



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
- Up to three face to face Therapy sessions for Supporters of clients
- Ballinasloe Outreach Counselling Service
- Gort Outreach Counselling Service
- Tuam Outreach Counselling Service
- Oughterard Outreach Counselling Service
- Accompaniment to the Sexual Assault Treatment Unit SATU
- In house Garda accompaniment
- Free monthly Legal Clinic
- Court accompaniment
- Roll out of the Manuela Riedo Education programme
- 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 from its premises at Foster Court, Galway and through its outreach branches in Ballinasloe, Gort, Tuam and Oughterard. We also offer education workshops of disclosure training, and Manuela Education programme in schools. We 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 three full-time and 19 part-time staff, 8 Volunteer board members, and has in the region of 5 volunteer counsellors, 11 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 2020

323 Total Clients

157 New Clients

24 Accompaniments
SATU, Garda, Court.

3849 Fulfilled
Appointments

9,500 Social Media
Followers

8347 Contacts to /
from GRCC including
Voice Calls, Texts and Email

CHAIRPERSON'S REPORT ON BEHALF OF BOARD

This has been a very strange and unprecedented year for the Galway Rape Crisis Centre. Admittedly, it has been so for everyone else as well, but it has been particularly challenging for an organisation such as ours, as the restrictions required by public health requirements have made the carrying out of our primary function – counselling of individuals who have been subjected to rape or other crimes of sexual abuse – extremely difficult.

In that context, I have to acknowledge the outstanding efforts of all the staff of GRCC, and of our volunteers, who have spared no efforts in their determination to ensure that we continued to carry out our mission in these most difficult and utterly unprecedented circumstances. Once again, on behalf of the Board, I would like to acknowledge and thank our Executive Director Cathy Connolly and everyone else involved in our work for their continuing commitment and dedication. I also freely and sincerely acknowledge the commitment and support of our Board members, whose wisdom and guidance has been extremely helpful to me and to the staff as we continue to develop and support the organisation.

In the past year, we continued to work on many fronts. I would like to acknowledge the on-going support of the Lifes2good Foundation, who have provided us with significant support and much-valued encouragement. That support has, among other actions, helped our efforts to reduce our waiting list for consultations.

The efforts to secure new accommodation for GRCC have continued for the past year. With the support of Eugene Mulcaire, Architect, we applied for, and obtained, planning permission to upgrade our property on the Claddagh Quay, with a view to providing accommodation of an appropriate standard for GRCC. Unfortunately, a planning appeal opposing our development has been sent to An Bord Pleanála, and we are hopeful – indeed confident – that this appeal will not succeed and that by mid-Summer 2021 we will be in a position to proceed with this exciting project.

I know that I, and my Board, and the staff and volunteers of the Centre, continue with our determination that everything we do is directed at supporting the vitally important work of the Centre.

I wish everyone associated with the Centre every good wish for the year ahead.

BOARD OF MANAGEMENT 2020

Chairperson – Iggy Ó Muircheartaigh

Secretary – Mary Pat Fitzgerald

Treasurer – Tom O'Donnell

Board Members – Conor Hanly, Deirdre McLoughlin, Kate Mulkerins, Catherine Dunleavey



Beir beannacht.
Iggy Ó Muircheartaigh
Chairperson

EXECUTIVE DIRECTOR REPORT

Dear Friends of GRCC,

It's hard to believe that it is over a year since we first heard of Covid-19. Since then we have had to adapt our service from one that was personal and face-to-face to one that is online and remote. It was a strange and difficult year for our clients and staff. Throughout it all our clients remained the focus of our work. We had to make many difficult decisions very quickly. At the beginning of the pandemic we decided to keep our helpline open so that people calling the centre had the opportunity to speak with a counsellor. We researched the best and most secure platform to use for remote counselling. Keeping our clients secure and safe remained our priority. As a client focused service we kept their needs above all others as our focus. Having said that, we are looking forward to returning to face-to-face counselling as we recognise the importance of interaction between counsellor and client. We are very grateful to our volunteer psychological support team who continued to support those attending the Sexual Assault Treatment Unit, by phone. We are also grateful to our SATU colleagues who have worked with us throughout the pandemic to encourage those attending their service, to seek counselling in GRCC.

