



# 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, Gort, Tuam and 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
- Specialised Training in Working with Sexual Violence
- Psychological support team training
- Collaborative Projects with Active\*Consent NUIG
- Community Engagement, Consultation and Collaboration
- NADA and capacitor support groups offered
- Statistics gathered through in house Database

# CONTENTS

Introduction.....	2
Chairperson’s Report.....	3
Executive Director’s Report.....	4
Clinical Services.....	5
•Counselling & Support Services	
•Adolescent Clinic	
•Adult survivors	
•Crisis counselling	
•Saturday service	
•Long-term counselling	
•Male clients	
Outreach and Support Services .....	10
Education & Raising Awareness .....	11
• Disclosure Training	
• Specialised Training in Working with Sexual Violence	
• Psychological Support Team Training	
• Schools	
•Consent education project	
•Community engagement/Consultation/ Collaboration	
Advocacy & Services Accompaniment.....	14
• Court & Garda Accompaniment	
• GRCC Psychological Support Team	
Helpline Statistics.....	15
Financial Statement .....	16
Fundraising & Raising Awareness .....	18

## 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 four full-time and 22 part-time staff, 6 Volunteer board members, and has in the region of 4 volunteer counsellors, 16 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 2021

**4531** Offered  
Appointments

**10,200** Social  
Media Followers

**49** Accompaniments  
SATU, Garda, Court.

**8335** Contacts  
to/from GRCC including  
Voice Calls, Texts and email

**400** Hours of training

**387** Training participants

## CHAIRPERSON'S REPORT ON BEHALF OF BOARD

2021 was another strange year for the Galway Rape Crisis Centre building on our experiences of 2020 where we learned just how resilient our team could be, and despite further lockdowns we were able to continue to conduct our primary function – counselling of individuals who have been subjected to rape or other crimes of sexual abuse.

In that context, I must 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 conduct 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 over the last two years have finally paid off. 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. We are hopeful that by mid-Summer 2022 we will be in a position to proceed with the construction element of 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 2021

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,

In recent years, the demand for our services has continued to grow. Awareness raising campaigns and access to education have encouraged discussion about the difficult subject of sexual assault and rape. One of our goals is to change the attitude of fear, embarrassment and shame that using our service causes survivors. Instead, we are trying to encourage an educated, informed and no victim blaming discussion about sexual abuse.

Our Education Department is growing at a rapid pace, the demand for education and training in schools, workplaces and community settings has been reassuring. In 2021 we facilitated over 400 training hours. Education is a pillar of our work at GRCC, and our goal is to achieve an end of cultural and societal tolerance of sexual violence.

Covid remained very much evident throughout the past year. We had a great foundation laid from the previous years' learnings which allowed us to adapt with minimal disruption to our service. We reintroduced some face-to-face counselling sessions and the return of attended SATU support from our Psychological Support Volunteers. We also offered remote counselling and due to this blended approach, it allowed us to facilitate as many appointments as possible while ensuring both client and staff safety.

During 2021 once again our waiting lists grew. I would like to thank Tusla for their steadfastness and financial support. Lifes2good Foundation have remained a constant support for our work in the centre through their ongoing commitment to the Adolescent Clinic, having a direct impact on the waiting list for our adolescent clients. As a direct result of this extra funding along with our staff's hard work and dedication, we have been able to offer extra counselling sessions midweek and on Saturdays, this has had a direct impact on the reduction of the waiting time for our clients. During the year we offered clients approx. 4,500 appointments.

We have seen many technological advances within GRCC this year. We launched our new engaging and accessible website [www.Galwayrcc.ie](http://www.Galwayrcc.ie). We are grateful to the RTE/Comic Relief fund and Aviva Galway both of whom supported us to upgrade our IT and security software systems, as well as hardware. Aviva Galway also invested in a project with our education department and a school in Connemara.



**Cathy Connolly**  
Executive Director

We have been working on updating our policies with the RCC Forum, who employed Sarah Murphy (The Carmichael Centre) to work on all policies for the nine Rape Crisis Centres. A working group of staff in GRCC have been busy adapting the policies to the needs of GRCC and the Board of Management have been providing important feedback prior to approving the policies. I would like to thank our staff, and the board of management for all their hard work and dedication with this ongoing project.

