



Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

2024 IN PICTURES



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OUR MISSION AND IMPACT

Since 1984, the Galway Rape Crisis Centre (GRCC) has been a vital source of support for those impacted by sexual violence and abuse. What began as a small, dedicated effort has grown into one of Ireland's leading centres for survivor support. The merger with the Male Abuse Survivors Centre (MASC) in 2001 marked a significant step forward, allowing us to extend our services to male survivors and strengthen our commitment to inclusivity. Today, GRCC stands as the second largest rape crisis centre in the country – a reflection of our continued dedication to meeting the needs of survivors.

Our work is made possible by a dedicated team of 30 staff members, and a valued network of volunteers. Together, we provide not only compassionate, professional counselling services but also strive to create meaningful change in our communities. We place a strong emphasis on good governance, with oversight from our Board of Directors and alignment with the Governance Code for Community and Voluntary Organisations in Ireland.

At GRCC, we believe in a future free from sexual violence and abuse. Through support, education, and advocacy, we remain committed to empowering survivors and building safer communities for all.

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.

A HOLISTIC APPROACH TO HEALING



CHAIRPERSON'S REPORT

ON BEHALF OF THE BOARD OF MANAGEMENT - 2024

It continues to be a privilege to serve as Chairperson of Galway Rape Crisis Centre and to witness the strength, commitment and integrity that underpin every aspect of Galway Rape Crisis Centre's work.

This has been a period marked by steady growth and forward momentum. The construction of our new, purpose-built premises is progressing well and stands as a symbol of our long-term vision — to create a space that reflects the safety, support and care at the heart of GRCC.

Each area of the organisation has contributed to this progress in meaningful ways. Our clinical teams have continued to offer vital, trauma-informed support to those who need it most. The education and outreach departments have expanded their reach, creating opportunities for learning, dialogue and awareness across communities. Our support and accompaniment services remain a cornerstone of our mission, providing survivors with crucial guidance and advocacy throughout their journeys. Across all of this work, what remains constant is the deep compassion, professionalism, and resilience shown by our staff and volunteers. Their commitment is the foundation upon which our services stand.

I would also like to express sincere thanks to our Executive Director, Cathy Connolly, whose leadership continues to guide the organisation with clarity and strength. The Board of Management remains deeply committed to supporting GRCC's mission, and I am grateful for the insight and care each member brings to their role.

To everyone who supports this work — our partners, funders, donors, and wider community — thank you. Your belief in what we do strengthens our ability to respond, to grow, and to imagine a safer, more just future for all.

Iognáid Ó Muircheartaigh

Chairperson

Board of Management

Galway Rape Crisis Centre

BOARD OF MANAGEMENT 2024

Chairperson – Iognáid Ó Muircheartaigh,

Secretary – Conor Hanly,

Treasurer – Tom O'Donnell,

Board Members – Kate Mulkerins, Jane Foley,

Joanne Frehill, Tish Giblin



*Iognáid Ó
Muircheartaigh*
Chairperson



**Tom O'Donnell (GRCC
BOM Treasurer) Madeline
McLoughlin bonus prize
winner 100GRAND draw.**

EXECUTIVE DIRECTOR'S REPORT

As I reflect on 2024, I feel a sense of gratitude, pride, and hope for the coming years. This year marked the 40th anniversary of the Galway Rape Crisis Centre—a significant milestone in our journey. It's been a year of change, progress and one in which we have worked to develop a partnership with our funders CUAN. as we continue to work to improve our services for our clients. A major milestone in 2024 was our transition from Tusla to Cuan, the newly established Domestic, Sexual and Gender-Based Violence (DSGBV) agency. The official launch of Cuan by Minister for Justice Helen McEntee in February marked a transformative moment for the sector. We wholeheartedly welcome this change and look forward to building a strong, collaborative relationship with Cuan as we continue to advocate for improved services for survivors of sexual abuse and rape.

In May, we welcomed Dr. Stephanie O'Keefe, CEO of Cuan, to GRCC. Dr O' Keefe's visit came at an important juncture as it gave us in GRCC the opportunity to highlight the full scope of our services and showcase the passion that drives our dedicated team every day.

