and is vital in fulfilling our mission in working towards a society free from sexual violence.

It goes without saying that 2009 was a tough financial year for everyone, GRCC included. Our thanks to the HSE who continued to be the main funder to the service and to Cosc who were joined by ESB Electric Aid as a new funder. During 2009, GRCC had fantastic support from the Galway community who donated generously and supported our many fundraising events. Our heartfelt thanks go to those who helped to keep our vital service open.

*Aoibheann McCann  
Acting Executive Director*

## Counselling and Support Services

### 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.

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.

During the first meeting with the client, which we call the 'initial appointment', the client's current situation is discussed, how they are coping right now, what means of support are available 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.

**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 2009 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 allows our clients to contact us free of charge and confidentially.

#### 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.



## GRCC Client Statistics for 2009

- 2,180 calls made to the Helpline in 2009
- 2,609 face-to-face counselling sessions took place in the Centre which averages 50.2 sessions per week
- A total of 518 individuals contacted GRCC in 2009 to avail of our various services (an increase of nearly 8% on 2008 figures)

### 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 third year of counselling male survivors. The Centre employs one male part-time counsellor specifically for male clients, but female counsellors are now also seeing male clients.

### Refugee & Asylum Seekers Clinic

The Centre has run a very successful Asylum Seeker and Refugee Clinic since 2005. After two years of Dormant Accounts Funding, funding of the clinic during 2007 reverted back to the remit of GRCC.

### Support Groups

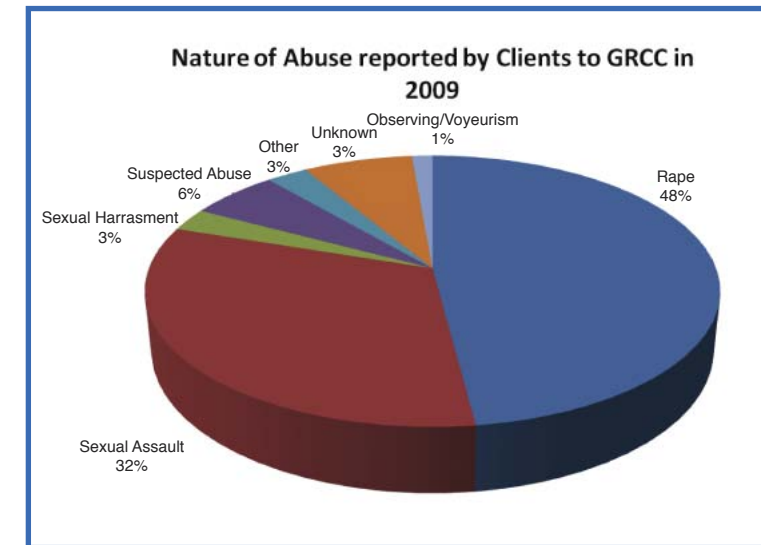
The Centre has a tradition of facilitating support groups through which survivors of sexual violence in counselling have a chance to share their experiences with other survivors. During 2009 GRCC ran two such groups.

### Christmas Sharing

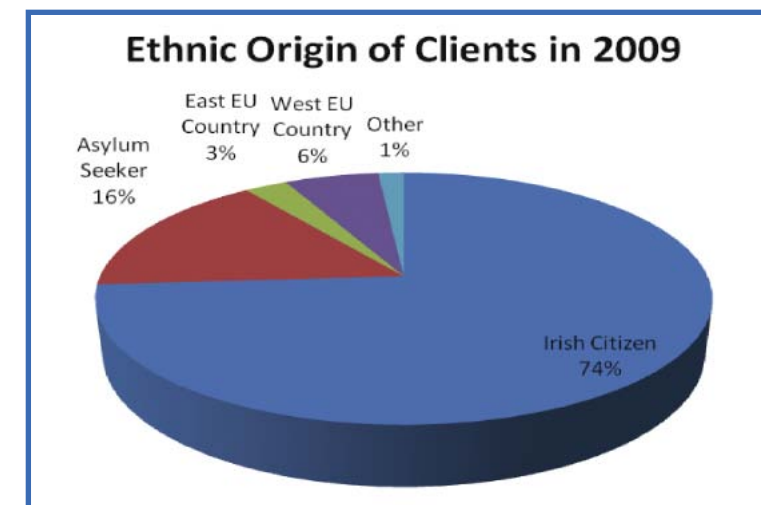
The Centre traditionally takes part in the annual Christmas Sharing event facilitated by all Rape Crisis Network Ireland RCC's which is usually held on the last Friday before Christmas. The Christmas Sharing is a group event which facilitates survivors coming together and sharing what Christmas means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

### Legal Clinic

GRCC provides a monthly legal clinic staffed by a voluntary legal professional to give information and advice to survivors of sexual violence, mostly in relation to the criminal justice system.