The Consent Education programme launched in January 2021; it is the follow-on from the Manuela Reido programme. GRCC are beneficial partners with both Tusla and Pavee Point. The remit consists of working with 12-15 yr. old students, TY, and members of the Travelling community. The project workers are also training interested teaching staff in the various schools to co facilitate in the delivery of the new programme.

This coming year will be an exciting year for all of us in GRCC, we are currently in the process of building our new state of the art purpose-built centre in Claddagh Quay. We are hoping to commence the project in the fourth quarter of 2022.

Once again, I would like to thank TUSLA, our BOM, staff and volunteers who have been working tirelessly throughout 2021. To our Corporate sponsors, who without their support we would not be able to develop many important areas of our work, we offer sincere thanks to all of you.

Finally, I want to thank our clients for continuing to trust us and to assure them that their wellbeing is the constant focus of our work in GRCC.

Is Le chéile a thógtar na cáisléain.  
In our togetherness (as a team), castles are built.

**Cathy Connolly**  
**Executive Director GRCC**

## 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

2021 saw a continuing increase in demand for our service. 370 survivors engaged with our counselling service in 2021, 186 of whom were new clients. 3765 sessions were fulfilled by clients in 2021. The survivors' ages ranged from 13 to over 70.

In 2021 the Covid restrictions meant that our counselling continued to a large extent remotely with online and phone being offered. As the year progressed, when the different Covid phases permitted, we were able to offer limited face to face counselling in the Centre. The policies and procedures implemented in GRCC ensured the safety of both clients and counsellors as survivors returned to the Centre. For survivors of sexual violence, the restrictions proved challenging and difficult. Many survivors reported feeling overwhelmed, anxious, and depressed sometimes reliving painful past experience. For some survivors the level of isolation from family, friends, social supports, and other services triggered flashbacks, panic

attacks and suicidal thoughts. Those survivors, in particular, reported that the counselling and support offered by the GRCC, whether remotely or face to face, was of vital importance to them often being a 'lifeline' in their distress.

### 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 2021 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 timelier 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 experienced an assault or rape. Some of our young clients also reported the use of date rape drugs, and needle spiking in relation to their sexual assault or rape.



## ADULT SURVIVORS

In 2021 the number of adults over fifty 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 2021. 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.

**“Love and deep deep gratitude. Thanks for your support, guidance and loving presence thru all of the past year. It has meant so much to me.”**

**Feeling much better about the future after our session.”**

**“I’ll miss you so much as you really just got me, and I can’t thank you enough for all you have done”**

## 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. In particular, those who have attended the SATU, sexual Assault treatment Unit are offered a number of more immediate crisis counselling sessions too.

## SATURDAY SERVICE

In November, due to the extent of our waiting list, we extended this time limited service to Saturdays. This was to facilitate access to our service for some clients. We plan to continue and develop this Saturday service.

During 2021 there was an 8% increase in self-referrals possibly as a result of lockdowns and people's isolation.

## REFERRAL TO GRCC

● SELF	63%
● RELATIVE/FRIEND	11%
● GP/SATU/GARDAI	15%
● MENTAL HEALTH/HOMELESS DOMESTIC VIOLENCE SERVICES	9%
● SOCIAL/YOUTH WORKER	2%

## AGE OF CLIENTS

● UNDER 25	39%
● 26 - 40	31%
● OVER 40S	30%

## 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 and be enabled to make positive changes in their lives.

## MALE CLIENTS

GRCC offers counselling and support to both female and male survivors of sexual violence. We are aware that while a relatively high percentage of men can experience sexual violence either as children or as adults there can be an added taboo or difficulty for men to come forward and seek support. In 2021 male survivors represented 7% of survivors/supporters at GRCC. While this number is still quite low, we hope the increased awareness around the overall impact of sexual violence will enable more men to seek support. Male survivors have the option of seeing a male counsellor if that is more comfortable for them.

**Male clients represented 7% of clients/Supporters at GRCC in 2021.**

"Being able to continue having therapy on the phone was a life saver"

"You gave me the tools, the safe space and freedom to heal."

"Thank you. I can breathe again."

