



Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

2023 IN PICTURES



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INTRODUCING GRCC

The Galway Rape Crisis Centre (GRCC) stands as a beacon of support for survivors of sexual violence and abuse, offering professional counselling services of the highest quality. Since its inception in 1984, GRCC has grown significantly, driven by a mission to address the critical need for services for survivors of sexual abuse. Over time, our commitment has expanded to encompass support for male survivors as well, following our merger with the Male Abuse Survivors Centre (MASC) in 2001. Today, GRCC is proud to be the second largest rape crisis centre in Ireland, a testament to our unwavering dedication to those in need.

Our committed team at GRCC consists of 31 staff members, and a network of passionate volunteers. Underpinning our operations is a strong emphasis on transparency and accountability, overseen by a Board of Directors. Additionally, our adherence to the Governance Code for Community and Voluntary Organisations in Ireland underscores our commitment to upholding best practices in governance. At GRCC, we are not only dedicated to providing essential support services but also to driving change through education and advocacy, striving for a future free from sexual violence and 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.



Cathy Connolly, Executive Director GRCC, along with the staff, supporters, and friends of the Galway Rape Crisis Centre, gathered to welcome Minister for Justice Helen McEntee.

KEY SERVICES PROVIDED BY GALWAY RAPE CRISIS CENTRE



CHAIRPERSON'S REPORT ON BEHALF OF THE BOARD OF MANAGEMENT

As we reflect on the past year at Galway Rape Crisis Centre (GRCC), we're filled with gratitude for the unwavering dedication and resilience of our team and community. Our commitment to providing vital support and counselling services to those affected by sexual abuse has remained steadfast.

Throughout 2023, GRCC continued to adapt and evolve, building upon the lessons learned from previous years. We are immensely proud of the progress we've made, and it's with great pleasure that we share some significant developments with you.

One of the highlights of the year was the groundbreaking moment at Claddagh Quay. With planning permission secured and the support of Eugene Mulcaire, Architect, urbanARQ we embarked on a transformative journey to construct a new purpose-built building. This state-of-the-art facility will enable us to better cater to the needs of our clients, providing a safe and supportive environment for healing and recovery. This project represents a significant step forward for GRCC and marks a new chapter in our journey of providing essential services to those in need. I also extend our heartfelt appreciation to all who have supported us along the way, including our dedicated staff, volunteers, donors, and partners. Your unwavering commitment and generosity have been instrumental in our success.

Special thanks to our Executive Director, Cathy Connolly, whose leadership and dedication have been invaluable in guiding us through this journey. We also extend our sincere gratitude to the Board of Management for their wisdom, guidance, and unwavering support, we are profoundly grateful for your ongoing dedication.

As we look ahead to the future, we remain steadfast in our mission to support and empower survivors of sexual abuse. Together, we will continue to strive for a world free from violence and discrimination. Thank you for your ongoing support and dedication to the work of GRCC. We are profoundly grateful for your partnership and look forward to continuing this journey together.

Iognáid Ó Muircheartaigh



*Iognáid Ó
Muircheartaigh*
Chairperson

BOARD OF MANAGEMENT 2023

Chairperson - Iognáid Ó Muircheartaigh

Secretary - Conor Hanly

Treasurer - Tom O'Donnell

Board Members - Kate Mulkerins, Jane Foley, Joanne Frehill,
Deirdre McLoughlin and Catriona Dunleavy

EXECUTIVE DIRECTOR'S REPORT

2023 marked a significant transition for GRCC (Galway Rape Crisis Centre) as we prepared for our move in January 2024 to the new agency, Cuan. This transition will be a new chapter in our history, and I would like to extend my sincere gratitude to all the team at TUSLA for their unwavering support and partnership throughout this process. I also want to express our gratitude for their friendship and understanding throughout our long working relationship.

As we embark on the journey of reflecting on the achievements and challenges of the Galway Rape Crisis Centre (GRCC) throughout 2023, I am filled with a sense of gratitude and pride for the incredible strides we have made in our mission to support survivors of sexual violence and abuse.

Our achievements in 2023 were made possible through the generous support of our community and partners. I am particularly grateful for the continued partnership of Aviva Galway, which was invaluable. Their partnership, along with the fundraising efforts of Aviva Staff, such as the Run a Muck event and the Volunteer Day at GRCC are examples of Aviva's commitment to our clients, and we are incredibly thankful for their ongoing support.

