



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
- 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 report	4
Clinical Director’s Report	6
Clinical Services.....	8
Education & Raising Awareness	11
• Schools	
• Disclosure training	
• Partnership with active consent	
• Consent education project	
Fundraising and Awareness	14
Psychological Support Team	17
Court Accompaniment	20
Financial Statements	22

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 five full-time and 23 part-time staff, 6 Volunteer board members, and has in the region of 4 volunteer counsellors, 21 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.



CHAIRPERSON'S REPORT ON BEHALF OF BOARD

2022 saw a lifting of most restrictions despite covid 19 remaining, GRCC are now living with the pandemic, and doing it very well, building on our experiences of 2020/21 where we learned just how resilient our team could be, 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. 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 have the go-ahead for 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 Autumn 2023 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 which is client centered.

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

BOARD OF MANAGEMENT 2022

Chairperson – Iggy Ó Muircheartaigh

Secretary – Conor Hanly

Treasurer – Tom O'Donnell

Board Members – Deirdre McLoughlin, Kate Mulkerins, Catherine Dunleavey



Beir beannacht.
Iggy Ó Muircheartaigh
Chairperson

EXECUTIVE DIRECTOR REPORT

2022 was a year where our staff and volunteers continued to work within the restrictions of the pandemic, their approach remained professional and flexible while adjusting to a changing environment. Their response to our clients' needs was immediate and full of kindness and respect.

We in GRCC appreciate the contribution of our Psychological Support Workers and our Court Accompaniers for their contribution to the welfare of our clients, their families and supporters. They are unsung heroes who support vulnerable victims of sexual violence and abuse.

Our Counselling staff not only counsel, but they advocate for our clients in areas such as housing, asylum, social welfare and other matters. Most importantly through their practical efforts our counsellors support/facilitate our clients towards healing.

Our Education and Development & Marketing departments have successfully campaigned to raise awareness about consent, sexual abuse and rape. These are not easy conversations but by normalising them we are helping to change attitudes and societal tolerance. There is a growing understanding throughout society of the lifelong impact this abuse has on survivors. It also highlights the perpetrators and identifies the ways in which they insinuate themselves in our clients lives and often are hidden in full sight in communities.

As the awareness grows so also does the demand for our services. This is a very healthy reaction to an area of human suffering that has for many years remained hidden and secret. Our goal is to work towards healthier and more transparent communities. We are grateful to all those who supported us in 2022. In a year where fundraising was difficult many people and organisations continued to support us. The generosity of our partners in Lifes2good and Aviva has been an affirmation of their kindness and humanity. During the past two years we have been working to secure a permanent home for GRCC. Throughout this time the unwavering support of our architects in Urban Arq has enabled us to achieve our dream for a beautiful building, one in which we will be proud to welcome our clients.



Cathy Connolly
Executive Director

I want to thank our colleagues in Tusla who listen when we ask for increased funding and who diligently try to support us even when funds are wanting. Their integrity and hard work have helped GRCC become what we are today. Finally, I want to thank our chair and board of directors whose honest oversight is something each of us in GRCC value and are grateful for.

Lastly but by no means least I would like to express my thanks to the people of Galway whose generosity and support is invaluable. Also thank you to our clients who entrust us to work and support them during a difficult time in lives,

Thank you.

Cathy Connolly

KEY FIGURES

JANUARY - DECEMBER 2022

5022

Offered Appointments

11,263

Social Media Followers

82

Accompaniments SATU, Garda, Court.

8567

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

331

Hours of training

737

Training participants

CLINICAL DIRECTORS REPORT

We saw glimmers of hope in 2022, of heading back to normality after the heaviness of 2 years of Covid. For me, 2022 presented a wonderful opportunity which, luckily, saw me joining GRCC as Clinical Director. I am honoured to be part of such an established and respected organisation and will Endeavor to contribute to GRCC's stellar national reputation.

Yet the aftereffects of the last two years are still being felt. Repeated lockdowns have led to inevitable delays in criminal and legal proceedings, which can have an undeniable negative impact on individuals who have chosen to speak out about their experiences of sexual harm.

We are seeing more and more people presenting having been assaulted by someone who they knew well, who they considered a friend. Sexual assault and violence have permeated our culture and interactions to the point where it can feel like anyone could be a potential victim or perpetrator.

This speaks to our vision in terms of how our services and support are seen by the community. While the clinical and professional services we provide are highly specialised, we are not a specialist organisation, a niche service providing support for an unlucky few. Rather, we are a community organisation, serving and supporting those ever-growing numbers of individuals impacted by sexual violence.