We were able to make these changes with the help of our staff and the support from our partners in Tusla. I would like to thank Tusla for their steadfastness and financial support since Covid 19 began. This support was vital as numbers of clients who received counselling from March remained constant. Many of our clients live with their perpetrators and Covid 19 restrictions added to their difficulties. The commitment of our counsellors to remaining in touch with their clients was vital. In March we had to quickly adapt our work practices and abandon our usual face to face interactions replacing them with phone calls and online sessions. We completed 3,849 client sessions up to the end of 2020. For the past three years we have been supported by the Lifes2good Foundation. Their support has enabled us to establish an Adolescent Support Clinic focusing on young people from 14-22yrs. The Lifes2Good Foundation has contributed to a myriad of smaller projects and it has also supported us in our building project and without their significant contribution we would have difficulty in achieving our goal of a new centre in the future. We continued to work on the design and layout for our new proposed centre in Claddagh Quay. Once again we were fortunate to engage with architect Eugene Mulcaire of UrbanARQ. Eugene and his colleagues undertook to design, apply for permission and



Cathy Connolly
Executive Director

oversee the project without any payment. This has saved GRCC a great deal in both monetary and professional costs. We are very grateful to Eugene and his team for their support.

2020 also saw many challenges for our fundraising department. All of our planned community fundraising events were cancelled. This proved challenging for our Fundraising Department, however new and innovative fundraising ideas were developed and we continued to be successful in grant applications.

These challenges in many instances were overcome with the help of Aviva Galway. Their management and staff have used their resources to support our work in the centre. They are a very valuable corporate partner and we are very grateful to them for their continuing support.

We succeeded in launching our new Education Department during 2020. We worked closely with many third level institutions in particular NUIG to develop on-line training material for both staff and students. The department is very busy and this is encouraging as one of our inherent goals is the eradication of sexual violence through education.

We are very fortunate to have such a competent and talented Board of Management, chaired by Prof. Iognaid Ó Muircheartaigh. Their commitment to the work of GRCC has encouraged us all to expand our vision for the future, in the knowledge that the organisation has the firm backing of our board. As we plan and develop our new centre we look forward to their continued support.

The support from these funders and our board enabled us to fulfil approximately 4,000 appointments in 2020. This is a testament to both our clients and staff who persevered and adapted in this very difficult time to ensure our core services were maintained. In conclusion I want to thank the many members of the public who made donations to the centre and gave so generously of their time. One that I would like to mention is Presentation Sister, Bernadette Joyce who very kindly donated over €5,000 from the sale of her book 'Life's Colourful Threads' to the centre.

As always we are full of admiration for our clients who trusted us during this trying time. Our thoughts are with all of you and those clients we have yet to meet.

Cathy Connolly
Executive Director GRCC



Medtronic Philanthropy Committee

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

2020, in line with the last number of years, has seen a greater demand than ever for our service and an increase in the overall number of clients coming for counselling to GRCC. Overall 3,849 face-to-face counselling sessions were taken up in the Centre this year.

We very much welcome the fact that more survivors are coming forward for help and we are glad to be able to offer support to those survivors. However, the increase in demand means that despite some extra funding from Tusla and the funding support from Lifes2good our resources remain stretched and we still have to operate waiting lists. We will continue to lobby and fundraise for more resources to support those who seek our help.

ADOLESCENT CLINIC

We continued with our Adolescent Clinic, with the support of Lifes2good funding. Similar to previous years, we have had a large number of young people contacting us for support. In 2020 10% of our clients were under 18 and overall, 39% of our clients were under 24

which was a 5% increase on 2019. This service allows more immediate access to support and counselling for this age group. Through the clinic we are able to provide young people with support in a more timely manner with counsellors who have experience of working with young people. For clients under 18 the counsellor may involve parents or supporters in the work.

In relation to young people other trends that were apparent during the year was the increase in the incidence of young people experiencing sexual assaults or rapes at house parties or in the apartment or homes of other young friends or acquaintances. With this age group there has also been an increase in the use of sexual images in social media to bully, silence or shame. This can be particularly pernicious when it is used to intimidate a young person who may have already remove (have) experienced an assault or rape. Some of our young clients also reported the use of date rape drugs in relation to their sexual assault or rape.