Additionally, I would like to thank the UG Students, who supported us by organising events such as Coldvember. They braved the windy wet and cold Galway weather to create an event that brought students together for a serious cause, while having fun. We have also received support from the organisers of the ROPES Journal, and we are grateful to them for their kindness. I want to thank Joanna Brophy and the staff of the University of Galway Students Union who have played such a key role in raising awareness about sexual violence by choosing Galway Rape Crisis Centre as one of their Charities of the Year, for the past four years.



Cathy Connolly
Executive Director



Senator Seán Kyne, Cathy Connolly, Executive Director GRCC, Minister for Justice Helen McEntee, Chairperson of the Board of Management Iognáid Ó Muircheartaigh, and Hildegard Naughton TD at the Galway Rape Crisis Centre. Photo credit: Brian Harding.



Photo: Brian Harding

During 2023, GRCC continued to develop and implement new campaigns aimed at promoting awareness of our services. There has been a positive reaction to our initiative campaign of visiting Men's sheds and other male groups informing them about our services and giving a clear message that all men are welcome to call to GRCC. Our Education and Training services have expanded to include other charities, community organisations and educational institutions. We are especially mindful that this is important work that aligns with our mission statement and our goal to recognise that education plays a key role in prevention. I am also pleased to report that GRCC received funding support in 2023 from POBAL and the Bank of Ireland cost of living fund. These funds have allowed us to address critical needs, like the increasing energy costs.

2023, also marked the exciting start of the construction on our purpose-built centre in Claddagh Quay. This state-of-the-art facility, meticulously designed to meet the unique needs of our clients and staff, will serve as our permanent home. I want to express my sincere appreciation to all the professionals who worked with GRCC. Their tireless dedication and hard work is very much appreciated. I would like to extend my heartfelt thanks to all those who have supported GRCC throughout 2023. Our dedicated Board of Management, our Staff and Volunteers. A sincere thank you to our generous partners and supporters, each of whom play a vital role in our work. Together, we are making a difference and create a safer, more supportive community for all.

Finally, I want to thank our clients for trusting us and for their bravery in coming forward to seek counselling.

Cathy Connolly,
Executive Director

CLINICAL DIRECTOR'S REPORT

2023 allowed us a period of settling back to usual practice with our clinical work returning almost entirely to face to face sessions and our Outreach services resuming. This period has allowed us to begin to focus on the changes we are facing in 2024 and also to reflect on where we have come from. As we approach our 40th birthday next year, we are proud of our heritage, and the group of indefatigable individuals who founded GRCC to address a gap in support for victims of sexual violence in the community.

In 2023 we saw the numbers of violent assaults by loved ones rising. It is hard to believe that anyone nowadays does not know somebody impacted by sexual abuse or violence. Although GRCC provides a specialist service delivered by highly trained and experienced clinicians, we are, at our heart, a community organisation, offering support to the many members of our community whose lives have been touched by sexual violence. Much of our work in 2023 has been focussed on identifying barriers preventing the most vulnerable members of our community accessing our support and looking at ways to address this. This work happens, of course, alongside our constant engagement with the hundreds of individuals who, thankfully, do make it through our door. Our entire staff team works tirelessly to make this process as safe and easy as possible. I would like to extend a huge and heartfelt thank you to the entire staff team at GRCC, especially the clinical team, who's commitment, dedication and kindness is unmatched.

Counselling

Our clinical team offered nearly 5,000 counselling sessions to clients in 2023, and almost 200 individuals attended counselling appointments with us for the first time this year. There has been a marked increase in the number of individuals aged between 50 and 79 years old engaging in support with us, reporting both historic and recent experiences of sexual violence. At GRCC, we recognise how difficult it can be for an older individual to seek support in these instances and are glad so many are finding their way to us.

We are also pleased to see that the number of male, non-binary and transgender clients across all age groups seeking our services increased this year. These individuals often find it more challenging to access the services of rape crisis centres, and we continue to encourage those of any gender or gender identity to seek support from us if they need to.

Our dedicated clinical team continue to offer short and longer-term clinical engagements to all victims of sexual abuse, harassment and violence based on client need and decided in consultation with our clients.

