



Galway Rape Crisis Centre
Annual Report
2013



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.

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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 13 part-time staff, and has in the region of 16 volunteer counsellors, 30 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. 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)

Executive Director's Message

It is with great pleasure that I present the Annual Report of the Galway Rape Crisis Centre for 2013. This is a culmination and reflection of the hard work and dedication of a wonderful body of dedicated staff and Volunteers, who were steered through that last year by my predecessor, Helen Mortimer, in consultation with the Board of Management. 2013 presented many challenges not alone for the centre but for the Sexual Violence Sector and with the National Strategic Plan for the sector 2010-2014 coming to a conclusion, not for many years has the network of Rape Crisis Centres faced such change and challenges. I am delighted to have been appointed at such a time. With every challenge comes opportunity and we at Galway Rape Crisis Centre will take the opportunities presented to us in the interests of the provision of the best service to our clients, and in the interests of the education of society that there is no acceptable level of sexual violence in our city, county or country.

I take this opportunity to thank my predecessors for the firm foundations that they have provided and I look forward to working with the wonderful team that I am surrounded by to ensure that those who are affected by Sexual Violence, in any of its forms and at any time, will find healing within our walls and that we will make a change to societal attitudes to make our world a safer place.

We are very grateful to our funders and all who financially support the Centre, without them we would simply not exist and we look forward to their ongoing assistance and trust that we do them justice. I would particularly like to thank Cope Galway for their support and I look forward to working with them into the future.

Áine Feeney McTigue
Executive Director

Board of Management 2013

Chairperson – Carmel Dooley
Secretary – Máire Furlong
Treasurer – John Daly
Lorraine Scully
Gemma MacNally
Padraig McNeela,
Marlene O'Connor
Ken Walshe



Board of Management with Staff and Volunteers.



Counselling and Support Services

The first contact a survivor will make with us 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 SERVICES PROVIDED BY GRCC

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. 3,098 face-to-face counselling sessions took place in the Centre in 2013.

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 cause 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 the affect the sexual abuse and/or sexual 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.

Due to budgetary constraints the helpline is now only available from 10am to 1pm Monday to Friday. There were 3,681 calls and texts to the helpline in 2013. This is a huge increase from 2012 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 15% of clients at GRCC in 2013.

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 copings skill such as meditation and mindfulness.

Capacitar

The Capacitor 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 has Outreach services in Gort, Tuam and Ballinasloe. In 2013 there were 247 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.

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. 5 clients were supported with Court Accompaniment and 6 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 mostly in relation to the criminal justice system. There were 58 legal appointments in 2013.

Sexual Assault Treatment Unit (SATU)

The Sexual Assault and Treatment Unit (SATU) was set up in August 2009. 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.

The SATU units provide medical care including screening for and treatment of sexually transmitted infections and/ or any injuries which can occur as a result of sexual assaults.

In 2011 the self referral/non reporting service was introduced by appointment, Monday to Friday 8am-4pm, to survivors seeking medical examination and aftercare.

If the client reports to SATU through the Gardaí they can make a preliminary statement. Clients are under no obligation to pursue legal action or report the incident to the Gardaí.

In 2013 68 clients were supported by Galway Rape Crisis Psychological Support Workers at SATU. This is was an increase of 20 call outs since 2012.

Psychological Support

"Research indicates that sexual violence survivors receive more and better legal medical services when accompanied by rape crisis support".¹

The focus of Rape Crisis Psychological Support Workers is on immediate crisis intervention and advocacy as well as providing a tangible and personal connection to longer-term sources of advocacy, support and counselling. We currently have a team of 26 trained volunteers on call 24/7 providing psychological support within the SATU.

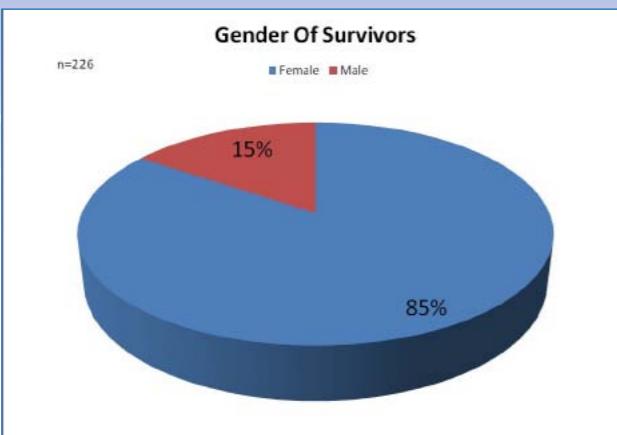
Statistics 2013

- 3,681 calls and texts to the helpline
- 3,098 face-to-face counselling sessions
- 58 legal appointments
- 247 appointments in Outreach services in Gort, Tuam and Ballinasloe
- 68 clients supported by Galway Rape Crisis Centre Psychological Support Worker at SATU
- Increase of 1,500 helpline calls since 2009
- This is a 20% increase of calls while there has been a 50% drop in helpline hours available
- Increase of 500 appointmens since 2009
- 282 more Service Users over the past 5 years

