



Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

OUR VISION

GRCC's vision is to lessen the impact and incidence of sexual violence and abuse and to achieve a society which no longer tolerates these crimes.

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.

KEY SERVICES PROVIDED BY GALWAY RAPE CRISIS CENTRE

- Crisis Counselling Service for recent Victims of rape and sexual assault
- Freephone Helpline 1800 355 355
- Long-term therapy for adult survivors of childhood sexual abuse and past sexual violence
- Ballinasloe Outreach Counselling Service
- Gort Outreach Counselling Service
- Accompaniment to the Sexual Assault Treatment Unit SATU
- In house Garda accompaniment
- Free monthly Legal Clinic
- Court accompaniment
- Involved in the development of the Manuela Reido Education programme for roll out in 2018
- Disclosure & Awareness raising training programmes
- NADA and capacitor support groups offered
- Statistics gathered through in house Database

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Support

Supporting survivors of sexual abuse and their friends and families.

Recovery/Healing

We respect that everyone has their own path to healing and needs support on that journey.

Empowerment

Instilling a sense of strength and belief in those we help.

Respect

Integrity

Education

Non-Discriminatory

Advocacy

Empathy

Experience

Non-Judgemental

Person Centred

INTRODUCING GRCC

The Galway Rape Crisis Centre provides a quality professional counselling and support service for survivors of sexual violence and abuse. Through our 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. By 2001 GRCC expanded its service to include Male survivors amalgamating the services of MASC (Male Abuse Survivors Centre) which had been formed a few years earlier. Since then it has grown to become the second largest rape crisis centre in Ireland. The Centre currently employs one full-time and 18 part-time staff, and has in the region of 5 volunteer counsellors, 20 volunteer Psychological support workers and numerous fundraising and other volunteers.

GRCCs work is overseen by a Board of Directors in order to meet criteria of transparency and accountability set by the Revenue Commissioners and Tusla. 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.

KEY FIGURES

JANUARY-DECEMBER 2017

301 Clients

4005

Contacts to GRCC Services including Voice Calls, Texts, Email, Social Media

80 Accompaniments SATU, Garda, Court.

2570 Fulfilled Appointments

6,500 Social Media Followers

191 New Clients

CHAIRPERSON'S REPORT

ON BEHALF OF BOARD

It has been my privilege to have joined the Board of GRCC in April 2017 and to have been appointed its' Chairperson in May 2017 - almost a year ago already! To date I have been singularly impressed by the commitment and dedication of all the staff and the volunteers working in and with the Centre. I would like to take this opportunity on behalf of the Board to thank Executive Director Cathy Connolly and everyone else involved in the important work of the Centre on their outstanding contributions over the past year.

As the newly appointed Chairperson, I would like to re-iterate the commitment of the Board, and of the staff, of the Centre to ensuring that everything we do is directed at supporting the welfare of our clients. As mentioned by my predecessor in his report last year, the Board continues to be prudent in its' spending, and, again, it is worth noting that no expenses/allowances are claimed by any Board member.

Many challenges lie ahead for the Centre. Inevitably, funding continues to be a priority, and we continue to explore new potential sources of such funding. Success in this area will enable us to tackle long-standing issues such as the waiting list for client consultations. Another major issue for the Centre, and for its' Board, is the projected termination of our lease on the current property at which we operate, and the Board is actively addressing this issue at this time. I am hopeful that we will have a solution in the not too distant future.

I wish everyone associated with the Centre every success in the year ahead.



Beir beannacht.
Iggy Ó Muircheartaigh
Chairperson

BOARD OF MANAGEMENT 2017

Chairperson - Iggy Ó Muircheartaigh

Secretary - Máire Furlong

Treasurer - Ken Walsh

Board Members - Pádraig McNeela, Maree O'Connell, Karen Golden, Olivia Lavelle

Ambassadors- John Muldoon, David Cunningham

EXECUTIVE DIRECTOR REPORT

My second year as the Executive Director of the Galway Rape Crisis Centre (GRCC) was as informative and enriching as the first, and no less busy!