## LOCATION OF ABUSE

Abuses can occur in various 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. 2021 saw a 13% increase in the incident of sexual assault in places of work, as well as outside and in the car. Nightclubs were not open during 2021 but young people often met up outside during the summer.

LOCATION OF ABUSE	
SURVIVORS HOME	32%
ABUSERS HOME	16%
OUTSIDE/CAR/HOSPITAL/EMPLOYMENT	29%
OTHER/UNKNOWN	23%

## RELATIONSHIP TO ABUSER

In the 137 Reported Incidents, Child sexual assault CSA, accounted for 78 of them, with over 90% of those incidents involving the perpetrator as known to the survivor. The other 59 incidents reported as an adult assault were by 87% known perpetrators. This contradicts the most common perception that sexual violence is most frequently perpetrated by person/s unknown

	RELATIONSHIP TO ABUSER	
	CSA	ADULT
AQUAINTANCE/FRIEND	37%	56%
PARTNER/EX PARTNER	14%	29%
FAMILY MEMBER	39%	2%
OTHER KNOWN PERSON	4%	5%
STRANGER	6%	8%

“Thank you for always being there for me.”

## COMPLAINT FILED

From the data below we can see that just under three-quarters of clients did not report to the gardai in 2021 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 defence 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, which has caused great delays in the court process. For many survivors the perpetrator is often someone close to them and this creates more complexities in terms of reporting. 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	26%
NOT REPORTED	74%

“Thank you for giving me my life back, little piece at a time”

“Having someone to listen and talk is something I am very grateful for”

## OUTREACH SERVICES

Pre pandemic the GRCC Outreach Services was available in Ballinasloe, Tuam and Gort and Oughterard. Unfortunately, with the advent of Covid the outreach service had to be provided remotely. GRCC remains committed to the reestablishment and provision of outreach services when appropriate and safe locations become available again as they provide accessible and affordable counselling for those living in those rural towns 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.

**“Found online very different the first couple of times, but being able to have my therapy and see you, even on Video, really was great”**

## 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.



**“We have come a long way. We have walked 500 miles and we have walked 500 more to get where we are and it’s a good place. A very good place.”**

## EDUCATION

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



**Michelle Caulfield**  
Head of Education  
& Training

**The Galway Rape Crisis Centre works toward ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes. Despite the ongoing pandemic and seemingly never-ending lockdowns, the Education Department in the GRCC was exceptionally busy in 2021. We facilitated 332 hours of training and workshops in schools, colleges, and community organisations with 423 participants taking part. Below is a closer look at range of education and training programmes and what we accomplished in 2021.**

### DISCLOSURE TRAINING

We facilitated Disclosure Training for 154 participants across the west of Ireland. We delivered to students in National University of Ireland Galway, staff in Galway Mayo Institute of Technology, Letterkenny Institute of Technology, University of Limerick, and the Technical University of Shannon. Thanks to funding from Lifes2good Foundation, we were also able to deliver Disclosure Training to community organisations such as Sexual Health West and Cuan Mhuire.

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.
- Increase awareness of the incidence of sexual violence.
- 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.

Partnership with Active\*Consent in NUI Galway  
In 2021 we developed and facilitated a section on disclosure for the postgrad module 'Sexual Consent Promotion: Skills and Practice', being run by NUIG. The module was a new offering with a specific brief to support individuals involved in implementing the 2019 'Consent Framework'. It was run twice last year, once in Spring and once in Autumn and had 42 participants in total from many different professions including academia, an Garda Síochána, the Irish Navy, Post Primary Teachers etc.

GRCC also partnered with the Active\*Consent Team and the Union of Students Ireland on an eight-week social media campaign called "Start

Here" which aimed to provide students and young people with information and skills to respond to disclosures of sexual violence and harassment. The campaign was launched virtually on 1st March by Simon Harris, Minister for Further and Higher Education. The event was attended by almost 150 people and received a lot of media attention. The campaign provided tips on what to do and say through graphics, videos, and Instagram "stories". Campaign content had almost three million impressions across the three social media channels (Facebook, Instagram, and Twitter).

In April and May we delivered two Disclosure Trainings online as part of this campaign, which were attended by students from all over the country.