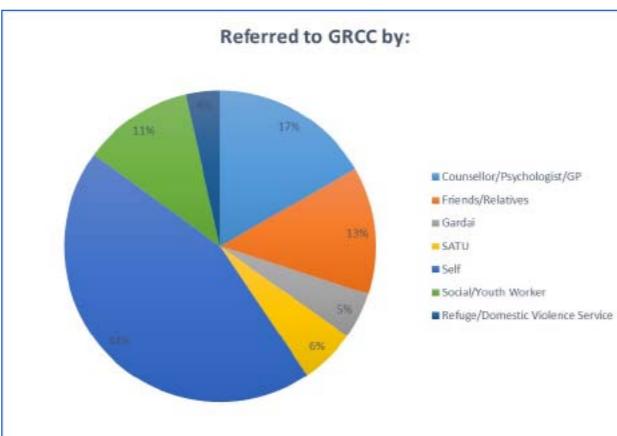


Gemma MacNally, Marian Sheils, Máire Furlong,
Lorraine Scully, Stephan Mackey, Garry Hynes
(Patron) and Aoibheann McCann

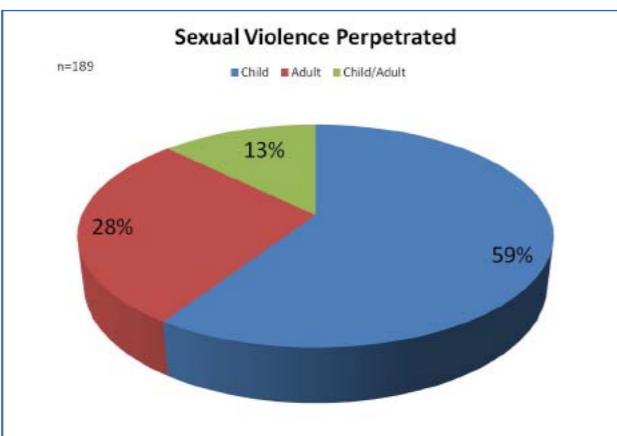
Statistics 2013



85% of GRCC clients were female and 15% male in 2013. This was a slight decrease (1%) in male clients since 2012. There are currently two male counsellors at GRCC and clients have the option of seeing a male counsellor if they prefer.



44% of clients made contact with the centre themselves but clients can be referred from a variety of sources including medical professionals (17%), social/youth workers (11%) and friends or family (13%)

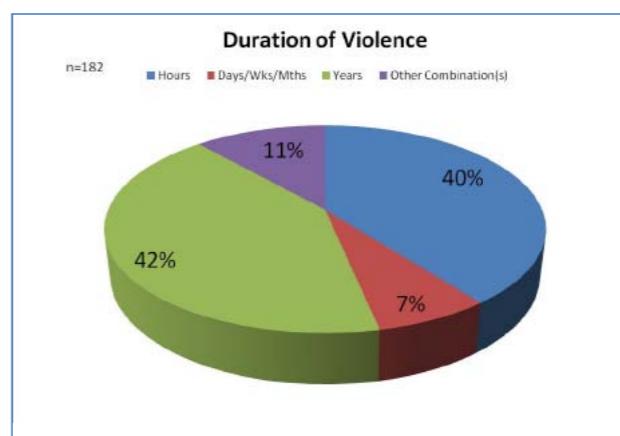


59% of clients sought support at the centre due to childhood sexual abuse, 28% for abuse that occurred as an adult and 13% for a combination of both.