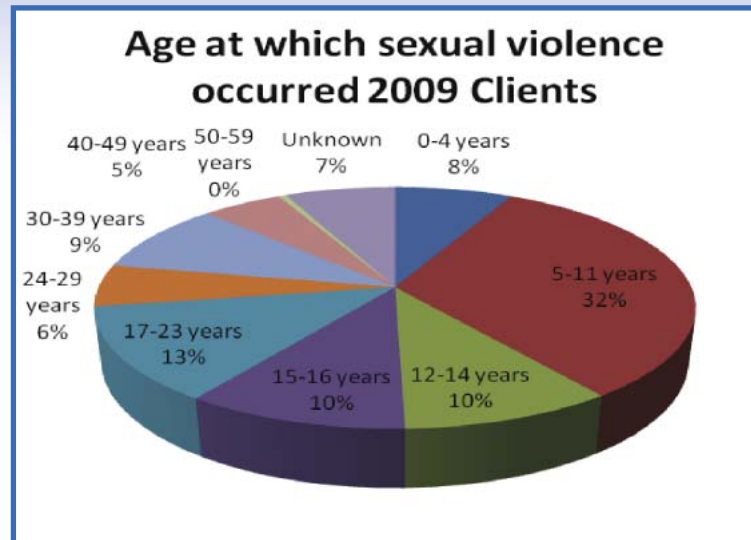


In 2009, rape was the most reported nature of abuse and sexual assault was the second most common with 32% of reports by clients.

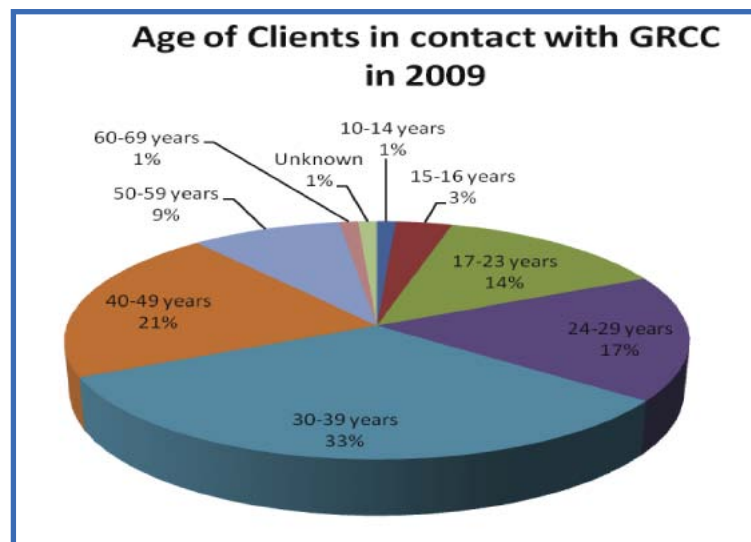


This chart shows the ethnic origin and legal status of our clients in 2009. Perhaps due to a declining number of asylum seekers to Ireland in 2009, the number of clients attending the Centre decreased.

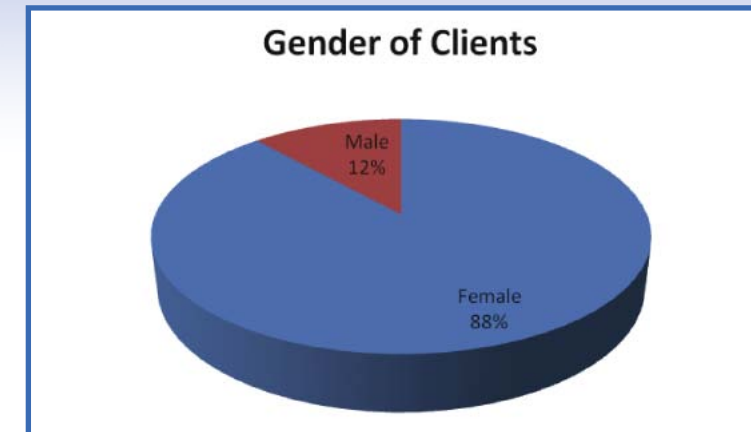




This chart shows clearly that all age groups are at risk of sexual abuse and sexual assault. However, some emerge as more high risk than others. 60% of all clients attending the Centre were abused under the age of 17. Especially young children (0-11) seem to be vulnerable to the risk of abuse, when most dependent on the adults around them to look after and protect them. A third of all clients present at the Centre are survivors of adult abuse or rape. 7% are at an unknown age when abuse occurred.