Our education and prevention work also expanded significantly, reaching more schools, community groups, and professionals across the region. We know that real change begins with awareness and understanding and we are proud to be playing a leading role in building a safer, more informed society. In October, we launched our revised specialised training programme, developed for counsellors to equip them with the knowledge and skills necessary to work effectively with trauma and sexual violence. We were delighted to welcome the participants, all of whom successfully completed the course and received certification.

The building work commenced this year for our new centre in Claddagh Quay, Galway—a crucial step in our long-term vision to expand and modernise our services. We had a clear vision for a purpose-built facility that meets our clients' needs. Despite the challenges, we remained committed to making it a reality. I want to thank the wonderful architectural team at Urban ARQ, our builders OCC, the finance team in Clann Credo, who have committed to helping us make the new building a reality. We are grateful for the generous contributions from private donors, Lifes2good, Aviva, and the O' Toole family. The Department of Justice, who have committed significant funds towards the cost of the building and with their support, finally we will be able to bring our vision to life. We are very much looking forward to



Cathy Connolly
Executive Director



Iognáid Ó Muircheartaigh, Chairperson of the Board of Management, and Cathy Connolly, Executive Director, alongside Stephania Russell, who is presenting a cheque to GRCC from the proceeds of an Art Auction Fundraiser she organised. Stephania is also a member of the Psychological Support Team.

opening the doors of our new centre in Claddagh Quay in 2025. We also took on the challenge of organising a major fundraising campaign with our “Win 100,000” Draw. This was a great success not only as a fundraising effort for our new building but equally it proved to be a powerful tool in raising awareness of our services. The draw significantly boosted public engagement with our work informing the public of the services GRCC provides to survivors of sexual violence.

Behind the scenes, we continued to strengthen our operational infrastructure, including strategic planning for enhancements to our database. These improvements will ensure our data management and reporting systems remain robust, responsive, and aligned with best practice as our services continue to grow.

None of this would be possible without the trust and courage of our clients, the dedication of our staff, the commitment of our Board of Management, and the generosity of our supporters and donors. We are especially grateful to Lifes2good for their significant financial contribution towards our building costs. Many thanks to our charity partner, Aviva, for their ongoing support, to the Bank of Ireland’s Begin Together Community Fund. Most importantly we are grateful to Cuan and the Department of Justice for their pivotal role in coordinating and enhancing services for survivors of domestic, sexual, and gender-based violence across Ireland

Together, we remain committed to creating a society free from sexual violence,

“Ní neart go cur le chéile.”

Cathy Connolly, B.A. M.Sc.,
Executive Director



CLINICAL DIRECTOR'S REPORT

Introduction

There have been several high-profile legal cases in the media in 2024 regarding individuals who have experienced sexual and physical violence and engaged in court proceedings. At GRCC we are glad that more of these cases are getting to court, and there is a national discussion around these kinds of violence that did not exist before. We are aware that some of our new clients reached out to us following seeing these cases covered in the national press. Although it can be difficult for survivors to constantly hear about cases in the media, we are glad that some survivors are reaching out to us when they need us.

Counselling

Our clinical team again offered nearly 5,000 counselling sessions over the past year. Almost 1000 of those sessions were people attending therapy with us for the 1st time. The vast majority of those sessions took place at our main centre in the city, but our Satellite Services are becoming well established now with clients attending for therapy in Loughrea, Oughterard, Gort and Tuam. Almost 250 sessions were conducted in Tuam in 2024. We are delighted that these services have been re-established after the shutdown during covid, as it makes it much easier for people to access the support they need.

59% of our clients knew the person who offended against them, with 18% and 19% being partners and relatives respectively.

This confirms what we know, which is that sexual violence is something that overwhelmingly happens within the parameters of a relationship, and one that should feel safe.

Our Helpline answered almost 4000 calls to survivors in 2024, with queries including how to engage with the service, with the Gardai, concerns about perpetrators or seeking advocacy being among the most common. As in previous years, the majority of our clients have experiences of rape, with almost 40% of our calls being related to this. A large number also sought support around experiences of child sexual abuse, 45%. We continue to receive queries regarding experiences of sexual harassment and grooming, with many of our clients also having experiences of other kinds of physical violence also.