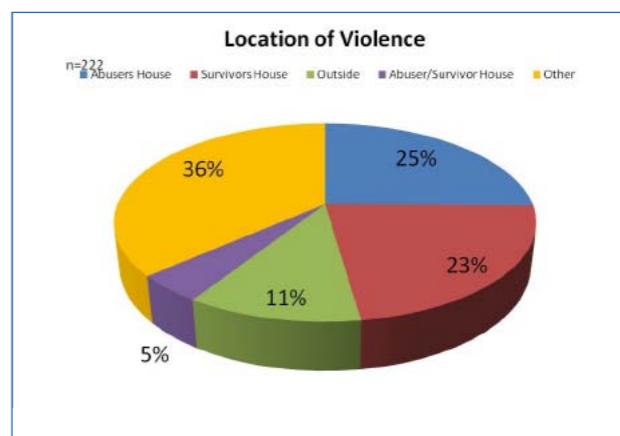
Statistics 2013



In 98% of cases the perpetrator was known to the survivor. 31% were a friend, acquaintance or neighbour, 27% of perpetrators were family members, 11% were abused by an authority figure and 23% were abused by a combination of the other categories. Partners and ex-partners accounted for 6% of perpetrators. 2% of perpetrators were strangers, which challenges the commonly held view that sexual violence is most commonly perpetrated by a person/s unknown.



For many clients (42%) sexual abuse occurs over a period of years. This figure reflects the experience of survivors of childhood sexual abuse.

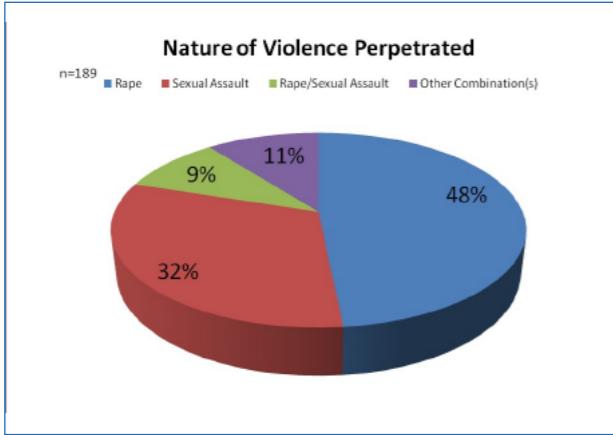


25% of assaults occurred at the home of the perpetrator and 23% occurred at the survivor's home. As previously noted, perpetrators are most often known to the survivor with 31% of perpetrators were a friend/acquaintance, 27% family member and 6% partner/ex-partner.

Statistics 2013



31% of survivors reported to Gardaí and 1% reported to Gardaí and another formal authority. 68% of survivors did not report the abuse to any official body. 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 we have seen from 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.

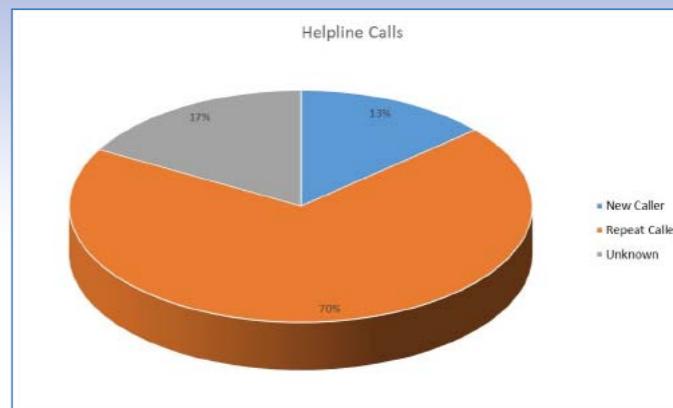


48% of clients sought support for rape, 32% for sexual assault and 9% for a combination of both rape and sexual assault. 11% accounted for other combinations of sexual violence including, but not limited to grooming, ritualised sexual abuse, use of pornography, sexual harassment.

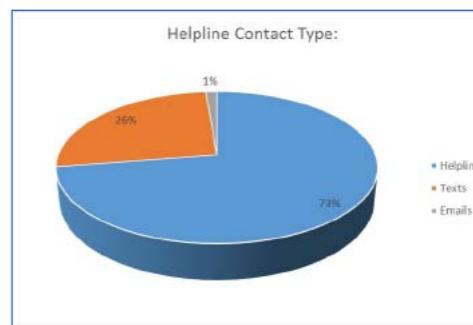


GRCC has Outreach services in Gort, Tuam and Ballinasloe. In 2013 there were 247 appointments in these areas and there were 36 legal appointments. The Outreach service is vital for clients who are unable to attend the main centre.