The age make-up of the clients attending the services at GRCC would suggest that survivors wait a significant amount of time before seeking professional counselling. Over 60% of clients are between the ages of 30 and 60.



The gender make-up of Clients attending GRCC as the graph above shows women survivors are in the majority. However, the number of male survivors attending the Centre has nearly doubled since 2007 when the figure was just over 6%.



What is striking in this chart is that in approximately 80% of cases the perpetrator was someone known to the survivor. In 10% of the cases the perpetrators were members of the security forces. This is often reported by asylum seekers, many of who have undergone horrendous ordeals in their home countries before fleeing to Ireland.



## Client Contribution

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

#### NEVER TOO LATE

Pills, needles and ECT  
did absolutely nothing for me  
nothing at all, but made me feel small  
when I could have been helped and made feel tall  
But at last I'm free after thirty long years  
of taking the tablets that strengthened my fears  
I've now found a place to talk at last  
to talk and discuss and even to chat  
about two episodes that messed up my life  
as a child and a teen that caused all my strife  
I'd like to go on and say much more  
but the past is not my battle, not any more  
when the realisation of what happened to me  
came to the fore, I had no one to see.  
So I took up the phone book and made the call  
I explained I was old, would they see me at all  
They did, I am here and that concludes all.  
I realise too, and I know full well  
that the place where I've been was much worse than hell  
I only can hope and I only can pray  
That no one will go down that road today.  
Shock treatment, injections and pills will away  
and counselling sessions are here for to stay.  
I'm not bitter or angry at my wasted past  
but can finally live, and move forward at last.  
It's time for us now to get to the core  
not hide things inside and let them hurt more.  
I'm certainly honest when this I say  
that the Rape Crisis Centre has saved my day!

## Counselling Male Clients

For the last three years, Galway Rape Crisis Centre has been seeing male clients at our premises on Claddagh Quay. Male survivors were previously seen by a separate organisation, the Male Abuse Survivors' Centre (MASC) which opened in 1998 with staff who had been trained and supported by GRCC. When the Centre had to close its doors due to lack of funding, GRCC 'adopted' MASC. During 2009, GRCC had one male counsellor working part-time but male clients were also seen by female counsellors.

*"From my experience, it seems to be much harder for men to disclose. It is generally seen that only women are supposed to be in need of help and that men are supposed to be able to look after themselves. Many live in a sort of denial of what has happened to them. Many don't disclose until adult age and when a domestic event occurs such as a parent dying, they are to get engaged or married, or when they have children of their own. One man in his late 70's once made a phone call to the Centre and disclosed the abuse that had happened to him as a child. Throughout his life he had suffered from depression, alcoholism and he had been abusive. His wife had just passed away and he had always wanted to tell her about his experience yet had never been able to. His daughters had turned away from him and he now felt like he had to tell someone in order to be able to die in peace."*

Jimmy Haran  
Galway Rape Crisis Centre Counsellor

## Sexual Assault Treatment Unit (SATU)

A dedicated Sexual Assault Treatment Unit (SATU) opened in Galway in August 2009 after many delays. Eleanor Comer, Forensic Nurse took up her position on the 2nd of March and the unit is now located at Parkmore, which will be a temporary premises until a permanent unit is set up at Merlin Park Hospital. SATUs are specially designated units that provide all necessary care in the aftermath of a rape or sexual assault in a multi-agency integrated approach. 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. Most importantly, the SATU units provide 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 SATU unit is also expected to make the morning after pill (MAP) available to clients in the aftermath of rape.

The psychological support provided in the Unit is looked after by the Galway Rape Crisis Centre. GRCC currently have three 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.

Gardaí 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. GRCC 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. We would envisage the same to happen here, as this long awaited specialised service will be available in the West of Ireland for the first time.