Adolescents

In 2024 we again saw an increase in the numbers of young people aged 14 to 25 accessing our services. We are delighted that this year we received funding which enabled us to hire an art therapist to work with young people under 18. This allows us to see young

people more quickly, thus reducing the amount of time they have to wait for the support they need. Our new art therapist has joined the already established multi-disciplinary adolescent team. This specialised team of clinicians employ a wide range of creative and non-verbal therapeutic approaches, which evidence shows is the best way of engaging adolescents. We have again seen large numbers of young people experiencing other kinds of violence alongside their experience of sexual violence. 30% named being subjected to physical abuse, while 20% experienced harassment and intimidation. 42% also described psychological abuse also. Our clinical approach allows us to work therapeutically in a multi-layered way, which provides space for the myriad experiences of harm that our young clients bring to us. We are, again, very glad that young people are reaching out to us for support. We continue to offer long and short term therapy for young people, and support sessions for their parents and loved ones. We do, however, remain concerned about the numbers of young people experiencing all kinds of sexual violence. The clinical team of therapists has been working closely with our Education and Prevention department in supporting the development of programmes aimed at minimising tolerance of sexual violence and fostering understanding of consent and healthy boundaries.

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.

Community Links and Joint Working

2024 saw us continue to foster our relationships with community groups and members with a view to making our service more accessible. August saw us again linking with Amach and Sexual Health West in organising and facilitating the Pride Community Hub. It was particularly special this year as the events were held in Amach's new forever home. GRCC facilitated groups for community members and took part in the Pride parade flying the flag for GRCC.

We are delighted to have made new connections with Galway City Partnership, who approached us to develop and implement a programme supporting migrants and asylum seekers with their psychological and emotional health. The clinical and education department joined forces once again to pool our knowledge, and in close collaboration with GCP staff, developed the "Coping with Things" programme which has seen two



Sarahjane Grennan,
Psychological Support Team
Manager, **Edna Mac Namara**
Court Accompaniment Manager,
Grant Manager and **Deirdre**
Ronan, Clinical Director.

KEY FIGURES

JANUARY - DECEMBER 2023

4,729

Offered Appointments

11,960

Social Media Followers

186

Accompaniments SATU,
Garda, Court.

7,889

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

317.5

Hours of training

1582

Training participants

rollouts this year. Development of the men's version of this programme will begin in early 2025. This programme acts as a stand-alone support as is but also increases awareness of our services within the migrant and asylum seeker communities, again making it that bit easier for individuals who might need our service to firstly recognise that they do, and then to reach out to us.

This partnership aligns with our commitment to making it easier for asylum-seeking individuals to engage with us and sits alongside our pre-existing relationships with organisations like Akidwa and The Bridge Project. We remained connected with these services in 2024, and plan to continue our debriefing support and engage in and deliver trainings in 2025 also. We are so pleased to remain in partnership with the Gardai in Galway, as a huge support to us and our clients. In Galway we benefit greatly from having the DPSU, the specialist unit in Renmore who work with victims of DSGBV. 70% of people who attended GRCC reported recent experiences of rape to the Garda this year, with 24% of historical rape cases being reported. Of our young clients who had recently experienced child sexual abuse, 7% reported to the Gardai, with 26% of historical experiences of child sexual abuse being reported. Clients who attend GRCC are given the space and time to decide themselves if they want to report to the Gardai, and we fully support their decision. Many individuals do not ever want to report, and GRCC and the DPSU understand this completely. If an individual does want to report, GRCC can support them every step of the way. Between their therapist, our garda and court accompaniment volunteers as part of the Psychological Support Team, and the Helpline staff helping to organise meetings, there is no point throughout the process where somebody needs to go through it alone if they don't want to.

Our Clinical Director and Court Accompaniment Manager went further afield in sharing our work and promoting access to our service by meeting and speaking with Gardai senior management in the DPSU, but also Garda teams in Mill Street, Salthill and Clifden. This has been with a view to encouraging referrals to GRCC where needed, and we look forward to continuing to travel where needed to spread the word in 2025.