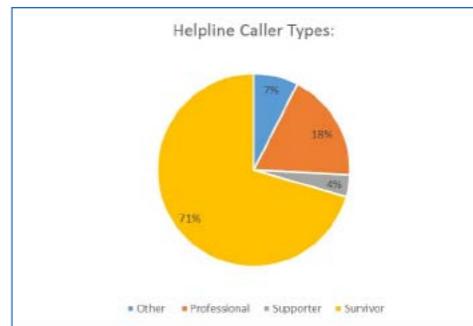
Helpline Statistics 2013



The helpline is open from 10am to 1pm. Prior to 2013 it was available from 10am to 5.30pm. There were 3,681 calls, texts and emails in 2013 as compared to 2,935 in 2012. This is a massive increase considering the helpline is only available for half the time.



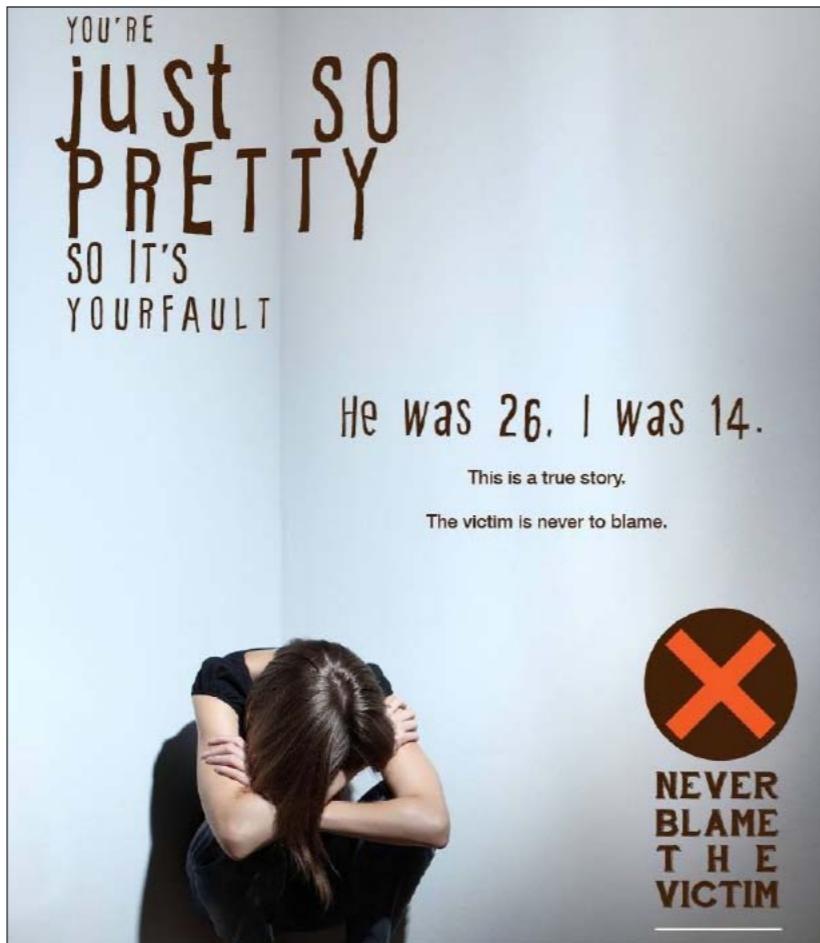
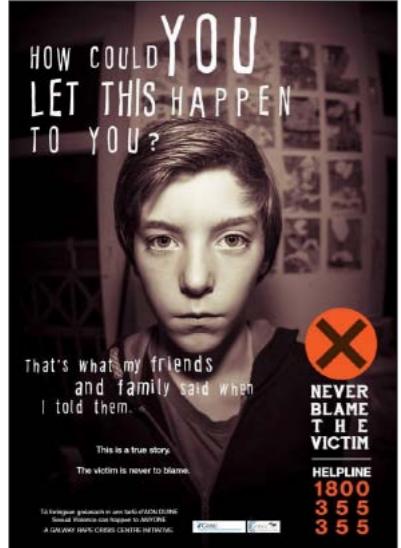
71% of callers were from survivors and 18% were from professionals such as medical staff, social/youth workers etc. Supporters accounted for 4% of callers. Drop-in counselling appointments can also be arranged for supporters



Never Blame the Victim

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 & 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, discusses victim blaming,

A limited number of education and awareness programmes were delivered in 2013 due to budget cuts.