Adolescents

Children and young people continue to reach out to us for therapeutic support. This year, we saw a marked increase in the numbers of children under 14 and young people aged between 18 and 25 accessing our service. We welcome the fact that these young people feel able to disclose and seek out support in such numbers but remain concerned about the increasing numbers of adolescents who are victims of sexual violence. There has also been an increase in the numbers of young people reporting being victims of rape and sexual harassment, with most of them being self-referred to us. The clinical team continues to modify the delivery of clinical interventions to suit the specific needs of children and young people.

We are also acutely aware of how a young person's healing journey following an experience of sexual violence should include, where possible, their loved ones. We continue to offer supporter sessions to loved ones alongside the young person's therapeutic engagement, to allow not just the individual but the family system a chance to process and heal together.

Nature of Abuse

We continue to see large numbers of clients disclosing incidents of rape, sexual assault and sexual harassment as both adults and children. We have seen a stark increase in individuals of all ages reporting having experienced these kinds of assaults. We have also noted an increase in the number of adults disclosing experiences of physical abuse and harassment/ intimidation alongside their experience of sexual assault. Many of these incidents happen in relationships with family members and partners.

There has also been a shift in the location of most reported cases of sexual violence. This year we saw far less cases of sexual violence occurring in the offender's home, and many more reports of this happening in the victim's home or outside. This speaks to serious incidents of sexual and other violence now occurring more frequently in places that should feel safe; loving relationships, or one's own home. Suffering in this way can make the world feel like a very unsafe place and make it harder to find a safe place to speak about what is happening. We are so glad that so many people experiencing this find the courage to trust us enough to speak out.



GRCC staff and volunteers gearing up for Galway Pride Parade

KEY FIGURES

JANUARY - DECEMBER 2023

4805

Offered Appointments

11,320

Social Media Followers

135

Accompaniments SATU, Garda, Court.

7549

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

327

Hours of training

1433

Training participants

Community Links

In 2023 we built on the foundations laid with partner organisations last year to encourage engagement with minority groups in our community who may face particular challenges in accessing our services. We continued our work with Amach!, Pride Galway and Sexual Health West on making our services more accessible to LGBTQ+ community members. This included us jointly facilitating a community pop-up hub in August as part of Pride week and many GRCC staff were delighted to take part in the Pride march.

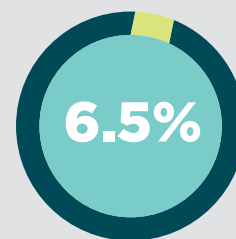
We also maintained our link with The Men's Development Network in exploring and facilitating ways to encourage male disclosure and engagement. This is an ongoing endeavour we are excited to work on in 2024.

The relationship forged with Akidwa during 2023 has continued to develop, and our work with asylum seekers and refugees will include joint-working with Galway City Partnership Direct Provision services in 2024 also.

We were happy to begin to make links with The Galway Traveller Movement and Pavee Point again, in making our services more accessible and available to members of the travelling community. We look forward to strengthening these relationships over the coming months and years.

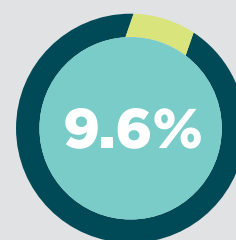
Outreach

We are delighted to have our outreach centres in Oughterard and Gort up and running, with Tuam, Loughrea and Ballinasloe to follow soon. Space is at a premium, making finding suitable premises for our clients difficult, but we are linking with partner organisations in these communities to make our services easier to attend.