In 2020 the number of adults over 50 who came forward for support and counselling continues to be high. Different factors may have contributed to survivors of all ages feeling more empowered to come forward and look for help in relation to unwanted and traumatic experiences in the recent past or those of a more historic nature; experiences about which they may have previously felt too fearful or too silenced by society to look for help. The “#Me Too” movement and 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 continues since 2018.

The issue of consent and of what is seen as acceptable sexual behaviour continued to be heightened in 2020. 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.

COUNSELLING SERVICE

A core part of our work in GRCC is providing short and long-term counselling to adults and adolescents who have experiences 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 be heard and have their experience validated and to examine how the experience they went through has impacted their lives. Through this work they are enabled to make positive changes in their lives. 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, the waiting times can be longer than we think is respectful or right given the distressing nature of what they have experienced.

If the survivor has experienced a recent sexual assault or is very distressed, we will try to ensure that the waiting time is as short as possible. Young people under 21 who come in are seen in the adolescent clinic where waiting times are shorter.

"Your support throughout the year has been immeasurable".

"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

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

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. Our frontline staff, who answer the telephone helpline will arrange an initial appointment after which they are offered some sessions of crisis counselling as soon as possible.

Those in particular who have attended the SATU, sexual Assault treatment Unit are offered 6 immediate crisis counselling sessions too. During 2020 there was a 6% increase in those referred by other support services and highlights the importance of GRCCs role in the community.

REFERRAL TO GRCC FIGURES 2020

SELF	55%
RELATIVE/FRIEND	14%
GP/SATU/GARDAI	18%
MENTAL HEALTH/HOMELESS DOMESTIC VIOLENCE SERVICES	12%
OTHER	1%

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 traumatic impact of the sexual abuse and/or violence and to build the resources be enabled to make positive changes in their lives.

AGE OF CLIENTS

UNDER 25	39%
26 - 40	33%
OVER 40S	29%

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 9% of clients/ Supporters at GRCC in 2020.

"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

"Thank you so much for your care and encouragement over the past year and every year. I am so grateful for you. You have always been there for me and have had such a positive effect on my life. It literally means the world."

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 half of the cases, in their own home or in the home of someone they know. 2019 saw an increase in the incident of sexual assault in Nightclubs, places of work, as well as outside and in the car.






LOCATION OF ABUSE

 SURVIVORS HOME	25%
 ABUSERS HOME	17%
 OUTSIDE/CAR/NIGHTCLUB/ HOSPITAL/EMPLOYMENT	16%
 OTHER/UNKNOWN	42%

RELATIONSHIP TO ABUSER

In the 122 Reported Incidents, Child sexual assault CSA, accounted for 68 of them, with over 90% of those incidents involving the perpetrator as known to the survivor. The other 54 incidents reported as an adult assault were by 80% known perpetrators. This contradicts the most common perception that sexual violence is most frequently perpetrated by person/s unknown.

RELATIONSHIP TO ABUSER

	CSA	ADULT
 ACQUAINTANCE/FRIEND	37%	43%
 PARTNER/EX-PARTNER	16%	31%
 FAMILY MEMBER	41%	4%
 OTHER KNOWN PERSON	2%	11%
 STRANGER	4%	11%

COMPLAINT FILED

From the data below we can see that just under three-quarters of clients did not report to the gardai in 2020 but there was a 5% increase on those reporting. Getting justice through the legal process remains long and arduous with often unsatisfactory outcomes for survivors with low conviction rates in Ireland.

The long wait for cases to be heard in court and the many postponements of cases often requested by the defense can lead to cases being dragged out for years with many survivors reported feeling their lives are 'on hold' until the case is over. Add to this, Covid-19 has caused great delays in the court process.

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 regardless of whether they report or not. However, the Garda Protection Services Unit which opened in 2018, in the west, has been a positive step in facilitating survivors to access support through the legal system and improve the legal journey.

COMPLAINTS FILED

 REPORTED TO GARDAI	27%
 NOT REPORTED	73%

"A note to thank you so much for all the wonderful support you have given. It is great the work you are doing. You change people's lives for the better not only your clients but their family and friends."