Patron Garry Hynes
and Executive Director
Helen Mortimer.



Media & Awareness

Facebook

The 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.

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 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 2013

GALWAY RAPE CRISIS CENTRE LIMITED

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

Continuing operations

	2013	2012
	€	€
Income	416,561	408,759
Administrative expenses	(442,712)	(428,299)
Other operating income	14,400	4,800
Excess Expenditure over Income	(11,751)	(14,740)
Other interest receivable and similar income	32	315
Interest payable and similar charges	(298)	(173)
Excess Expenditure over Income activities before taxation	(12,017)	(14,598)
Tax on loss on ordinary activities	-	-
Excess Expenditure over Income activities after taxation	(12,017)	(14,598)
Reserve Movement	(12,017)	(14,598)
Income & Expenditure Account brought forward	338,287	352,885
Income & Expenditure Account carried forward	326,270	338,287

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

Marian Shiels, Director, Date: 23 April 2014.

Maire Furlong, Director, Date: 23 April 2014.

Fundraising



A MESSAGE FROM THE GRCC FUNDRAISER AOIFE LEE

On behalf of the Galway Rape Crisis Centre I would like express my heartfelt thanks to all our wonderful supporters, volunteers and all the people of Galway who continue to support us despite biting austerity. Fundraising has become increasingly difficult for GRCC as with other charities but we are fortunate to have incredible support from the people of Galway. So, everyone who turned out in the rain for bucket collections, all those musicians who played, those who ran marathons, scaled mountains and jumped out airplane, for all those jived and jigged, for those who strutted and posed and all of you who are too numerous to mention by name, THANK YOU! Your support has made a huge difference in the lives of survivors of sexual abuse and sexual violence. The people of Galway continue to honour us with their trust and bravery because we understand and will not excuse or belittle reported abuse. We remain as committed now as we were 30 years ago to caring for survivors and challenging myths about sexual violence through our education programme and awareness raising campaigns. The money that you raise goes directly to frontline services; each €50 provides one emergency call out, €150 provides three crisis counselling sessions and €1500 provides counselling to a survivor for one year.

The Galway Rape Crisis Centre is fully committed to the principles set out in the Statement of Guiding Principles for Fundraising set out by ICTR which is a membership organisation of charities, focused on creating a policy climate in which philanthropy can thrive - through a combination of taxation and regulatory reform.

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

ANNUAL EVENTS

Flag Day: Over €5,000 was raised in 2013.

Church Gate Collection: Over €4,000 was raised in 2013

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

STRICTLY CONNEMARA

The Galway Rape Crisis Centre and RNLI Clifden hosted a dance competition 'Strictly Connemara', with the assistance of Connemara Chamber of Commerce in December 2013 in the Station House Hotel, Clifden. Among the star studded line up was Miss Galway, model Shahira Barry, the Galway Player, not to mention several members of the Connemara Black Rugby Team with local and national politicians. The event was a huge success and sold out.



Local dancers Amy Stanlee and Patrick King won the main prize of €500. The purpose of the event is to raise much needed funds and awareness about the GRCC Outreach service.

Strictly Connemara winners Amy Stanlee and Patrick King

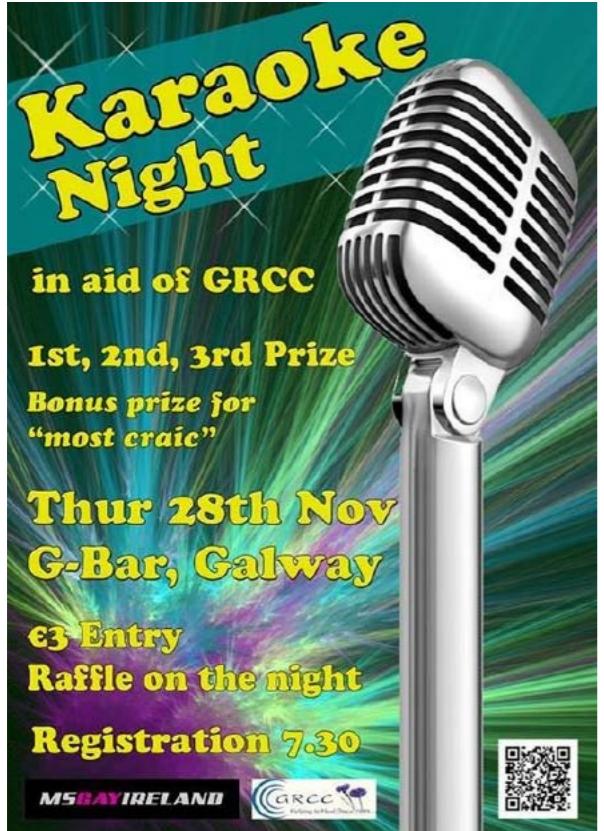


NUI GALWAY STUDENTS' UNION NAME GRCC & ISPCC THEIR CHARITIES OF THE YEAR

Students at NUI Galway raised €11,000 for GRCC and ISPCC in 2013.
Helen Mortimer, Executive Director of Galway Rape Crisis Centre said