## Education, Awareness & Lobbying

### Website and Poster Awareness Campaign



Minister Eamon O'Cuiv ,  
Aoibheann McCann and  
Chair Stephen Mackey

GRCC's website was updated and re-launched in March of 2009. The Minister for Community, Rural and Gaeltacht Affairs, Éamon Ó Cuív officiated at the launch.

It is an excellent source of information about rape and sexual assault and what services are available. It is also helpful in finding advice and information on training and volunteering with the GRCC along with fundraising ideas. As about 20% of the Centre's clients are non-Irish, rigorous work was put in to translate the website into eight different languages.

Another feature of the new website is the monthly newsletter giving both an update on events and activities but also insight into various topics of sexual violence and abuse.

There was also a poster campaign launched at the same time. These awareness posters were also translated into eight languages and put up at various locations such as medical clinics and GP surgeries. This is important as it is crucial for the non-Irish nationals living in Galway to be aware that there is help out there for survivors of sexual violence and abuse.



## GRCC in the Media

Throughout 2009, the Galway Rape Crisis Centre received media coverage on various occasions leading to positive action being taken. This was especially in regards to the situation for asylum seekers and refugees living under direct provision in Galway City.

"Women and children at risk in refugee hostels, warns Rape Crisis Centre chief" was the headline of an article published by the Galway Advertiser, August 27, 2009. The article was based on statements by Executive Director Aoibheann McCann expressing the Centre's concern for the minors and women living under direct provision to be re-victimised and used by perpetrators who can gain easy access to these institutions. She also said that changes needed to be made to protect the safety and well-being of those living in these privately run institutions. On October 15 2009, the Galway Advertiser followed up the previous article after reports from the GRCC of men repeatedly attempting to solicit sex from female asylum seekers in return for money or gifts. Calls for Gardaí investigations were formally made along with the attention being drawn of the Minister for Health and Children.

The issue was also picked up nationally in the Sunday Times on October 25, 2009. The result of this media coverage was a multi-agency approach led by the Gardaí to improve the safety of the women and minors living at the hostels.

Aoibheann McCann began to write a column in the Galway Independent on 21st of October entitled "Lets Talk About". Aoibheann covered topics that ranged from issues surrounding sexual violence, to dispelling the myths that people perceive to be true around the issue of rape.

### Representation

The GRCC is also 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 both the employment sub-committee and the strategic implementation group.

As well, the GRCC was elected the RCNI representative on the multi-agency Regional Committee of the Taskforce on Violence Against Women, which has now changed into a statutory structure and renamed 'Regional Advisory Committee' under the joint remit of COSC and HSE.

GRCC also continued to sit on 'Making the Links', a multi-agency steering committee aiming to provide services for women in prostitution in the Galway Area.



# GRCC 25th Anniversary Conference



*Aoibheann McCann,  
John Daly Treasurer,  
Senator Fidelma Healy  
Eames, Vesna Malesevic  
NUIG*

During the GRCC's 25 year anniversary, the conference was launched in October at the Ardilaun Hotel by Senator Fidelma Healy Eames. Acting Executive Director, Aoibheann McCann said that although people's perception of rape has changed dramatically, there is still a shame and stigma involved in being associated with sexual violence. The conference was set to highlight the importance of the Rape Crisis Centre and look at the needs for the next 25 years of preventing sexual violence and supporting its survivors.



*Maire Fitzmaurice, Mary D'arcy RCNI, Kay Tighe.*



*Volunteer, Members of GRSG, Susanne McKane GRSG.*

November 27th 2009, saw the 25th anniversary conference of the Galway Rape Crisis Centre. The conference to mark this occasion was both a celebration of good work completed and a coming together of minds to consider practical approaches in eradicating sexually violent crimes from occurring in the future. Close to 100 people attended the event and the response was very positive. Attendees were engaged for the duration of the day with guest speakers in the morning, workshops and research papers in the afternoon followed by roundtable discussions. An action plan was created out of each roundtable discussion that consisted of five points outlining how a society free from fear of abuse and sexual violence could be attained. Each person that attended the conference contributed

to the debate, giving their views, valuable information and sometimes harrowing personal anecdotes. These all validated the terrible reality of rape and sexual abuse and made it perfectly clear that firm action must be taken to ensure that the risk of these crimes is radically minimised if not totally eradicated. There was a strong energy throughout the conference - a sense that difficult work was being undertaken.