OUTREACH SERVICES

The GRCC Outreach Services are available in Ballinasloe and Gort since 2013. 2018 saw the addition of Tuam as a region. In 2019 we added Oughterard as an outreach centre.

Research 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.

"Regarding meeting you at the Outreach Centre in Gort, I honestly believe you have saved my life. I do know if I had to travel to Galway City, with my life so hard and hectic and traumatic as it was, I wouldn't have made the journey and found myself. The fact that the Outreach Centre is so close to home I feel it makes it very doable, as it is an hour compared to the half a day and cost to come to Galway. Thank you again for giving me my life back."

SUPPORT SERVICES

GRCC facilitates several support groups for survivors of sexual violence including Ear acupuncture (NADA) and Capacitar unfortunately due to Covid-19, these could not happen. 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 normally meets midweek from 1pm to 2pm. Capacitar connects the mind and body to combat negative thoughts and manage anxiety using guided meditation, Acupressure, Mindfulness techniques, Visualisation and breathing exercises. Tai Chi body movement is incorporated to promote serenity through gentle movement.



'Run-a-muck Challenge' in aid of Galway RCC, among other charities.

"A note to thank you so much for all the wonderful support you have given. It is great the work you are doing. You change people's lives for the better, not only your clients but their family and friends."

EDUCATION

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

EDUCATION AND TRAINING

The Galway Rape Crisis Centre provides a number of training and educational initiatives and as a result of increased demand and public interest, we officially launched our Education Department in Autumn 2020. We work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes. In 2020 we sat on a number of committees related to ending sexual violence in Higher Education Institutes such as the NUIG Consent Framework Implementation Committee and Awareness Training Subcommittee and the National Advisory Committee (on ending sexual violence on college campuses) and the Cultural Change Subcommittee.

SECONDARY SCHOOLS PROJECT

BACKGROUND

The Manuela Education Pilot Project, which began in September 2017, came to a conclusion in February 2020. 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. The programme was developed by the 16 rape crisis centres in Ireland, the Manuela Riedo Foundation and the RCNI as a Sexual Violence prevention initiative aimed at young people in Ireland.

PILOT PROJECT

In 2016, Tusla's Domestic, Sexual, and Gender Based Violence (DSGBV) Programme successfully secured funding to conduct an extended pilot roll-out and evaluation of the Manuela Programme. The Pilot Project was jointly funded by the Rights, Equality and Citizenship (REC) Programme of the European Union, Tusla and the Manuela Riedo Foundation. It was implemented by TUSLA with the Galway Rape Crisis Centre as strategic partners. GRCC employed four project workers to rollout the programme in schools across Ireland. One project worker, Michelle Caulfield, was based in Galway, and the other three, Kristy McFetridge, Carolyn Brohan and Kevin McParland were hosted the Kerry, Wexford and Dublin Rape Crisis Centres respectively. The Project Workers rolled out the 12 hour programme to Transition Year Students and Youth groups in their counties and surrounding areas. Coordination was provided by Amanda

Cosgrove in the Galway Rape Crisis Centre.

The aims of the Manuela Programme were 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 participated 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.

By the end of the project 2,701 young people aged between 14 and 19 across Ireland had participated in the programme, 70 educational centres were involved (63 secondary schools and 7 Youth Reach), and 61 teachers/facilitators had been trained to facilitate the programme across 10 counties. A total of 707 of the students who participated were included in the research and evaluation of the programme. These students were recruited from 40 schools and one alternative education setting. The research, which was conducted by NUIG found that the programme was hugely successful in its aims and this was backed up by students, teachers and parents alike.

EDUCATION

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

EDUCATION AND TRAINING

WHAT'S NEXT

The initial pilot proved such a success that EU funding was again sought by the DSGBV team in Tusla. The application was successful and the second iteration of the education programme will begin in 2021, Galway Rape Crisis Centre will once again be strategic partners, with Pavee Point also acting as another strategic partner.

SCHOOLS

GRCC continues to work in schools in Galway and surrounding counties separate to the EU funded pilot project. Between September and December 2020, we facilitated the Manuela Programme to 157 students in Gort Community School and Seamount College Kinvara. Earlier in the year, we delivered workshops on consent to 120 2nd year students in Coláiste Iognáid (The Jes).