"We are extremely grateful to the students of NUI Galway for their continued support of Galway Rape Crisis Centre's vital work. Income levels for the Galway Rape Crisis Centre continue to fall due to grant cuts and a poor commitment by government to address the issues of sexual violence and child abuse. These funds will be a huge help."

Photo left to right: Phelim Kelly (NUIG SU Education), Declan Higgins (NUIG SU President), Aoife Ní Shúilleabháin (NUIG SU Welfare), Carmen Taheny (ISPCC), Aoife Lee (Galway Rape Crisis Centre)
Photo: Mike Shaughnessy



KARAOKE NIGHT

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. Galway She-Devils Roller Derby team organised The Karaoke Night at G-Bar and raised €310. The GRCC is so grateful to volunteers who organise events and give their time for bucket collections and bag packing.



FAMILY FUN DAY

The Family Fun and Dog Show was held at the Claddagh GAA Hall on Sunday 26th May. The fun-filled celebration of all things animal raised money and awareness for the GRCC and MADRA. Dog owners were invited to bring along their cherished pooches and put them through their paces with a popular dog show. There was plenty of entertainment for all the two legged members of the family including bouncy castle, animal activities, kiddies disco and face-painting.



DR CLARE'S OPEN GARDEN

Dr Lilis Clare, GP and Medical Herbalist opened her herb garden to the public on Sunday, 23rd 2013 with all donations to The Galway Rape Crisis Centre and Cope Galway. There was a great turn out with patrons surprised and delighted by the variety of herbs that can be grown in a small garden



THE WHEEL OF TIME FASHION SHOW

The Wheel of Time fashion show featured collections from Sunny Juddy, Designer Swap Shop, Oлина Bridal and Roccocco. Men were not left out as the event also featured the latest collections from Geraghys Menswear Healys Menswear and Dan the Donut Man. Galway jeweller Sam Beardon was on hand to show some of his unique hand crafted designs and milliners Mary Black and Ines White showed the latest in hats and headpieces. Hair and make-up were provided by Toni & Guy and Rosa Beauty. Sponsors of the event were divmedia, The CRAIC in Galway, Sunny Juddy Design, Bridge Mills Fairtrade shop, Roza model agency, smartsearch.ie, and The Bridge Mills Restaurant. Bridge Mills hosted the Wheel of Time Pop Up Shop for six days with 20% of all proceeds to the GRCC.



GRCC needs your Help!

Donate Online

You can donate online on our website www.galwayrcc.org or by visiting www.idonate.ie and selecting our charity.

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:

Sponsorship: by sponsoring or part sponsoring one of our fundraising events

Post: you can 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. 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, or contact us at fundraiser@galwayrcc.org

Volunteering Experience Hubert Dinnen-Creaven Aged 17

I know people who will not volunteer because they don't get paid, but in fact they do. Payment comes in the form of the great feeling of goodness that you have offered your services free of charge, services that others would charge for. Each person that volunteers makes a huge difference no matter how long they volunteer for. Whether it's for an hour or more, each person has made a difference.

I think everyone should volunteer at least once and see how it changes their life, like it did mine. Since I volunteered with the Galway Rape Crisis Centre I have made this wonderful network of new friends. All from different backgrounds and most of them have very interesting ones. I never thought that I would be volunteering and meeting wonderful new people, like the many I have befriended. It's a milestone in my life and each person I meet along that road becomes part of that milestone. I hope to never forget them. Meeting people who didn't hide their true selves and who were accepting of me inspired me to come out. I don't think I would have come out if I hadn't met the

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 are grateful for the support of the following funders:

Manuela Riedo Foundation



st.stephen's green trust



Galway Rape Crisis Centre

The Lodge

Forster Court

Galway

091 564800

Email: administrator@galwayrcc.org

Website: www.galwayrcc.org