In July the Active\*Consent "Consent Hub" was launched by Ministers Simon Harris and Hildegard Naughton. This digital hub aims to provide an integrated, publicly available resource on consent awareness and learning and we have been working with the team to ensure content is trauma informed.

### 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.

In Spring/Summer 2021, 12 people participated in this training, three of whom went on the volunteer with the centre when the training was complete.



## EDUCATION

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

### PSYCHOLOGICAL SUPPORT TEAM TRAINING

GRCC offer specialised training which equips trainees with the core skills required to support and advocate for a survivor in the aftermath of sexual violence. The training consists of twelve training days. 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 took place in spring when volunteers completed training.

**I wish that this training was as compulsory as a driving test. I got so much from this training and I think that EVERYONE should do this training. Amazing work! Well done and thank you very much!**

### SCHOOLS

In 2021 we continued to roll out the Manuela Education Programme in schools. We facilitated 68 hours of workshops to 231 young people in Galway and Roscommon. The aims of the Manuela Programme are 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.

### CONSENT EDUCATION PROJECT

The Consent-Education project developed out of the Manuela Programme Pilot, which ran from 2017 to 2020, is just over halfway through its 24-month run-time. It began in January 2021 and is slated to last until December 2022 and is funded by the EU and Tusla. The project has a goal of reaching 2,000 young people, training 70 teachers to continue delivering the programme, and has a specific focus on involving young people from the Travelling community, with a goal of reaching 80 youths from this ethnic minority group. The goal of the project is for the consent-ed programme to be fully integrated into the normal school curriculum for all young people across the country and delivered by their everyday teachers. The project is testing different course

**I think it is important every student completes this course throughout their second level education.**

## RAISING AWARENESS

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

materials and piloting the delivery of the programme to TY level students, developing a curriculum for the delivery of the programme to 2nd year students, and developing a curriculum specific to the Travelling community.

While initially fears of COVID had the team worried about not reaching the goals laid out in the project, the team has reached over 900 students by Christmas of 2021 and hopes to reach the goal of 2,000 students before the summer break in 2022. The COVID-19 pandemic has had a severe effect on the Travelling community and the ability of project workers to meet and instruct young people from the community.

**Fantastic training. I wish this was something I had when I was 16. My views and my peers would have changed and we would have had much healthier early relations!**

However, the project workers have gone above and beyond to adapt the curriculum of the consent education project to now focus on reaching service providers who primarily interact with the Travelling community. This includes GPs and other healthcare providers, primary care providers, and support workers, etc., who will, because of their training, be able to recognise, respond, and refer young people from the Travelling community to the correct

**“The facilitators made it feel safe and non-judgemental “**

resources and be supportive factors in getting the information out into the community more broadly.

The project will cease December of 2022 and will have produced a consent education curriculum specific to the groups listed above but will also have produced the tools to evaluate the effectiveness of this curriculum to be used by educators along with the curriculum and resources developed through the programme.

## COMMUNITY ENGAGEMENT/CONSULTATION/COLLABORATION

We continue to sit on number of committees such as the Galway CYPSC committee, and the Youth reach Committee, Galway Sexual Health Forum. We also sit on several committees related to ending sexual violence in Higher Education Institutes such as the NUI Galway Consent Framework Implementation Committee, the Galway-Mayo IT Consent Framework Implementation Committee, the National Advisory Committee (on ending sexual violence on college campuses) and the Cultural Change Sub-Committee. For more information contact, [education@grcc.ie](mailto:education@grcc.ie)

**I have been Counselling for a good few years and have had multiple training sessions in various areas of treating people. Both ladies excelled at what they do and left me feeling well informed and empowered.**

## 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. 2021 was a another 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.

Galway courthouse reopened. Twelve days of trial were accompanied there in 2021. However, we know of many clients cases that were postponed to 2022. The impact is enormous, in fact its retraumatizing 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.