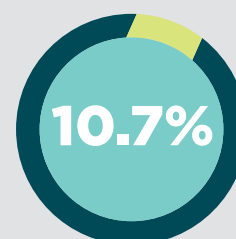
2021

24 Male Clients



2022

39 Male Clients



2023

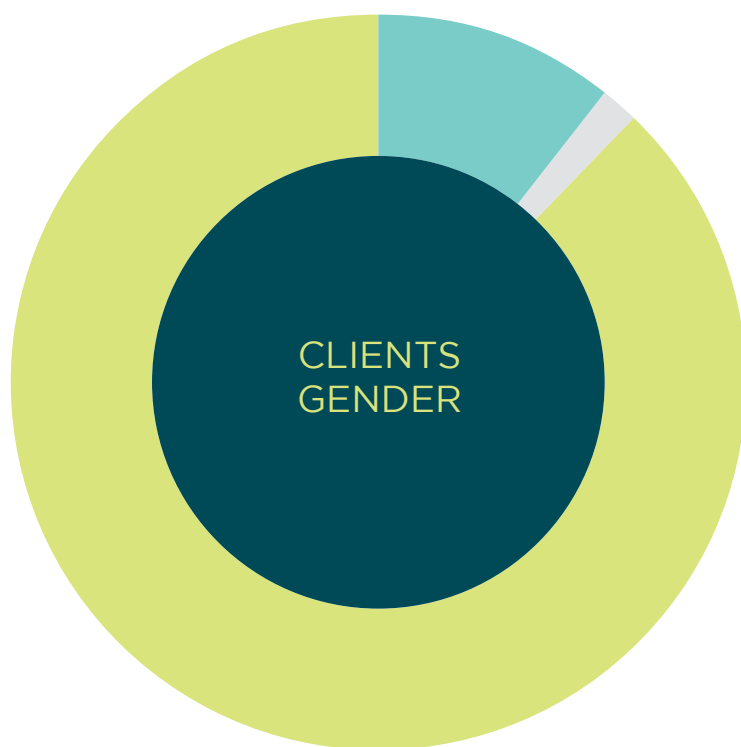
46 Male Clients

GRCC has launched a campaign to encourage more men to use our services, and we are already seeing significant results.

In 2021 6.5% of our clients were male (24 clients). This rose to 9.6 % (39 clients) in 2022, and in 2023 it increased to 10.7% (46 clients).

FREEPHONE HELPLINE STATISTICS 2023

GRCC'S Freephone Helpline is available 9.30a.m. to 5.30p.m. Monday to Friday.



In 2023 GRCC provided counselling to 431 clients, including 378 females, 46 male and transgender clients. This marks a 6.9% increase from 2022.



HELPLINE 2023



Above graph shows the total number of contacts to and from our helpline in 2023.

2023 was another busy year for the GRCC Education & Training Department. The aim of the department is to lessen the impact of sexual violence through education. We facilitated a range of trainings and education initiatives for schools, colleges and community organisations throughout the year.

The Education Department delivered 327 hours of training in 2023. 211.5 hours delivering disclosure training, 77.5 hours delivering the Manuela Schools Programme, 28 hours delivering a specialised sexual trauma training to the counselling staff of UCC and 10 hours piloting our new sexual harassment training.

EDUCATION & TRAINING

928

Participants of Disclosure Training, Manuela Schools Programme. Specialised Sexual Trauma Training & Sexual Harassment Training

505

Participants of the Working Together to Prevent Sexual Violence and Harassment Presentation

327

Hours of Training
Delivered

The Education Department was invited to attend the annual Principals & Deputy Principals conference in November. This was a great opportunity to showcase all that the GRCC Education Department have to offer secondary schools.





Disclosure Workshop with students of University of Galway

Disclosure Training:

Our partnership/collaboration with University of Galway and Active*Consent continued to grow in 2023 where we delivered the First Point of Contact training to staff and students throughout the year.

The development of the Education Departments newest training, Sexual Harassment Training was completed in 2023. The advertising of the training was developed in collaboration with the Development Department. This training was rolled out to staff in the Technical University of Shannon (TUS) and staff in the development of the script and also featuring in the videos. In October we delivered a full day's disclosure training to eighteen members of the Irish Association for Counselling & Psychotherapy (IACP). This training was very well received and the feedback very positive from all qualified IACP therapists.

The Education Department created a three-hour webinar on Disclosure that can be delivered to up to 45 participants. This webinar provides participants with the understanding and knowledge needed to appropriately respond to a disclosure of sexual violence ensuring that the survivor feels heard, while increasing participants awareness of the causes and effects of sexual violence. The webinar also provides participants with information on how to best support themselves when disclosed too. We have delivered this to staff and students of Atlantic Technical University and we have more institutions signed up also.

Sexual Harassment Training:

The development of the Education Departments newest training, Sexual Harassment Training was completed in 2023. The advertising of the training was developed in collaboration with the Development Department. This training was rolled out to staff in the Technical University of Shannon (TUS) and staff in the University of Galway in December as a pilot. Feedback from these pilots was very beneficial and amendments to the training were completed.