There are many reasons why numbers of incidents of sexual assault are rising. It seems that our culture in terms of responding to victims is indeed changing. Individuals who have been harmed in this way are more willing to report their experience of harm, as we as a society and culture are more willing to listen and respond compassionately. However, it also appears that sexual assault has become almost normalised in certain circles, something which GRCC strives to explore and address through clinical and education and training programmes.

We are also noticing a difference in the kinds of sexual assault people are being subjected to. Individuals report more violence, threats and intimidation used by their perpetrator. Young people in particular often disclose this kind of experience when they come to us, and many struggle with whether to report their experience of sexual violence to the Gardai.



Deirdre Ronan
Clinical Director

We continue to work closely with the Gardai, particularly the dedicated sexual and domestic violence team at the PSU, Protective services unit, in Renmore to support those clients who wish to explore reporting their experiences of abuse.

With GRCC's 40th birthday next year, we are taking the opportunity to stand back and look at where we've come from and who we are. The social landscape is very different to when GRCC was founded, and we aim over the coming months and years to address any gaps in our service provision.

We are conscious that there are people in our community who are not reaching out to us for support. Men, the LGBTQ+ community, people who are migrant or refugees and the travelling community are all groups who seek support from us in small numbers.

In 2022 we began to meet with individuals and groups from and representing these marginalised communities, and we intend to continue to listen, and to use that knowledge to make our service more accessible to all who need it.

Deirdre Ronan
Clinical Director



COMPASSION AND UNDERSTANDING

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

CLINICAL SERVICES

COUNSELLING SERVICES

We continue to work together as an organisation and clinical team to provide best practice support options for our clients. This means adopting clinical flexibility in responding to our clients, some of whom may need short-term and some longer-term therapeutic engagements.

Clients are involved in review and discussion with clinical staff in terms of determining what their needs are, and how we might meet those needs. In 2022, there was a 10% increase in appointments offered, which means more and more people are reaching out to us for support.

ADOLESCENT PROGRAMME

In 2022, we offered 1,000 counselling appointments to young people who had experienced rape and sexual violence.

We are acutely aware of the particular needs of these individuals, which is why they are referred immediately to our dedicated adolescent programme, wherein highly trained therapists support them.

Parents or carers are also encouraged to attend congruent support sessions as we know that when an individual is harmed in this way, it impacts the entire family. These support sessions allow the family to heal as a unit, together.

45.9% of individuals seeking support in 2022 were aged between 18 to 23 years. This college aged cohort are particularly vulnerable to this kind of crime, and our clinical and education

and training departments continue to work closely locally and nationally with second and third level institutions in preventative and responsive capacities. 18% percent of our clients in 2022 were between 16 and 17 years, with 14.75% being under 16 years.

While our specialized clinical team offer therapeutic support to young people who have been sexually assaulted and raped, our Education and Training Team deliver trainings on Disclosure and Consent to adolescents in schools, parents and teachers in order to fully support young people who may be at risk of victimisation or perpetration of sexual violence.

From the bottom of my heart, thank you to all of the GRCC Team who helped me at my time of need. I'll never be able to put into words how thankful I am, but hopefully the efforts made with this fundraiser help in some way.


Our Adolescent Programme has been funded to date by Lifes 2Good, a hugely successful partnership which ended as planned in 2022. We are forever grateful to Lifes2Good for their investment in supporting the young people of the west. We are similarly indebted to the HSE who have agreed to continue to fund the programme, a commitment which speaks to the success of the programme.

GENDER

GRCC we are acutely aware that significantly larger numbers of women seek support from us, with only under 8% of our clients in 2022 being male. We are aware that, historically, rape crisis centres are seen as support services for women, despite statistics showing that similar numbers of males are victimised in this way.

We have established that generally men are less likely to disclose an experience of sexual violence at all and, if they do, they are much less likely than females to come to us for support. We are committed to addressing this in 2023 and, indeed, began linking with local and national organisations this year in terms of beginning to address this.

It is vital that all community members, regardless of gender identity, sexuality, nationality, religion or ethnicity, know that they are welcome at GRCC for support.




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

NATURE OF ABUSE

By far, the most frequent types of assault we see are rape and child sexual assault, at 32% and 40% respectively. However, we continue to hear from individuals who have experienced marital rape, physical abuse, sexual harassment and aggravated sexual assault. It is so important to us that community members know that we are here to listen regardless of their experience or how long ago it was.