DISCLOSURE TRAINING

GRCC facilitates Disclosure Training for our 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. 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. We now work with other charities, schools, universities, Students Unions, Social Workers, community groups and organisations, and businesses to name a few. The training provides participants with the skills and knowledge to respond appropriately with a disclosure of sexual violence, in settings where this is likely to occur.

The aims of the training are to:

- Examine the beliefs and attitudes that exist concerning sexual violence, including rape myths, and how these are internalised by the victim of sexual violence.
- Increase awareness of the incidence of sexual violence.
- Appreciate how the responses victims expect and meet from society and services can differ depending on the circumstances of the rape and sexual assault.
- Promote an understanding as how to offer support in the aftermath of sexual harassment, assault and rape.
- Introduce the work of the Galway Rape Crisis Centres and highlight national services available to survivors of sexual violence.
- Become aware of vicarious trauma and the importance of self-care.



Michelle Caulfield
Head of Education
& Training

In February '20 we delivered in person Disclosure Training to a group of students in NUIG. Due to Covid19 many of our planned training events were put on hold in 2020. We adapted the materials and reimagined the training so it was suitable for online delivery which will begin in 2021.

If you would like more information on this training please contact education@grcc.ie or call 091 564800.



Michelle Caulfield teaching a class

RAISING AWARENESS

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

EDUCATION AND TRAINING

SPECIALISED TRAINING IN WORKING WITH SEXUAL VIOLENCE

Galway Rape Crisis Centre runs a specialist training programme in working with sexual violence which equips counsellors/ psychotherapists to deepen their knowledge and understanding in the area of sexual violence. The programme is informed by over 25 years of counselling survivors of sexual abuse and violence and draws on a range of theoretical models including trauma therapy, body centred psychotherapies, attachment theory and mindfulness self-awareness. This training is open to accredited and pre-accredited counsellors and psychotherapists. Some training participants go on to volunteer with GRCC which increases our capacity for service provision. All participants use the knowledge and skills learned in the community with other organisations and in private practice. This increases the options available to those in the community who seek therapy for sexual trauma and abuse. In September 2020 we began recruiting for the specialised training which started in December. This cohort of trainees will have completed their training in May 2021.

If you would like more information on this training please contact education@grcc.ie or call 091 564800.

PSYCHOLOGICAL SUPPORT TEAM TRAINING

The Galway Rape Crisis Centre has a dedicated group of volunteers who provide psychological support to those attending the Sexual Assault Treatment Unit in Galway. We offer a specialised training which equips trainees with the core skills required to support and advocate for a survivor in the aftermath of sexual assault and rape. The training consists of twelve training days. We put strong emphasis on creating a safe learning environment that provides a space to explore the

impact of sexual violence. Our training is evidence based using an approach of mixed learning methods which have been shown to get the best outcomes for learners. Furthermore, the training is based on a best practise approach in relation to both supporting survivors and managing the impact of trauma on the Psychological Supporter. This training takes place annually.

If you are interested in joining the GRCC Psychological Support Team please contact psychologicalsupportteam@grcc.ie

"Many thanks to the Galway RCC for all the work they do in supporting Education in the area of sexual Violence prevention" Abbey College Boyle, Co. Roscommon. Thank you so much for the wonderful work you did with the Transition Years, and the invaluable training you imparted onto me. This programme is so important and I am delighted to carry it on next year and the years to come.

PARENT TALKS

We ran a number of online training evenings for parents of adolescents in 2020 titled "Parenting Your Adolescent in and Over-Sexualised World". Young people are now seeing sexualised images through social media/film/TV at a much younger age and often feel pressure to copy what they see without being aware of the emotional and physical impacts this can have. We ran two online parent talks in 2020. The first we facilitated for staff in Aviva Galway, who are our Corporate Charity Partners, and the second was attended by members of the public. These parent centred talks aimed to help parents develop the skills needed to talk to adolescents about the pressures they may be facing and enhance their knowledge in the following areas:

- Consent and the law
- Teenage relationships
- Sexual Violence • Sexting • Pornography

For more information contact education@grcc.ie.