We completed our partnership with the Children & Young Peoples Services Committees (CYPSY) in December 2023. This three-year collaboration saw 468 students from seven Roscommon schools receive the Manuela schools programme. GRCC facilitators delivered 132 hours of the programme during this time.

Disclosure training was delivered to 12 staff members of Esker House – a domestic abuse service. We also ran two full day disclosure trainings for teachers and frontline staff from the Roscommon area.

DEVELOPMENT

In 2023, the Galway Rape Crisis Centre made significant strides in raising awareness and providing support to survivors of sexual assault. Through strategic campaigns and collaborations with various partners, GRCC successfully amplified its message and expanded its reach within the community.

Here is a small snapshot of some of our activities. In April, we launched a comprehensive campaign to mark Sexual Assault Awareness Month (SAAM), leveraging various channels to highlight the critical services offered by GRCC.

In 2023 our Text Donate campaign became a focal point, offering a streamlined way for individuals to support the Galway Rape Crisis Centre's mission through mobile donations. The endorsement and collaboration of the Galway United Senior Women's Football Team played a pivotal role in amplifying our message and extending our reach within the community.



At the Galway International Arts Festival (GIAF), our collaboration with The Saw Doctors and GIAF saw the sale of 500 pairs of their branded socks, all proceeds of which were generously donated to the GRCC. Beyond fundraising, these partnerships symbolised the strength of community support for GRCC, highlighting the importance of collaborative efforts in both fundraising and awareness-raising, emphasising the significant impact of community backing on GRCC's mission.



Galway United FC Senior Women's Football Team 2023 Ambassadors for GRCC

Our partnership with the We-consent Campaign, a project by Dublin Rape Crisis Centre, represented a significant stride in community outreach. Bespoke QR code stickers, jointly designed, were strategically placed in establishments across the city and county. This campaign ensured vital information about GRCC's services was readily accessible to those in need.

Our achievements were significantly enhanced by strategic collaborations with external partners. Partners. One such partner is Aviva whose ongoing support has been instrumental in empowering GRCC to pursue its mission effectively and who's involvement serves as a testament to the impact that a strong

corporate partnership can have on a charitable organisation. Furthermore, being selected as one of the chosen charities by the University of Galway Students' Union underscored the importance of our work and strengthened our bonds with the student community.

As we look ahead, we express gratitude to all our supporters and eagerly anticipate collaborating with them once more. We look forward to working alongside new allies, creating new fundraising initiatives, and strengthening our digital presence allowing us to further our reach and continue our mission.



Aviva Galway Team's 'Take a Hike for GRCC ' took on the Moylussa Hiking Trail Co. Clare to raise funds for GRCC.

THE 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 continued support from the Psychological Support Team Manager.

2023 seen another successful training go ahead in person and we had six new members join the Psychological Support Team on completion.

Psychological Support Team Debriefing

We have team of 10 debriefers, this team are an integral part of the support structure established for the Psychological Support Team (PST) it is a means of honouring the organisations duty of care to our valued team of Volunteers. The debriefers are available to offer support or advice to PST members who have accompanied a survivor in a support capacity.

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 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.

**SATU service is a 24hour service contactable:
Mon-Fri 08.00- 16.00 on: 091 765751 or 087 6338118 and Mon-Sun 16.00 – 08.00 091 757 631**



The Psychological Support Team were nominated for the Galway Mayor Awards May 2023.



Volunteer Ireland Awards awards Limerick December 2023

WHAT OUR VOLUNTEERS HAVE TO SAY

"Volunteering at GRCC gives me a sense of purpose, it is helping me to grow as a human being, and I get to know great people on the same mission."

Marlise

"GRCC really respects its volunteers individually and collectively though the ongoing care, training and support it provides so that they can fulfil their volunteering role."

"As a volunteer I experience acknowledgement and the feeling of being valued by GRCC."

NUMBER OF CASES FOR 2023

In 2023 Our PST provided psychological support and advocacy for 107 survivors of whom:

● FEMALE	102
● MALE	5

PST provided psychological support to 77 supporters of the survivor.