We are hearing more individuals also disclose experiences of violence used against them during sexual assaults. Threats to kill, strangling

and other forms of emotional and physical violence are on the increase. There has also been an increase in the number of cases involving internet image-based sexual violence.



**Thank you for always
being there for me**

Being subject to these experiences can make it even more difficult for an individual to disclose their experience, due to fear. There has also been an increase in the number of people reporting having their drinks spiked with drugs or alcohol.

Being under the influence of alcohol or drugs, whether by choice or not, does not impact your right to not be sexually assaulted morally or legally, and we encourage any person who has had this experience to seek the support they deserve, if they choose.

REFERRAL TYPE

The vast majority of contacts to GRCC are survivors who are seeking support for themselves, at 57%. This type of contact is extremely important, as it is often the first time the survivor has spoken of their experience aloud.

As such, our Front Line staff are absolutely vital as the first point of contact for many survivors engaging with us, and feedback from our clients describes these encounters as supportive, compassionate and encouraging.

HELPLINE STATISTICS 2022

The helpline is available from 10am to 1pm Monday to Friday. There were 8,567 calls. Texts and emails to/from the centre in 2022.

The freephone 1800 355 355 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 this number allows our clients to contact us free of charge and confidentially.

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 30 percent of callers.

There is no way to tell before a call is answered who might be on the other side and just how important that first phone call can be to a survivor, to be heard, listened-to, and believed, as they start a challenging path to unburden themselves from the impact sexual violence has on their lives.



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

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

EDUCATION

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



Michelle Caulfield
Head of Education
& Training

EDUCATION AND TRAINING DEPARTMENT

2022 was another busy year for the GRCC Education and Training department. We facilitated a range of trainings and education initiatives for a variety of schools, colleges, and community organisations throughout the year. The aim of the Education and Training department is to lessen the impact of sexual violence through education.

SCHOOLS

- We delivered several workshops to students in Gort Community School, Seamount College Kinvara, and Coláiste Iognáid throughout the year.
- In partnership with Roscommon CYPSC, we delivered Consent Workshops in three secondary schools in Roscommon and plan to facilitate Disclosure Training for school staff in the county.
- In partnership with Aviva our team facilitated a Parents Evening in Clifden Community School and delivered Consent Workshops to Second Year students. We also plan to facilitate a Disclosure Training for staff in the school.



DISCLOSURE TRAINING

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.

In 2022 we delivered 117 hours of Disclosure Training to community organisations and college staff and students across Ireland.

I really enjoyed the course it was a course like I never did before because the level of professionalism, safety, knowledge, empathy and effort that went into it was second to none. It has left a huge positive imprint on me and I feel every doctor, psychologist, psychiatrist, mental health worker, psychotherapist, guard, judicial system should get this training. Thank you for the opportunity to do this course.



Consent Event in UG, members of GRCC Education and Training Department with UG Counsellor)

PARTNERSHIP WITH ACTIVE* CONSENT UNIVERSITY OF GALWAY

In 2022 our partnership with the Active*Consent team in University of Galway went from strength to strength. We co-facilitated another iteration of the postgrad module 'Sexual Consent Promotion: Skills and Practice', co-facilitated five roll outs of First Point

of Contact training for staff, as well as co-developing and delivering a version of the First Point of Contact training to Education and Training Boards Ireland staff.

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.

An incredible intense & compassionate training session, we as a group had so many questions, that I feel that the training was the tip of an iceberg. Thank you so much.

**All students
should receive this training
as it made me more aware
of what is going on and
what to do if something bad
happens.**

Student Quote



CONSENT EDUCATION PROJECT

The Consent-Ed project finished its delivery and piloting of newly developed materials in December of 2022. The programme saw over 1200 Senior cycle students, 480 Junior Cycle students, and trained 65 teachers in our Consent-Ed Curriculum and project ethos. The programme kick-started our Community of Practice module, offered to new and trained alike. These were well attended and had good engagement. The sessions provided teachers with more information on online sexual harm, healthy/unhealthy relationships, and sexual harassment among adolescents. The project has been extended until December 2024. At present, the project team is finishing off reporting to the EU on the last two years and will start looking towards the next phase of the project in July 2023. The next phase will include developing the Second Edition of the Consent Ed materials, as well as piloting and evaluation of these materials. Further, this phase will contain a renewed focus on teacher trainings and securing the sustainability of the programme in the future.