The 'Me Too' campaign began in October of this year, and the extensive media coverage on the issue of sexual violence led to an increase in contacts to GRCC. This campaign highlighted the pervasiveness of sexual violence in society, both nationally and internationally and brought home the fact that it is something that affects people from all backgrounds. Unfortunately, we may not realise that we all know at least one person that has experienced sexual trauma and abuse. GRCC is fully committed to highlighting the issue of sexual violence in our society, through awareness raising and education. However, it is of the utmost importance that any public discourse on the subject is done so in a careful and considered way so as not to re-traumatise or further traumatise survivors.

In May we were delighted to welcome our new chair, Iognáid Ó Muirheartaigh, to the board. We wish John Daly, the former chair, the very best of luck in his future endeavours and thank him most graciously for his hard work and commitment to GRCC over the past number of years. 2017 also saw us launch our new brand and logo. It was developed over a number of months and was launched during the summer. This new identity is part of our strategy to establish ourselves as an agency working at the forefront of sexual violence in the west of Ireland.

September was especially busy as we not only held our first annual fundraising Luncheon but also became strategic partners with Tusla in implementing the European Union funded Manuela Riedo pilot programme. The Manuela Programme is a comprehensive education programme on sexual consent and healthy relationships for Transition Years students. GRCC welcomed the opportunity to become a strategic partner with Tusla on this initiative.

As always, the focus of our work is our clients, their families and their supporters. We are dedicated to providing a counselling and support service to survivors of sexual trauma and abuse in the west of Ireland. We are supported in this work by our funders Tusla, and through the generous support of the people of Galway.

I would like to take this opportunity to thank everyone who has contributed to the work of GRCC in 2017. We could not support our clients without your help.

Thank you.

Cathy Connolly



Cathy Connolly
Executive Director

COMPASSION AND UNDERSTANDING

Creating a culture of compassion & understanding around the survivors of sexual violence & abuse

CLINICAL SERVICES

COUNSELLING AND SUPPORT SERVICES

The first contact a survivor will make with us is generally through our telephone helpline. Through our helpline 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 (Sexual Assault treatment Unit) they are offered follow up services at GRCC.

OVERVIEW

2017 saw a greater demand than ever for our service with an increased number of new clients to 191 and an increase in the overall number of clients coming for counselling to GRCC standing at 301.

One of the significant features of last year has been the number of high profile women and some men who have spoken out about the sexual violence and harassment they have experienced in different aspect of their lives. This may have empowered other survivors to speak out and look for help in relation to unwanted and traumatic experiences about which they may have previously felt too fearful or too silenced by society. In fact GRCC saw an increase of 8% in the age category of over 40s, accessing our services in 2017.

The issue of consent and of what is seen as acceptable sexual behaviour was highlighted in 2017 and remains a huge issue. As a society we are still in denial of the level and extent of child

sexual abuse and sexual violence that exists in society. Sexual violence still carries the stigma of shame and blame which prevent many survivors from disclosing their experiences, looking for help and support and reporting to the Gardai. This we know facilitates sexual predators and offenders to continue to offend.

The decision to make a complaint to the Gardai can be a difficult one for many survivors. In 2017 we had increased liaison with the Gardai and an increase in the number of our clients who reported to the Gardai. Our clients are now able to make reports to the Gardai at GRCC. However, getting justice through the legal process remains long and arduous with often unsatisfactory outcomes for survivors. The process can be retraumatising for many survivors.

COUNSELLING SERVICE

A core part of our work in GRCC is providing short and long-term counselling to adults and adolescents who have experiences of rape, sexual assault, child sexual abuse and other forms of sexual violence. We offer a professional and confidential counselling service in a caring and safe environment. Through this counselling, the centre offers 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 and make positive changes.

All our counsellors are qualified and have had specialist training in working with sexual violence. Our clinical work is informed by current research and practice in the area of trauma, complex trauma and sexual violence.

ACCESSING OUR COUNSELLING SERVICE

When survivors contact GRCC they are offered an initial support and assessment meeting. During this first meeting, the client's current situation is assessed, how they are coping right now, what means of support is available to them and what kind of support they are looking for from our service.