COURT & GARDA ACCOMPANIMENT

GRCC offers clients accompaniment to services such as the Gardai and the Courts. GRCCs psychological supporters who have also completed Barrister led training in a courtroom setting, accompany the client to all these services, supported at every stage by the Court & Garda accompaniment manager.

Garda Accompaniment

Many clients find it helpful to have an informal chat with the Gardai in the aftermath of an assault, or if it was an historic event, so that they are better informed of their options before reporting and making a full statement. We facilitate this by offering accompaniment with them to the DPSU or wherever they are comfortable.

Sixteen clients were provided with Garda accompaniments in 2023.

Court Accompaniment

When the client's case comes to trial, we will accompany them

- For pre-trial meetings.
- Court room tour pre-trial, to familiarise them with the venue.
- Psychological, emotional, and practical support for the duration of the trial.
- Support during sentencing and while presenting the victim impact statement (if applicable).
- Re-connecting them with our counselling services or other advocacy as appropriate.

The impact of delays was still felt in 2023 with the ever growing back-log of Court cases which led to an increase in the need for additional counselling support as clients dealt with the added trauma of postponed hearings. The

impact is enormous 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.

Twenty-one days of trial were accompanied in 2023 involving twelve clients and twenty-one supporters.



Court and Garda Accompaniment awareness raising in the community

I have been part of the Court Accompaniment Team for a number of years and have supported many Survivors through the court process. It is about ensuring that a survivor is in a position to give evidence to the best of their ability in light of their experience. Court Accompaniment can be challenging, though extremely intrinsically rewarding.

Niamh Graham



THE CONSENT ED. PROJECT COMPLETION OF HANDBOOK

In 2023, Consent Ed saw the completion of our handbook resource for teachers, The Consent Ed Project

Handbook. This handbook contains lesson plans for 2nd year and Senior Cycle students that are aligned to SPHE learning outcomes along with detailed teacher guidance to aid facilitation of each session. The handbook encompasses comprehensive sessions focusing on sexual violence prevention education including consent, sexting and nude image sharing, online sexual harm, the spectrum of sexual violence from sexual harassment to sexual exploitation, and where to locate support services. We are proud to report the handbook is now being used nation-wide.

TEACHER TRAINING

Consent Ed redeveloped our holistic teacher facilitation training to be a hybrid-online model, allowing us to expand our delivery of teacher facilitation training exponentially, upskilling teachers in every county of Ireland. Additionally, we have expanded our reach to include non-formal education settings by engaging and training youth workers from a range of diverse settings, further aligning to the 3rd National Strategy. In 2023, we trained 344 teachers/facilitators. From these trained teachers, Consent Ed is currently projected to be rolling out in every county in Ireland to more than 26,000 young people across 189 schools, youth reaches and youth services.

DEVELOPMENT AND PILOTING

This year, Consent Ed has expanded our Junior Cycle materials by developing 1st and 3rd year materials, aligned to SPHE learning outcomes. These sessions focus on boundaries, healthy relationships, consent skills and the impact of pornography. 1st year materials are coming to the end of an extensive piloting and robust evaluation phase whilst 3rd year materials have recently been developed to be piloted and evaluated from April.

STRATEGIC MOVEMENT OF THE PROJECT

Over the course of the last year, Consent Ed has sought to expand our reach and achieve name recognition by building our online presence with the development of a web page and our social media pages. Furthermore, Consent Ed has been invited and involved in several conferences and events aimed at schools/teachers including: NCCA consultation round table on Senior Cycle SPHE learning outcomes, Principles and Deputy Principles Association, SPHE Network Conference, Active*Consent Co-share events, and Galway Sexual Health Forum. We have extended our reach to the next generation of teachers and youth workers.

STRATEGIC MOVEMENT OF THE PROJECT

Over the course of the last year, Consent Ed has sought to expand our reach and achieve name recognition by building our online presence with the development of a web page and our social media pages. Furthermore, Consent Ed has been invited and involved in several conferences and events aimed at schools/teachers including: NCCA consultation round table on Senior Cycle SPHE learning outcomes, Principles and Deputy Principles Association, SPHE Network Conference, Active*Consent Co-share events, and Galway Sexual Health Forum. We have extended our reach to the next generation of teachers and youth workers through engagement with relevant 3rd level institutions and have begun working with students to enable them to be ready to deliver Consent Ed from the outset of their careers.