We also began working closely with Cuan Mhuire treatment centre, initially by providing training for staff. This led to delivering workshops to the residents and establishing a pathway for referral for residents to GRCC. We discovered that many residents found that once they'd achieved sobriety, past experiences of child sexual abuse and sexual violence came to the fore for them, and they needed specialised support with this. Staff at Cuan Mhuire, having trained with GRCC, support residents to link with Us.



Sarahjane and Ruth from The Psychological Support Team along with John for The GRCC Education Department and Deirdre Ronan our Clinic Director after the Pride Parade.

FREEPHONE HELPLINE STATISTICS 2024

Galway Rape Crisis Centre Freephone Helpline

The GRCC Freephone Helpline offers confidential, non-judgemental support to anyone affected by sexual violence. Staffed by counsellors, the service provides a safe space to talk, receive emotional support, and access vital information.

The Freephone Helpline is open Monday to Friday 9.30a.m. to 5.30p.m. on 1800 355 355.



In 2024 GRCC provided counselling to 428 clients, including 378 females, 45 male and 5 transgender clients.



HELPLINE 2023



Incoming contacts 4009, outgoing contacts 3876, total contacts 7889

EDUCATION AND TRAINING

The GRCC's Education Department is dedicated to shaping a more inclusive future by providing training and education programmes that span from schools to workplaces and community projects. Since the department's official formation in 2020, our primary goal is to eradicate pervasive societal tolerance of sexual violence. We do this through comprehensive education initiatives.

The GRCC Education Department aligns heavily to the prevention pillar of the Third National Strategy on Domestic, Sexual & Gender Based Violence; our educational trainings encompass all aspects of society and by delivering and developing these trainings we are aiding in the prevention of sexual violence.

2024 was a positive year for the department. We saw a large increase in our participant numbers on 2023. We facilitated over 300 hours of training programmes to more than 1,500 participants.

Manuela Schools Programme:

The GRCC schools programme consists of a junior and senior cycle. The junior cycle focuses on consent, the law and sexual violence prevention. It also delves into the importance of Coco's Law in protecting our young from image based sexual abuse (IBSA). The facilitators deliver the junior cycle to students over two sessions a week apart.

The senior cycle is delivered by way of a two hour talk and focuses on IBSA, consent and the law and sexual violence prevention. The second hour focuses on sexual violence disclosure. Many peers will disclose to their peers first and our aim is to equip young people with the knowledge on how to protect themselves and others and to learn what is acceptable and unacceptable behaviour within relationships.

We facilitated more than thirty hours of these programmes to 604 students in 2024. This programme is at the root of preventing and eradicating sexual violence within our society; by educating our young people as early as possible and help them understand the importance of consent and healthy relationships and we are delighted to have reached over 600 students in 2024.

Irish Prison Services:

In June, the Education Department was approached by a representative from the Mountjoy Education Department to initiate discussions on developing a training program aimed at supporting education staff in Mountjoy. The focus of this program was to assist staff in managing a new cohort of students, all of whom are protected prisoners serving sentences for sexual crimes.

The Education Department held several meetings with the Head Teacher at Mountjoy, Maria Ward. As a result of these discussions, the "Working with the Person in the Room" training program was developed collaboratively between the Education and Clinical



GRCC Education and Training Staff with participants of the Resilience and Wellbeing Workshop

Departments. This programme was delivered to Mountjoy education staff over the course of dates in October 2024.

After successfully facilitating the programme to Mountjoy we began communications with Castlerea Prison and had several meetings with Michelle McDermott, Head Teacher at Castlerea Prison. Similar needs to those identified at Mountjoy were recognised, and the Education Department facilitated two training sessions with the Castlerea Education staff in November and December.

We are looking to identify more IPS sites that would benefit from this programme for 2025.

GCP/SICAP Wellness Programme.

In collaboration with Galway City Partnership (GCP) the education department has developed a wellbeing programme for service users of GCP. The education department were approached by key workers within GCP, and a need was identified to develop a workshop for mainly international protection applicants on personal well-being. It was established that many of the targeted participants would have fled from highly traumatic environments and this workshop was developed to help with coping. Stephanie and John facilitated a second workshop in November. The feedback was fantastic and Gráinne is in communication with Mary McHugh, GCP/SICAP Coordinator to see how we can grow the programme to include male international protection applicants.