ADVOCACY

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

COURT & GARDA ACCOMPANIMENT

The centre offers clients accompaniment to services such as the Courts and the Gardai and can also contact any agency on the client's behalf. We also organize reporting to the Gardai in the centre's premises if the client would feel more comfortable and help with the writing of Victim Impact Statements post-conviction. 2020 was a difficult year with COVID-19 impacting on the hearing of Court cases which led to an increase in the need for online support as clients dealt with the trauma of postponed hearings.

Despite Covid, **Court Accompaniment training** took place online, so GRCC had 10 people on the roster by end 2020. Covid has had a grave impact on our clients Court cases. Jury trials could not take place in Galway as space wouldn't allow. A small number of cases were held in Castlebar courthouse. **13 days of trial** were accompanied there in 2020. On the other hand, we know of many clients cases that were postponed to 2021. The impact is enormous, in fact its retraumatising for the client, and puts an added strain on the demand for our counselling services, without which, clients would find it very difficult to navigate our legal process. This all effected our Waiting lists,

In-house Garda accompaniment was limited due to Covid, but our Counsellors have spent more time offering **Garda/Court support**, (the equivalent of 8 days trial) than in the past,. We hoped to engage with the Support group, OneInFour who had asked us to provide

accompaniment for their clients as our skills are specialised, however these trials were also postponed until 2021, when we will develop that relationship.

GRCC PSYCHOLOGICAL SUPPORT TEAM

The Sexual Assault Treatment Unit (SATU) provide specialist care for females and males aged 14 years and over who have been recently sexually assaulted or raped. Our GRCC Psychological Support Team (PST) 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 and 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 Gardai 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. SATU also provide services for people who do not wish to report the incident to the Gardai. There is no charge for any of the SATU services or follow up appointments.

SATU service is a 24hour service and can be contacted on the following numbers:
091 765751 or 087 6338118 Mon-Fri 08.00-16.00.
091 757 631 Mon-Sun 16.00-08.00.

PSYCHOLOGICAL SUPPORT TEAM

Our Psychological Support Team (PST) provide 24/7 psychological support and advocacy within the Galway SATU. This support is available to survivors in the aftermath of a sexual assault and also this psychological support is available to any person who comes to the SATU in support of the survivor.




All our PST receive specialist training and are provided with a solid support structure. The team is led by our Psychological Support Team Manager Sarahjane Grennan who took over as manager in March 2020. This year has been a difficult time for everyone as the country went in to lockdown on the 17th March the PST and SATU team had to manage providing this service alongside Coronavirus and the unknown. This meant that the PST were unable to provide this much needed services face to face and had to change to phone support. The team were all happy to change to phone support as it meant they could continue to support survivors. Online training was given, support and supervision also moved to phone and online. It is commendable how well the PST adapted to providing this services in a very different way, in very difficult

circumstances and this really does reinforce how committed this group of women are to providing psychological support to survivors of sexual assault abuse and rape.

Over this year what we found was providing support by phone proved very difficult for the survivor to avail of it is no replacement for being present with a survivor.

In 2020 the numbers of cases in the SATU were 89, the PST supported 16 survivors. In 2020 Our PSW Team provided psychological support and advocacy for 16 survivors of whom:

PSYCHOLOGICAL SUPPORT

 FEMALE (16)	100%
 MALE	
 TRANSGENDER	

HELPLINE STATISTICS 2020

The helpline is available from 10am to 1pm Monday to Friday. There were 8,347 calls, texts and emails to/from the centre in 2020. This is an increase of 36% on 2019.

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 8,347 calls, texts and emails to the helpline in 2020. This vital service is often the first contact survivors have with the centre.

Covid-19 had a huge impact on our service. We kept the service operational from day 1 of Covid. We saw a massive increase in those getting in touch, up 36% on the previous year. The number of voice calls may have reduced, but emails and contact by written letter increased. Texting remained high, as it is a method used largely by our biggest client base, young people, who made up over 50% of people who make contact in 2020. Texts and emails are a more flexible method for clients and supporters to make contact. Social media also plays a part as our latest information is available on all platforms, facebook, Instagram twitter and our website.