### PSYCHOLOGICAL SUPPORT TEAM

The Psychological Support Team (PST) provide 24/7 psychological support and advocacy as part of the team in the Galway Sexual Assault Treatment Unit (SATU). This support is available to survivors in the aftermath of a sexual assault and rape. This team also provide psychological support to any

person who comes to the SATU in support of the survivor. The PST receive 60-hours of specialist training, before going on the roster where they are shadowed for the first three months. The team are provided with a solid support structure, this includes a debriefer alongside each Psychological Supporter on the roster, along with monthly group supervision and continuous support from the Psychological Support Team Manager Sarahjane Grennan who is a qualified psychotherapist, with over eight years' experience with the GRCC. 2021 continued to be a challenging time for everyone due to Covid-19 as the country went into another lockdown in January and uncertainty continued for most of the year. However, the PST's and SATU team continued to provide a full face to face services, while adhering to all covid restrictions.

Training went ahead in January with our first online training, which was extremely successful, a further eight members joined the Psychological Support Team to bring it to a total of 16.

It is commendable how the team have adapted over the year to the challenging times we were all living through. Moving to online training and the continuation of online group supervision really shows the commitment and resilience of the GRCC Psychological Support Team.

**SATU service is a 24hour service and can be contacted on the following numbers**

**091 765751 or 0876338118 Mon-Fri 08.00- 16.00**  
**091 757 631 Mon-Sun 16.00 - 08.00**

### SEXUAL ASSAULT TREATMENT UNIT (SATU)

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 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 violence.

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 soon 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.

In 2021 the psychological support team PST supported 44 survivors and 18 supporters.

#### Of the 44 survivors of whom:

 FEMALE (42)	95%
 MALE (2)	5%



## HELPLINE STATISTICS 2021

The helpline is available from 10am to 1pm Monday to Friday. There were 8,335 calls. Texts and emails to/from the centre in 2021.

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.

**“ I believe you want me to live, do well, and you do want to help. You always are pretty clear and convincing about that. Thank you.”**

The helpline is available from 10am to 1pm Monday to Friday. There were 8,335 calls, texts and emails to the helpline in 2020. This vital service is often the first contact survivors have with the centre.

Covid-19 continued to impact our service, with a continued rise in the numbers contacting the center. Texting is still the most popular method of contact, followed by phone contact. Social media has played a large part in communication. Our latest information is available on all platforms, Facebook, Instagram and twitter. We also revamped our GRCC website as this can also be a first point of contact for anyone reaching out to us.

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 70 percent of helpline contacts to the centre

were from survivors themselves. 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. Professionals contacting the centre accounted for more than 24 percent of callers.

**“Could not have got through the lockdown without the support of Galway Rape Crisis Centre”**

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.

## PSYCHOLOGICAL SUPPORT

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 31ST DECEMBER 2021

	2021	2020
<b>INCOME</b>		
Tusla	635,023	466,400
EU Project	194,383	41,021
Lifes2Good	138,340	105,797
Pobal	15,897	35,132
CFI	24,500	5,000
Fundraising	56,634	47,115
Donations	73,707	46,007
Other Grants	4,110	
Other Income	26,990	21,633
Rent Receivable	9,125	12,835
	<u>1,178,709</u>	<u>780,940</u>
<b>EXPENDITURE</b>		
Advertisement/Promotion	5,803	5,437
Audit Fees	4,305	4,305
Bank Charges	529	820
Bookkeeping	7,831	7,813
Cleaning, Canteen & Waste	4,241	4,940
Client Expenses	1,568	530
Clinical Director	-	21,395
Computer & Office Costs	21,285	13,381
Contract Admin	3,648	3,834
Contracted Counselling Services	20,759	27,285
Amortisation of Capital Grants	(600)	(600)
Depreciation	3,325	5,778
Fundraising Expenses	4,593	4,392
General Expenses	-	1,183
Insurance	4,436	3,519
Leased Equipment	1,355	1,534
Legal & Professional Fees	2,739	1,602
Light & Heat	8,553	7,603
Motor & Travel	2,504	1,252
Other Staff Costs	4,198	1,974
Program Costs	438	125
Relief Staffing	2,418	2,368
Rent	1,200	1,245
Repairs and Maintenance	5,933	6,149
SATU Costs	4,293	3,205
Security	1,131	955
Staff Training	2,509	360

Galway Rape Crisis Centre Company Limited by Guarantee  
**SUPPLEMENTARY INFORMATION RELATING TO THE  
 FINANCIAL STATEMENTS**  
 DETAILED INCOME AND EXPENDITURE ACCOUNT  
 for the year ended 31ST DECEMBER 2021