## Guest Speakers

After Aoibheann McCann, Acting Executive Director of the GRCC, had opened the conference, Ailbhe Smyth, who established UCD Women's Education Research and Resource Centre (WERRC), spoke as the conference's first key speaker. She spoke about the reality of sexual violence in Ireland today and of the importance of education in the prevention work. She was followed by Margaret O'Reilly-Carroll, SPIRASI, who talked about sexual violence and rape in relation to torture. Her expertise is highly valuable as the GRCC sees more clients who are refugees and/or are seeking asylum and who have experienced some form of torture. Ivana Bacik, Senator, LLB, LLM (Lond), BL, FTCD, Reid Professor of Criminal Law, Criminology and Penology at Trinity College Dublin, spoke about the law in relation to sexual violence and the need to change the old existing laws in accordance to today's existing expertise and knowledge. Michael O'Brien who is a former Mayor of Clonmel and a survivor of industrial school sexual abuse, spoke about his experiences of sexual violence and what he sees as important in the work for a safer Ireland. He highlighted the need for the government to set up a proper body to deal with the issues of sexual abuse according to the victim's needs, for which we would all have to work together.



*Ivana Bacik, Michael  
O'Brien, Ailbhe Smyth,  
Margaret O'Reilly-Carroll*

## Presentation of Papers

At the conference, three research papers were presented. The first by Anna Clayden *The Role of Domestic Violence Orders in Protecting Victims of Marital/Relationship Rape and Sexual Abuse*, the second by Aoife Dermody *Counting Sexual and Domestic Violence* and the third by Caroline Kelleher and Sinead Mc Gilloway *Trauma & Sexual Violence in Ireland: Challenging a Rape Supportive Culture*.





*Carmel Dooley PR Works,  
Aoife Nic Fherghusa TG4.*

#### Round Table Discussion

The afternoon of the conference was dedicated to seven round table debates, leading up to a practical action plan being put forward as suggestions for changes needed. The topics of the roundtable discussions were as followed; Rape and the Law led by Caroline Counihan, Trafficking led by Carol Staunton, Sexual Violence and Research led by Vesna Malesevic, Male Survivors of Abuse led by Michael O'Brien, Interagency Co-Operation led by Anna Clayden, Education and Misc.

The following changes were discussed during the seven round table discussions; Rape and the law; An increase is needed in general public awareness and education particularly jurors and children. There must be consistency in sentencing and humane effective programmes in prison. Specialised units of Gardaí who are educated in sexual violence issues must be introduced.

Trafficking; Language used in relation to trafficking needs to be addressed. The notion of 'slavery' needs to be added to the term so it is not as easily sensationalised or glamorised as 'sex' or 'prostitution'. Training for personnel who have contact with trafficked persons is essential. Services including aftercare services need to be more widely available. An alternative lifestyle needs to be offered also for example a change in the direct provision system.

Sexual Violence and Research; Develop a national awareness campaign. Training for professionals. Research into victims'/survivors' perception of gaps in services currently provided. Research into incidences and/or prevalence of sexual violence among LGBT (lesbian, gay, bisexual, transgender) communities.

Male Survivors of Abuse; The media need to be trained to deal with such issues appropriately. Abusers must be punished if they are proven to be abusers regardless of age or other factors. Campaigns to raise awareness should be created around male violence. People in roles of authority should be educated on how to deal with disclosure.

Interagency Co-Operation; Further education for all, particularly young people, healthcare professionals and the frontline people who come in to contact with survivors. An interagency approach must be taken including housing, judiciary, Gardaí, social welfare, medical. It must be acknowledged that sexual violence is not an individual problem but a societal one. The gaps in the legal system must be closed.

Education; Separation of Church and State must occur. National Strategy: Sexual violence education plan must be put in place for children and young people. It

should be made part of the school curriculum as standard in primary and post primary. A national plan should be developed for adults. The media must be engaged and brought on board in an appropriate manner. There must be a regular data collection on the incidences of sexual violence so the success of education campaigns can be measured. There must be a multi-agency involvement in the delivery and development of education programmes.

Misc; There must be a change in public policy/legislation so that it is consistently gender inclusive and sensitive. Education and training must be brought into every aspect of society and government bodies. Change of criminal law – not living in fear of criminalisation/ deportation. Holistic healthcare services must be accessible for all people to avoid stigmatisation. There must be a multi-agency approach and peer support programme for the whole country, not just Dublin.