After the initial appointment survivors go on a waiting list to begin counselling. Ideally this would be within a short period of time, however, due to inadequate resources survivors can be waiting longer. If the survivor has experienced a recent sexual assault or is very distressed, we will try to ensure that the waiting time is relatively short offering them short-term crisis counselling as soon as possible.

Overall 2,570 face-to-face counselling sessions took place in the Centre in 2017. We will continue to lobby for more resources to enable us to offer a more timely service for those who seek our therapeutics supports

SHORT TERM CRISIS COUNSELLING

Survivors of recent sexual assaults and survivors of other sexual violence can be very distressed and in crisis. This is often what leads the survivor to contact GRCC. During this 'crisis' time the survivor's coping skills are at a low level, leading them to feel overwhelmed and unable to deal with what has happened to them. After the initial appointment those clients are offered 6-10 sessions of crisis counselling as soon as possible.

REFERRAL TO GRCC

● SELF	47%
● RELATIVE/FRIEND	13%
● GP/SATU/GARDAI	15%
● OTHER SUPPORT SERVICE	8%
● SOCIAL/YOUTH WORKER	16%

LONG TERM CRISIS 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 traumatic impact of the sexual abuse and/or violence and to build the resources that will enable them to make positive changes in their lives.

In 2017 35 percent of GRCC clients attending our centres were under the age of 25. This data provides GRCC with essential information as it aims to provide more education and awareness programmes to Second Level students. Studies show that when counselling is accessed shortly after a sexual assault occurs the adverse effects of that assault are lessened and this is particularly important to a young person as it reduces negative impacts on their lives. We saw an 8 percent increase in the numbers attending in the age category above 24 which may be reflected in an increase in public awareness and historic abuse cases.

AGE OF CLIENTS

● UNDER 25	35%
● 26 - 40	33%
● OVER 40S	32%

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. Males have the option of seeing a male counsellor if that is more comfortable for them.

Male clients represented 11 percent of clients/Supporters at GRCC in 2017.





"As a man I thought a Rape Crisis Centre was only for women, so when I was referred there I was pleasantly surprised to find that I was most welcome and GRCC provided a male counsellor for me."

GRCC Client

LOCATION OF ABUSE

Abuses can occur in various different locations but are more likely to happen in a setting familiar to the survivor, most typically as in over two out of three cases, in their own home or in the home of someone they know.






LOCATION OF ABUSE

 SURVIVORS HOME	28%
 ABUSERS HOME	26%
 OUTSIDE/CAR	14%
 OTHER/UNKNOWN	27%

RELATIONSHIP TO ABUSER

In over 80 percent of cases the perpetrator was known to the survivor. This contradicts the most common perception that sexual violence is most frequently perpetrated by a person/s unknown.



RELATIONSHIP TO ABUSER

 AQUAINTANCE/FRIEND	42%
 PARTNER/EX PARTNER	17%
 FAMILY MEMBER	20%
 STRANGER	17%
 OTHER	5%

COMPLAINT FILED

From the data below we can see that many clients do not report to the Gardaí, but in 2017 more than one third of clients made an official complaint which is an increase of 6% on last year's figures. Unfortunately there is a very low conviction rate in Ireland and this can often be a reason for clients deciding not to officially report to the Gardaí. Also 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 who chooses to report to the Gardaí and to proceed with legal proceedings, but the client is under no obligation to take any steps that he or she is not comfortable with.

COMPLAINTS FILED

 REPORTED TO GARDAI	56%
 NOT REPORTED	44%

OUTREACH SERVICES

The GRCC Outreach Services are now available in Ballinasloe and Gort. Ballinasloe outreach is based in the Health Centre and was established in 2013. Outreach services provide accessible and affordable counselling for those living in the towns of Ballinasloe and Gort and the surrounding rural areas these centres were established in response to an informal needs-based assessment at that time.

This assessment showed that not everyone could travel to Galway city for counselling because of work or school commitments, while many others

did not have access to transport or were unable to afford the costs involved in travelling from these rural areas into Galway city. Providing an invaluable and essential service, GRCC Outreach Services makes a difference to the lives of many people who would otherwise be unable to avail of its support.