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. Over 72 percent of helpline contacts to the centre were from survivors themselves. Supporters accounted for 4 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. Professionals contacting the centre accounted for nearly 22 percent of callers.

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.

"I have just finished my therapy today in the Rape crisis centre. I cannot express how you have changed my life completely and how deeply grateful I am for everything you have done. Thank you so much to the GRCC for being so kind and helping me through my journey."

"Started the week off with this fantastic training from the fantastic Galway RCC. Rape and sexual assault Disclosure training is an absolute must-have for all sex-educators (as well as being very beneficial to literally anyone, anywhere!)"

HELPLINE STATISTICS

VOICE CALLS	23%
TEXTS	60%
EMAIL/ LETTER/ SOCIAL MEDIA	17%

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT for the year ended 31 December 2020

	2020	2019
INCOME		
Tusla	466,400	443,300
EU Project	41,021	117,816
Lifes2Good	105,797	73,720
Fundraising	47,115	75,978
Donations	46,007	51,543
Other Grants	40,132	2,000
Other Income	21,633	16,135
Rent Receivable	12,835	14,905
	<hr/>	<hr/>
	780,940	795,397
	<hr/>	<hr/>
EXPENDITURE		
Advertisement/Promotion	5,437	1,056
Audit Fees	4,305	4,674
Bank Charges	820	1,035
Bookkeeping	7,813	6,531
Cleaning, Canteen & Waste	4,940	6,295
Client Expenses	530	1,357
Clinical Director	21,395	6,976
Computer & Office Costs	13,381	5,195
Contract Admin	3,834	1,584
Contracted Counselling Services	27,285	11,478
Amortisation of Capital Grants	(600)	-
Depreciation	5,778	2,873
Fundraising Expenses	4,392	8,624
General Expenses	1,183	-
Insurance	3,519	3,844
Leased Equipment	1,534	2,619
Legal & Professional Fees	1,602	708
Light & Heat	7,603	8,591
Motor & Travel	1,252	16,810
Other Staff Costs	1,974	2,492
Program Costs	125	-
Relief Staffing	2,368	15,532
Rent	1,245	1,611
Repairs and Maintenance	6,149	1,600
SATU Costs	3,205	5,435
Security	955	1,069
Staff Training	360	7,736
Subscriptions	1,148	1,287
Supervisors	10,880	13,360

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT for the year ended 31 December 2020

Telephone, Internet & Mobile	6,752	3,350
Wages and Salaries	465,029	568,554
ER's PRSI	48,766	58,484
ER's Pension	13,518	16,554
	<u>(678,477)</u>	<u>(787,314)</u>

OTHER INCOME

Bank Interest Earned	80	4
Other gains/(losses)	-	(45,000)
	<u>80</u>	<u>(44,996)</u>

DEFERRED SURPLUS/(DEFICIT) FOR THE YEAR	<u>(102,543)</u>	<u>(36,913)</u>
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The company has no recognised gains or losses other than the surplus 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 28th June, 2021 and signed on its behalf by:

lognaid O'Muircheartaigh
Director

Tom O'Donnell
Director



A new way of meeting



GRCC welcomes you safely



A new way of operating

FUNDRAISING & AWARENESS-RAISING IN 2020

2020 was indeed a year of uncertainty, that permeated all areas of our lives both personal and work.

Just as GRCC's fundraising was gearing into action at the early stage of the year, we were hit by Covid and the subsequent lock down. During this time GRCC priorities were focused on adapting services and supports in order to be able to continue supporting survivors in the community. Many fundraising activities were put on hold until the introduction of a new Fundraising & Communications Manager in September 2020.

All community and event based fundraising had ceased so GRCC had to move these campaigns online and helped facilitate groups and individuals fundraising for us.

We continued to work with our corporate partner Aviva developing online means of fundraising and engagement and explored alternative ways which Aviva staff could skill share which has been very beneficial both for Galway RCC and Aviva.. We continued our partnerships with Medtronic Mervue Philanthropy Committee and NUI Galway Students Union and collaborated with local businesses in online campaigns that helped raise funds and our online profile.