FUTURE GOALS

The next development phase of Consent Ed will see us elevating and expanding our suite of Senior Cycle resources this summer to further the discussion of the spectrum of sexual violence with young people, including the influence of pornography and sexual exploitation. The academic year '24-25, will see the pilot of our expanded Senior Cycle resources and the implementation of our full suite of Junior Cycle resources nationwide. Consent Ed's teacher training will continue throughout 2024, aiming to reach as many teachers and youth workers as possible. Currently, we have just over 300 attendees registered to undertake training sessions before the end of May 2024.

FINANCIAL PAGES

GALWAY RAPE CRISIS CENTRE CLG

DETAILED INCOME AND EXPENDITURE ACCOUNT FOR YEAR ENDED 31ST DECEMBER 2023

	2023		2022	
	€	€	€	€
INCOME				
Tusla	793,696		711,181	
EU Project	294,542		36,816	
Lifes2Good	-		50,000	
Fundraising	78,356		70,507	
Donations	68,924		60,814	
Other Grants	10,000		14,731	
Other Income	80,075		45,346	
Rent Receivable	170		12,185	
		1,325,763		1,001,580
ADMINISTRATIVE EXPENSES				
Advertisement/Promotion	5,586		4,422	
Audit Fees	4,356		4,389	
Bank Charges	716		615	
Bookkeeping	8,914		8,893	
Cleaning, Canteen & Waste	13,374		5,841	
Client Expenses	1,790		1,116	
Computer & Office Costs	15,312		20,115	
Contracted Counselling Services	13,953		7,765	
Amortisation of Capital Grants	(600)		(600)	
Depreciation	4,204		3,269	
Fundraising Expenses	3,896		1,146	
Insurance	3,713		3,686	
Leased Equipment	993		873	
Legal & Professional Fees	5,656		6,598	
Light & Heat	11,440		11,289	
Motor & Travel	8,327		12,076	
Other Staff Costs	4,800		4,714	
Pavee Point Expenses	15,381		-	
Relief Staffing	4,357		3,776	
Rent	1,260		1,200	
Repairs and Maintenance	1,025		96	
SATU Costs	10,555		4,854	
Security	916		957	
Staff Training	9,715		970	
Subscriptions	2,065		1,493	
Supervisors	11,323		11,936	
Telephone, Internet & Mobile	8,579		8,663	
Wages and Salaries	897,405		889,404	
ER's PRSI	95,685		95,812	
ER's Pension	18,821		21,157	
		(1,183,517)		(1,136,525)
OTHER INCOME				
Bank Interest Earned	569		17	
		569		17
DEFERRED (DEFICIT)/SURPLUS FOR THE YEAR		142,815		(134,928)

FINANCIAL PAGES

GALWAY RAPE CRISIS CENTRE CLG

BALANCE SHEET AS AT 31ST DECEMBER 2023

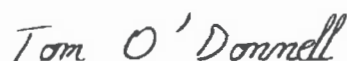
		2023 €	2022 €
	Notes		
FIXED ASSETS			
Property, plant and equipment	8	493,708	392,739
		<u>493,708</u>	<u>392,739</u>
CURRENT ASSETS			
Cash and cash equivalents		1,359,249	834,759
Trade and other receivables	10	1,669	4,443
		<u>1,360,918</u>	<u>839,202</u>
CREDITORS DUE WITHIN ONE YEAR	11	<u>476,686</u>	<u>68,216</u>
NET CURRENT ASSETS		884,232	770,986
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,377,940</u>	<u>1,163,725</u>
REPRESENTED BY:			
Unrestricted Funds	15	564,718	509,583
Designated Funds	15	671,453	642,017
Restricted Funds	15	88,613	933
Capital Grants	16	53,156	11,192
TOTAL FUNDS		<u>1,377,940</u>	<u>1,163,725</u>

The financial statements were approved by the Board of Directors on the 4th March 2024 and authorised for issue on the 4th March 2024.

They were signed on its behalf by:



Iognaid O' Muircheartaigh
Director



Thomas O'Donnell
Director

Date 4th March 2024

2023 IN PICTURES



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

Freephone Helpline 1800 355 355

Email: admin@grcc.ie

Website: www.galwayrcc.ie



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