To date the outreach services has been accessed by members of the general community, the travelling community, Syrian refugees and young teenagers.

SUPPORT SERVICES

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.

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.

“Our vision is to lessen the impact and incidence of sexual violence and abuse and to achieve a society which no longer tolerates these crimes.”

EDUCATION

Developing & delivering programmes & services to educate the youth and help prevent future instances of sexual violence & abuse

EDUCATION AND RAISING AWARENESS

DISCLOSURE TRAININGS IN 2017

GRCC provide what we call “Disclosure Training” to our own volunteers, student and professional groups on an ongoing basis. The need for such training originally arose with the establishment of the GRCC when we realised that anyone associated with the centre – even in the capacity of shaking a bucket on our flag days – was open to being approached by someone who has suffered sexual abuse or violence in reaching out for help. We realised the importance of having all of our volunteers trained to deal with such disclosures appropriately and sensitively, and to have the appropriate information and protocols available to help people. Over the years, we have evolved and refined the training, and demand for it has increased from many sectors dealing with the general public, as well as people from a very broad range of helping professions, in both public and private practice.

The half day course provides participants with the skills and knowledge to deal appropriately with a disclosure of sexual violence, in settings where this is likely to occur. The training is delivered by GRCC counsellors with extensive client experience and training skills.

The aims of the training are to:

- Increase awareness of the causes and effects of sexual violence
- Examine attitudes, values and beliefs about sexual violence
- Promote an understanding and give opportunity to practice scenarios involving a disclosure of sexual violence
- Introduce the work of Galway Rape Crisis Centre, and give information on the broad range of services we aim to provide

In 2017, we delivered the training to groups set up by both the student union and School of Psychology in NUIG, and to a student’s union group for Sexual Health & Awareness week in GMIT, as well as running it on a number of occasions for our volunteers, including Board Members. Participants at all of these trainings included students from all modalities, student’s union staff, faculty members involved in developing their own consent programme, secondary school teachers and a number of complementary therapists. We gather feedback from participants on an ongoing basis. We constantly hear how helpful the training has been and we have past participants urging friends, colleagues and fellow students to contact us in relation to future trainings. Professional groups and participants pay for the training to be delivered and we tailor the training and roleplays to each particular group’s needs. Training is delivered for free to anyone volunteering for us.

All enquiries can be directed through admin@grcc.ie or to Orla Mc Guinness and/or Della Holian on 091 564800.

RAISING AWARENESS

Challenging myths and misunderstandings that surround sexual abuse, rape & violence

THE MANUELA PILOT EDUCATION PROJECT

The development of this programme was initiated by the Manuela Riedo Foundation which was founded in Galway in 2009 in memory of Manuela Riedo a seventeen year old Swiss student who was sadly raped and murdered in one of Galway's darkest days in October 2007. This pilot is Manuela's Legacy....

The collaborative process has taken many years and in 2017 it received funding through TUSLA and the European Justice Commission. The thirty month pilot will cover 120 roll-outs in Irish secondary schools, facilitated by four project workers based in Galway, Kerry, Dublin and Wexford. The aims of the Manuela Programme will be to engage young people in a dialogue that looks at attitudes, knowledge and skills in relation to Consent, Healthy relationships and Sexual violence prevention.

Young people who participate in the programme will be able to:

- Demonstrate an enhanced knowledge of what constitutes sexual violence and its impact.
- Recognise what constitutes a healthy or unhealthy relationship.
- Challenge social norms that are tolerant of sexual violence.
- Develop attitudes that contribute towards equality.
- Make healthier choices in the context of influences in the world around them.
- Be knowledgeable about relevant support services and structures.

GRCC look forward to contributing to the prevention of Sexual violence in future generations and embedding positives outcomes in Irish culture. The Pilot is due to start on Jan 8th 2018.

Michelle Caulfield GRCC

ADVOCACY

We offer support to everyone regardless of the path they choose & help bridge the gap by linking with other relevant agencies

ADVOCACY & SERVICE ACCOMPANIMENT

As an additional support, the Centre offers clients accompaniment to services such as 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 2017, two clients were supported with Court Accompaniment and 20 clients were supported with Garda Accompaniment. It is often necessary for clients to attend court more than once and GRCC staff will support the client throughout the process. GRCC clients can also access legal advice through our monthly free Legal Clinic.