During 2020 one of GRCC's priorities in terms of messaging has been to let survivors know that we are still operating and there to support them. We have echoed this messaging on our social media platforms and through local print media. In one of our campaigns we placed posters at city bus stops and at a small amount of bus stops throughout the county. This campaign facilitated those who wished to support us, and also allowed us to get our helpline and our key message to survivors during this difficult time.

We continue to grow our following across social media platforms and use this as a tool for engagement and awareness raising. We continue to evolve and diversify our funding streams and we look forward to building further partnerships and friendships in 2021.

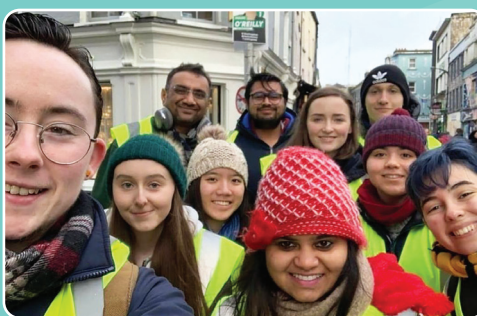
Go raibh míle maith agat.



Susan Costello
Fundraising &
Communications
Manager



Art Auction



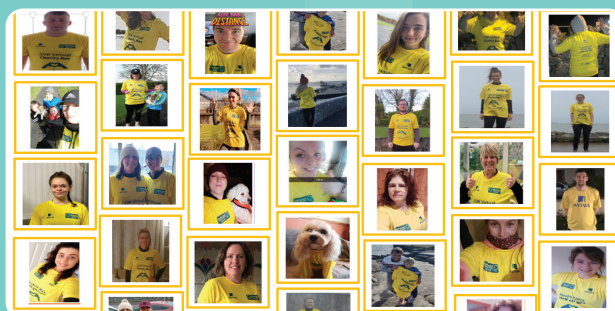
NUI Galway Students Union Charity
Challenge



Medtronic Drive for 5



Charity Challenge
advertisement poster



Virtual 10k October Collage



Volunteer Day 2020

HOW YOU CAN SUPPORT GALWAY RCC

Galway RCC has been very fortunate with the amazing support it receives from the community. We rely on this support in order to continue to offer our services to survivors of sexual violence and assault.

This support comes in many forms, from friends and neighbours organising a fundraising event, to people in our community volunteering their time and skills and businesses and individuals offering support with the generosity of donations.

We need this support now more than ever as the need for our service and supports continues to grow. We would love for you to get in touch if you have an idea or event that you want to organise for Galway RCC. You can reach us at fundraiser@grcc.ie or call 085-2462959 if you would like to discuss this with us.

DONATIONS

All donations make a difference. All monies donated to Galway RCC are channeled back into the charity's counselling and support services.

HOW YOU CAN DONATE?

ONLINE

You can donate online on our website www.galwayrcc.org or by visiting www.idonate.ie and selecting our charity. You can choose a once off donation or choose to set up a monthly donation to Galway RCC.

POST

Send a cheque, bank draft or postal order made payable to: **Galway Rape Crisis Centre, The Lodge, Forster Court, Galway. H91 EA03.**

PARTNERSHIPS & CHARITY OF THE YEAR OPPORTUNITIES

The diverse services and supports that Galway RCC has to offer makes it an ideal charity that aligns with many corporates and businesses. We value the advantages that come from having this type of support, not just from a funding

perspective but also from the opportunity to share skills and resource that will help Galway RCC develop a sustainable source of funding in the future.

LEAVING A GIFT IN YOUR WILL

Did you know that you can leave a gift of any amount from 1% to 100% of the value of your estate. Even 1% would make such a difference to survivors of sexual abuse and violence in our community. If you would like any further information with no obligation please contact Susan at susan@grcc.ie.

BECOME A FUNDRAISING CHAMPION

Why not create an online fundraiser, with all the amazing platforms available its easier now more than ever. Use your social media for good, fundraise on Facebook or Instagram, create an iDonate or Go fund me page and create your own virtual event.

FUNDRAISING VOLUNTEERS

Volunteers play a major role at Galway RCC. If you would like to become a fundraising volunteer, simply email fundraiser@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:



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

Helpline number: 1800 355 355