Subscriptions	1,407	1,148
Supervisors	11,055	10,880
Telephone, Internet & Mobile	11,510	6,752
Wages and Salaries	654,714	465,029
ER's PRSI	69,964	48,766
ER's Pension	21,450	13,518
 (OTHER INCOME	 (889,094)	 (678,477)
Bank Interest Earned	20	80
	<hr/>	<hr/>
DEFERRED SURPLUS/(DEFICIT) FOR THE YEAR	289,635	102,543
	<hr/>	<hr/>

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 30th May, 2022 and signed on its behalf by:

**lognaid O'Muircheartaigh**  
**Director**

**Tom O'Donnell**  
**Director**



## FUNDRAISING & AWARENESS-RAISING IN 2021



**Susan Costello**  
Fundraising &  
Communications  
Manager

We had hoped that 2021 would revert back to the world we knew pre-Covid but the reality was a world we still had to adjust to and cope with within a pandemic. However, GRCC continued to adjust and cope with these changes and we had great success with our online fundraising including Cookery and Cocktail demonstrations, Family Easter Quiz, online

raffles, book sales and many more. We also had incredible support from individuals and groups who created amazing online fundraising campaigns in support of GRCC.

During 2021 we embraced the concept of environmentally aware fundraising with the introduction of our Textile Recycling Clothes Banks and continued to move towards the goal of sustainable fundraising with our Camino of the Body & Mind and Legacy development.

We have also been fortunate to have enjoyed the support of other charities during this uncertain time and partnered to create successful, collaborative campaigns and we hope to further develop these relationships in 2022.

Our Corporate Partner Aviva over the past two years has been a massive part of GRCC's support system. Collaboratively we have strived to work towards developing strategic projects that bring about sustainable impact and real change. Skill sharing has been something that has worked particularly well online for us, however we did manage to have some Covid compliant volunteer days also, and it was great to meet with some of the staff who have supported us so amazingly with their many fundraising campaigns throughout the year.



We were grateful to be chosen by NUI Galway Students Union as one of their charity partners in 2021 and also as a charity partner for Coldvember 2021 run by the Coldvember Crew from NUI Galway. These events bring in vital funds for GRCC but just as important is the awareness they help create in the student community and the wider community.

Awareness raising is a huge aspect of GRCC's work and the redevelopment of our website in 2021 allows us to deliver current, relevant information and present the services we provide and the work we accomplish at GRCC. We continue to use our social media platforms as tools for engagement and awareness raising and we have developed a quarterly Newsletter to further help foster this awareness and engagement.

We look forward to 2022 as a year of celebrating 'Community', in whatever form that may take. The support GRCC has received in 2021 which allows us to continue to provide our vital services demonstrates the great sense of solidarity people hold with those in our community affected by sexual trauma and abuse.

We sincerely Thank You for your support and we look forward to working together with you as a community and an ally in our journey to lessen the impact and incidence of sexual violence and abuse and to achieve a society which no longer tolerates these crimes.

To find out how you can Donate or to find out more about Galway Rape Crisis Centre please visit our website at [www.galwayrcc.ie](http://www.galwayrcc.ie) If you would like to receive our quarterly Newsletter you can sign up on our website or contact [fundraiser@grcc.ie](mailto:fundraiser@grcc.ie)

**Go raibh míle maith agat.**

"I think the reason we all wanted to fundraise for the GRCC was due to the unfortunate number of stories of sexual violence we hear, in our community and online, that by raising whatever money we could, raising as much awareness, and spreading as much information as we could about the GRCC and the fantastic work it does, that we could actually make a difference and benefit the community". -

**Dan O'Connell -Coldvember Crew Member 2021.**

## GRCC ALWAYS NEEDS YOUR HELP!

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](mailto:fundraiser@grcc.ie) or call 085-2462959 if you would like to discuss this with us.

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### 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.ie](http://www.galwayrcc.ie)

#### 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](mailto: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](mailto:fundraiser@grcc.ie)

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**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:**



Rialtas na hÉireann  
Government of Ireland



**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](mailto:admin@grcc.ie)  
Website: [www.galwayrcc.ie](http://www.galwayrcc.ie)