SEXUAL ASSAULT TREATMENT UNIT (SATU)

The Sexual Assault Treatment Unit (SATU) provide specialist care for females and males aged 14 years and over who were recently sexually assaulted or raped. Our 20 Psychological Support Workers (PSW)'s are part

of a specialist team of SATU staff who provide easily accessible holistic services, in a supportive and sensitive manner. The service addresses the medical, psychological/emotional needs and appropriate follow up care for survivors of sexual crime. This includes provision of treatment such as emergency contraception and medication to reduce the possibility of developing a sexually transmitted infection.

The SATU services respond to requests from the Gardaí for the collection of forensic evidence to aid the legal process. If a person wishes to report an incident to An Garda Síochána, this should be done as quickly as possible and delays should be avoided. SATU 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.

SATU service can be contacted at any time via An Garda Síochána, or by contacting the Galway unit 091 765751 or 0876338118 Mon -Fri 08.00- 16.00.

PSYCHOLOGICAL SUPPORT



Our Psychological Support Workers (PSW)'s provide 24/7 psychological support and Advocacy within the Galway SATU. This support is available to survivors in the aftermath of a sexual assault. All our PSWs receive specialist training and are provided with a solid support structure. The team is led by our SATU Services Manager Bernadette Daly who has developed and managed this service provided by GRCC since the SATU unit opened in 2009.

I am honoured to work with incredible women who give so freely of their time to support survivors. Their unwavering courage to walk into difficult situations to support and advocate for a fellow human, is humbling and truly selfless. This essential service would not exist without them and neither would the valuable work they do in supporting survivors"

Bernadette Daly, GRCC SATU Service Manager

In 2017 Our PSW Team provided psychological support and advocacy for 58 survivors of whom:-

PSYCHOLOGICAL SUPPORT

 FEMALE	56 (97%)
 MALE	2 (3%)

The youngest being 14 years old and eldest being 65 years old

The counselling I received in GRCC has given me back my confidence, and made me realise the abuse I suffered really was not my fault

I was afraid to come here but it was calm and bright and safe. The service has given me back my life. I think the GRCC carries out lifesaving work and it is difficult to hear that they need to fundraise to keep the work going. The service has helped me more than I can say

I have received precious advice, techniques and listening skills over the last few months. Counselling has helped me to grow and leave some of my luggage behind

I will be forever grateful to GRCC , getting help has saved my marriage & allowed me to be the dad I've always wanted to be to my twin girls.... CSA Survivor

I was afraid coming to GRCC but the counsellor reassured me and I wasn't frightened. After coming I was calmer and better able to make realistic choices. The service was very grounding, calm, safe and trusting. The GRCC saves people's lives, their sanity, restores families, thank you for your help and support

I wasn't sure what to expect but I got a calm, safe, non-judgemental environment

My counsellor has changed my life for the better forever and that is my strongest impression of the centre

GRCC has taught me the skills to cope in hard times and has given me more of an ability to deal with Life, both bad and good

HELPLINE STATISTICS 2017

The helpline is available from 10am to 1pm Monday to Friday. There were 4,005 calls, texts and emails to/from the centre in 2017. This is an increase on 2016 and the numbers remain at a consistently high rate since 2012, which is remarkable considering that the helpline continued to be available for half the time than it was in 2012.

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 4,005 calls, texts and emails to the helpline in 2017. This vital service is often the first contact survivors have with the centre.

The way that people are now contacting GRCC is changing, we see a large increase in the numbers using text messages to contact the centre and more people sending emails as first point of contact. Social media is also playing a big role with much of our latest information being placed on the GRCC website or other platforms such as Facebook. Texts and emails are a more flexible way for clients and supporters to contact and engage with GRCC. 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 and shame attached to rape is often the biggest barrier victims need to overcome in order to come to terms with what has happened therefore having different methods of making that first contact is extremely important.