*Paul Shelly, Chamber of Commerce,  
Aoiheann McCann, Stephen Mackey.*



*John Daly, Nuala Daly, Cecilia Mackey, Stephen Mackey.*



# 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. The Executive Director of Cosc, Eimear Fisher, launched our Strategic Plan on the 3rd October 2008 in the Radisson Hotel, Galway. Within the Centre staff and volunteers are working together to implement the plan.

### 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 Safety Training
- Court Accompaniment Training.



# Fundraising

## INTRODUCTION

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. 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 2009 which were very successful and raised much needed funds for the Centre.

This year saw the retirement of Kay Tighe who had been the fundraiser for the Centre for 4 years. Kay did wonderful work on behalf of the Centre raising the profile of the Centre within the business community of Galway. Kay won the Network Galway's Women in Business President's Award in 2008. Glyn Carragher has now taken over the role and continues the work for the GRCC's fundraising department – new and exciting outings and events are on the way.



Aoibheann McCann,  
Glyn Carragher,  
Fidelma Healy Eames

*On behalf of the Galway Rape Crisis Centre I would like to thank all those who have supported us in the past year. It continues to be an ever uplifting experience for me to meet with such a broad spectrum of our community and to witness first-hand the selfless giving of time, resources and monies that have been donated towards the continuing work of the centre.*

*The validation of the work we do through your giving and support is a corner stone of our existence, and although we are constantly reminded of recessions and cutbacks the common decency of those of you, upon who we so critically depend, has not wavered. Thank you. The difference you have made knows no measure.*

Glyn Carragher  
Fundraiser

# Events

**Flag Day:** Volunteers took 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.

**Rowathon:** This event took place in June 2009, as part of the Galway Volvo Ocean Race. DesignHouse Barna also sold the traditional Breton Shirt in aid of GRCC during the Volvo Ocean Race.

**Golf Classic:** This event took place in Athenry Golf Club and it was a great success with many teams taking part in the event and many generous sponsors on the day.



Regina Cunnane, Ian Moore,  
navigator of Green Dragon,  
Kay Tighe.

**Carol Singing:** Is an annual event, and again in 2009 many volunteers turned out to sing Christmas Carols in aid 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.

**Streets of Galway:** This event in its 24th year took place in August around the city's streets and was well supported for the GRCC.



**BBQ:** Held in the Radisson this was a very successful night with fantastic food and great entertainment from The Kylie Experience, Galway Swing Dancers & Marc Roberts- DJ from Galway Bay FM.

**Other Events:** The 25th Anniversary Conference and Gala Dinner was the largest event of 2009 for the GRCC, which took place in the Ardilaun Hotel and consisted of Gala Dinner, spot prizes and dancing to Restless.

Galway journalists support Aoibheann McCann, Laura Rigney and Carol Staunton as they train for the Flora Women's Mini Marathon. Pictured (left to right) Galway Now Deputy Editor Jo Lavelle, Galway Bay FM's Bernadette Prendergast, Una Sinnott from the Galway Advertiser, the Connacht Tribune's Bernie Ni Fhlaitheartha, Galway Independent Editor Hilary Martyn and iRadio's Grainne McMahon.



# Financial Summary 2009

AUDITED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2009

	Continuing operations	
	2009	2008
	€	€
Income	500,719	501,233
Administrative expenses	(531,708)	(539,918)
Excess Expenditure over Income	(30,989)	38,685
Interest payable and similar charges	(271)	(588)
Excess Expenditure over Income		
Activities before taxation	(31,260)	(39,273)
Tax on (loss)/profit on ordinary activities	-	-
Excess Expenditure over Income		
Activities after taxation	(31,260)	(39,273)
Reserve Movement	(31,260)	(39,273)
Income & Expenditure Account brought forward	391,461	430,734
Income & Expenditure Account carried forward	360,201	391,461

On behalf of the board  
 Stephen Mackey, Director  
 John Daly, Director

This Income & Expenditure forms part of the audited accounts for the year ended 31st December, 2009, 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](http://www.galwayrcc.org). We use My Charity ([mycharity.ie](http://mycharity.ie)) who process our online donations for a minimal administration fee.

**Standing Order** - To make regular ongoing donations to GRCC, please complete the standing order form on our website [www.galwayrcc.org](http://www.galwayrcc.org)

### 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](http://www.galwayrcc.org), or contact us at [fundraiser@galwayrcc.org](mailto: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](http://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