**If you would like further information on any of
our education and training programmes please
get in touch, consented@grcc.ie**

**Consent Ed is an
invaluable resource for
teachers**

Teacher Quote

FUNDRAISING & AWARENESS-RAISING IN 2022



Susan Costello,
Head of Development
& Marketing

Head shaves, cake sales, Facebook birthday fundraisers, 100k runs, hikes in the Burren, Book Sales, Art Raffles, Flag Days, Matched Funding.... the support we have received from Individuals, Groups and Corporates alike in 2022 has been amazing.

Here are some of our Fundraising highlights:



Summertime Sessions

What a great way to herald the return of 'In-person' events with Summertime Sessions a music event run in collaboration with Rosabel's Rooms and Bádóirí an Cladaig. Thanks to all who supported us, including our fantastic line up of Artists.



Carols

An annual tradition for GRCC is our Carol Service. The generosity we encountered on the streets of Galway was incredible and never ceases to amaze us. A big Thank You to our musicians, Leo, and Tom, and to all who supported us in song, applause or with a donation.

Our quarterly E-newsletter updates our subscriber's on GRCC's work, campaigns, and volunteering opportunities. If you would like updates from GRCC you can sign up for our E-newsletter on our website www.galwayrcc.ie

ONLINE

You can donate online on our website www.galwayrcc.ie

Partnerships & Charity of the Year Opportunities

Can your business share skills and resources to help support GRCC develop a sustainable source of funding for the future? Please get in touch we would love to hear from you.



Coldvember

Our amazing friends The Coldvember Crew were showcasing Community Fundraising at its very finest by braving the Atlantic every morning during the month of November to raise vital funds for GRCC's services. Hats off (or on, brrrrrr) to all who turned up to support this fantastic event.



Aviva has been an invaluable partner to the Galway Rape Crisis Centre over the past several years, demonstrating unwavering enthusiasm and genuine commitment to our cause. Their steadfast support has played a pivotal role in advancing our mission to provide essential services and support to survivors of sexual violence in the Galway community.

SHARING INFORMATION

We use our social media platforms to make relevant, valuable information accessible to our followers and the wider community. Feel free to Like, Share and Follow.



CULTURE NIGHT

Galway Rape Crisis Centre opened its doors on Culture Night so that the community we serve could come in and meet the people doing the work. There was the opportunity to ask questions, learn a little something and to just chat and enjoy some light refreshments. It was a great success and we were delighted to see so many with an interest in our work.



VOLUNTEERING

Much of GRCC's success relies on the support we get from our Volunteers. Our Psychological Support Team is completely made up from Volunteers, as is our Garda/Court Accompaniment. Many of our Fundraising Campaigns also relies on our Volunteers and would not be possible without their support and commitment.

To witness first-hand the drive and passion show by Susan and the Team at GRCC to break down stigmas and raise awareness as well as much needed funds was a humbling experience. I felt honoured to play a part in the fundraising efforts and long may it continue

**Kat Noal -
Fundraising Volunteer**

Psychological Support Team

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



Sarahjane Grennan

Psychological Support team Manager

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 provides psychological support to any person who comes to the SATU in support of the survivor.

The PST receives 60-hours of specialist training, which equips them 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. Furthermore, the training is based on a best practice approach in relation to both supporting

PSYCHOLOGICAL SUPPORT TEAM 2022



Volunteer Testimonial

If my words and actions can help someone in some small way, that makes me feel a huge sense of achievement. I feel quite privileged to be part of the Psychological Support Team and the work we undertake as part of it.

There is a huge sense of community within the GRCC, I feel this quite strongly within the Psychological Support Team. We are all there to help survivors as best we can and everyone is hugely passionate about the work that they do. I would definitely recommend volunteering.

Tara Kitson, PST Volunteer



survivors and managing the impact of trauma on the Psychological supporter. Following training, the PST joins the roster where they are shadowed for the first three months.

The team is provided with a solid support structure, this includes a debriefer alongside each Psychological Supporter on the roster, along with monthly group supervision and continued support from the Psychological Support Team Manager.

The team is led by our Psychological Support Team Manager Sarahjane Grennan who is a qualified psychotherapist, and over nine years' experience with the Galway Rape Crisis Centre.

2022 saw another successful online training go ahead online and we had nine new members join the Psychological Support Team on completion.



**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 Gardaí for

PSYCHOLOGICAL SUPPORT TEAM DEBRIEFING

We have a team of 11 debriefers, staff of GRCC. This team are an integral part of the support structure established for the Psychological Support Team it is a means of honoring the organisations duty of care to our valued team of Volunteers.