Many more women than men contact the helpline and this is reflected in the numbers of clients attending GRCC for counselling. Nearly half of all helpline contacts were from survivors themselves, 42 percent. Supporters accounted for 5 percent of callers. Drop-in counselling appointments can also be arranged for supporters which benefits the survivor in the long run too. We have seen an increase in contact by people from other professional organisations and services and particularly those who work with young people. This represents

an improved understanding by agencies of the stigma surrounding sexual abuse and sexual violence.

There is no way to tell before the call is answered who might be on the other side and just how important that first phone call can be to a survivor as they start on a challenging path to unburdening themselves from the impacts sexual violence has had on their lives.

HELPLINE STATISTICS

VOICE CALLS	47%
TEXTS	45%
EMAIL/ LETTER/ SOCIAL MEDIA	8%

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTSDETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 December 2017

	2017	2016
	€	€
INCOME		
Tusla S.59 funding	372,000	363,000
Other grants	8,000	9,000
Donations	31,706	22,435
Fundraising Income	41,999	32,269
E U Project	25,028	-
Other income	5,749	8,558
Rent receivable - other income	14,400	14,400
	<u>498,882</u>	<u>449,662</u>
EXPENDITURE		
Wages and salaries	348,542	302,729
Social welfare costs	34,431	30,156
Staff defined contribution pension costs	15,746	12,492
Staff training	1,079	2,944
Contracted counselling services	7,841	2,243
Fundraising expenses	737	716
Relief Staffing	21,380	9,640
Manuela Riedo Foundation Costs	441	-
Rent payable	154	-
Insurance	2,258	4,898
Light and heat	6,772	6,171
Cleaning	2,267	1,453
Repairs and maintenance	3,198	2,951
EU Project expenses	3,550	-
Printing, postage and stationery	2,898	453
Advertising	2,262	1,427
Telephone	3,274	3,770
Computer costs	1,693	1,875
Hire of equipment	1,699	1,374
Travel & subsistence expenses	2,717	2,238
Security	995	1,269
Supervisors	7,757	11,368
SATU costs	3,464	4,548
Manuela Riedo Foundation grant	(7,830)	(1,500)
Client expenses	-	732
Legal and professional	9,284	685
Accountancy	4,064	3,065
Bank charges	499	523
Discounts allowed	-	238

**SUPPLEMENTARY INFORMATION RELATING TO THE
FINANCIAL STATEMENTS**DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 December 2016

CONT.

Canteen	1,611	1,259
General expenses	5,900	2,652
Subscriptions	1,083	400
Auditor's remuneration	3,813	3,813
Depreciation	2,489	2,433
	<u>496,068</u>	<u>419,015</u>

MISCELLANEOUS INCOME

Bank interest	3	12
Other gains and losses	(20,000)	50,000
	<u>(19,997)</u>	<u>50,012</u>
Net (deficit)/surplus	<u>(17,183)</u>	<u>80,659</u>

The company has no recognised gains or losses other than the results for the year. The results for the year have been calculated on the historical cost basis. The company's income and expenses all relate to continuing operations.

Approved by the board on 12 March 2018 and signed on its behalf by:

Iognaid O'Muircheartaigh
Director

Kenneth Walsh
Director

FUNDRAISING 2017

Fundraising within GRCC was busy during the year with events such as Cuirt, WLAC Cycle, Cois Cladaigh Christmas concert Charity of the year, and our annual events Flag Day and Church gate Collection. These events were well supported by the people of Galway City and County.

GRCC was also nominated NUIG Student Union Charity of the Year and GMIT Charity of the Year, these were both amazing opportunities to promote awareness throughout the colleges of GRCC services and to raise vital funds through student fundraising activities.

2017 FUNDRAISING EVENTS



Our deepest appreciation goes to the Volunteers and Supporters who have helped us this year. You have made a difference in the lives of Survivors.

GRCC ALWAYS 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 any 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 or by visiting 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. 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 admin@grcc.ie.

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:**

TÚS LA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Manuela Riedo Foundation

**AND THE GENEROSITY
OF THE PEOPLE
OF GALWAY**







Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

The Lodge
Forster Court
Galway
091 564800
Email: admin@grcc.ie
Website: www.galwayrcc.org