The debriefers are available while the Psychological Supporter is attending a case in the SATU, a Court case or accompanying to the Garda Meeting. Debriefers offer reassurance to the PST that they have someone to call if support or advice is needed.

I am glad to be a part of the GRCC Volunteering and Psychological Support Team. I believe that the world cannot change if I do not change myself first, and Volunteering at the GRCC did that for me. It gave me a different perspective in Volunteering: Together we can raise awareness and break the stigma and the bias around sexual abuse. You Can Be a Part of That Change, Too.

Sia - Fundraising Volunteer and Psychological Support Team Volunteer.

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 Gardaí.

There is no charge for any of the SATU services or follow up appointments. In 2022, the psychological support team PST supported 72 survivors and 51 supporters.

 FEMALE (71)	99%
 MALE (1)	1%

ADVOCACY

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



Edna MacNamara
Court Accompaniment
Manager

COURT & GARDA ACCOMPANIMENT

The centre offers clients accompaniment to services such as the Courts and the Gardai. We also organize reporting to the Gardai in the center's premises if the client would feel more comfortable and help with the writing of Victim Impact Statements post-conviction.

A psychological supporter accompanies the clients to all these services. The impact of COVID-19 was still felt in 2022 with the ever growing back-log of Court cases which led to an increase in the need for additional support as clients dealt with the trauma of postponed hearings.

Thirteen days of trial were accompanied in 2022 involving six clients and nineteen supporters.

However, we know of many client's cases that were postponed to 2023. 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. Ten clients were provided with Garda accompaniments at our center for either an informal chat or for making an official statement.

The Court accompaniment service is managed by Edna MacNamara who has legal qualifications and twelve years of GRCC work experience in multiple areas.

Thanks so much for the last few days. I felt greatly supported both before and during the trial

Its ye guys that stop us from caving in

INTERESTED IN SUPPORTING GRCC?

Our Text Donate number is an easy way to help us continue our work.

Text GRCC to **50300** to donate €4 to Galway Rape Crisis Centre

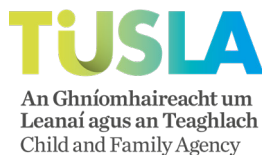
Texts cost €4.

GRCC will receive a minimum of €3.60.

Service Provider LIKE CHARITY. Helpline 01 4819311.



**GRCC IS GRATEFUL
FOR THE SUPPORT
OF THE FOLLOWING
FUNDERS:**



Rialtas na hÉireann
Government of Ireland



AND THE GENEROSITY OF THE PEOPLE OF GALWAY

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 December 2022

	2022	2021
INCOME	1,001,580	1,178,709
Expenditure	(1,136,525)	(889,094)
OPERATING (DEFICIT)/SURPLUS FOR THE YEAR	(134,945)	289,615
Interest receivable and similar income	16	20
Other gains and losses	-	-
DEFERRED (EXPENDITURE)/INCOME FOR THE YEAR	(134,929)	289,635

The income and excess of income over expenditure relate to continuing operations as no businesses were acquired or disposed of in 2022 or 2021.

A separate Statement of Total Recognised Gains and Losses is not required, as all gains or losses have been reflected above.

Galway Rape Crisis Centre Company Limited by Guarantee

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

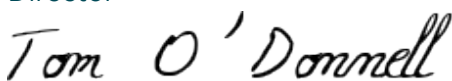
for the year ended 31 December 2022

	2022	2021
FIXED ASSETS		
Property, plant and equipment	392,739	394,694
	<u>392,739</u>	<u>394,694</u>
CURRENT ASSETS		
Cash and cash equivalents	834,759	637,300
Trade and other receivables	4,443	1,612
	<u>839,202</u>	<u>638,912</u>
CREDITORS DUE WITHIN ONE YEAR	<u>68,216</u>	<u>103,292</u>
NET CURRENT ASSETS	770,986	535,620
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>1,163,725</u>	<u>930,314</u>
REPRESENTED BY:		
Unrestricted Funds	509,583	499,650
Designated Funds	642,017	274,017
Restricted Funds	933	145,795
Capital Grants	11,192	10,852
TOTAL FUNDS	<u>1,163,725</u>	<u>930,314</u>

The financial statements were approved by the Board of Directors on the 14th September 2023 and authorised for issue on the 14th September 2023.
They were signed on its behalf by:



Iognaid O' Muircheartaigh
Director



Thomas O'Donnell
Director

Date 14th September 2023







Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

The Lodge
Forster Court
Galway

091 564800

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