Higher Education:

2024 saw our relationships with universities around the country continue to grow. Our collaboration with Active*Consent in the University of Galway which commenced in 2021 has gone from strength to strength in 2024. We facilitated 68 hours of the First Point of Contact during this time. Staff & students at the university along with the postgraduate module were participants on this training.

In September 2024 the Education department travelled to Dublin for the launch of the Active*Consent 'First Point of Contact: Disclosure

Management Skills Training, Report. This report was then showcased in December 2024 at Croke Park in Dublin. The Education Department were in attendance and spoke on behalf of GRCC. The report highlighted the successes of the program and made recommendations for future disclosure training and sustainability. The GRCC education department played an integral role in this report and were actively consulted throughout its compilation. We look forward to continuing and strengthening our position within this programme.

We also attended the Galway Launch of the report, also in December. This launch was jointly hosted by Niamh Kavanagh, Sexual Violence & Harassment – Prevention & Response Manager who was also launching the University of Galway Sexual Harassment Policy.

2024 saw us facilitate a two day in person advanced disclosure training with Atlantic Technical University (ATU). This was held in the Sligo Park Hotel in Sligo and was attended by key staff members from the nine ATU campuses.

The education department facilitated both disclosure webinars and classic disclosure training to staff and students in Munster Technical University (MTU), Mary Immaculate College (MIC), Technical University of Shannon (TUS). Our disclosure webinar has been a fantastic tool in reaching larger groups and beginning the discussion around sexual violence and how to signpost appropriately and the continued success of this training has attributed to the increase in our numbers on previous years. We also co-facilitated numerous disclosure trainings and refresher trainings to members of the Designated Contact Panel & Student Engagement officers in the University of Limerick.



John Halloran, Gráinne Kelehan, Michelle Caulfield GRCC Education and Training Department and Niamh Kavanagh and Dr Helen Maher EDI Team University of Galway.

Disclosure Training:

The GRCC Sexual Violence Disclosure training, developed from over forty years of experience supporting survivors, continues to be our most successful program in 2024. Since June, we've been proud to offer this training free of charge to select charitable frontline organisations. This year, we delivered trainings to groups including Cuan Mhuire, COPE, Helping Irish Hosts, Clare Haven, The Arch Diocese of Dublin and Galway Pride. We also strengthened our partnerships with Focus Ireland and Claddagh Watch Galway, delivering two training sessions for each organisation and have dates secured for well into 2025.

Recognising a barrier to accessing disclosure training for individuals who were not part of a group, the Education Department facilitated two online individual disclosure training sessions in March and April 2024. These sessions were attended by participants from across the country working in a variety of fields.

Specialised Training for Therapists:

Work began in early 2024 to update the GRCC Specialised training for qualified and pre accredited therapists. A focus group of senior GRCC therapists came together with an external consultant to reformat and redesign the course. In July we began advertising the course and after interviewing many interested parties nine participants were selected. The training was developed to run over eight weekends from October 2024 – March 2025. This intensive training will give the participant the opportunity to deepen the knowledge, understanding and skills for working in the complex area of sexual violence.

Overall, 2024 was an exciting and successful year for the GRCC education department. Building on past successes, we developed and implemented new training programs that addressed the evolving needs of various sectors. We look forward to continuing this growth in 2025.



John Halloran, Education & Training Facilitator GRCC, Gemma Mc Nally, Active Consent, Deirdre Ronan, Clinical Director GRCC and Gráinne Kelehan, Education & Training Coordinator GRCC.

DEVELOPMENT

Strengthening Community Connections & Increasing Accessibility

The Development Department remains focused on solidifying GRCC's role as a trusted and visible resource in the community, ensuring that more people are aware of our services and can access support easily. Through strategic partnerships, grassroots engagement, and an ever-expanding digital presence, we are working to make GRCC more recognisable and accessible to those who need us.

Expert Panel Discussion during Culture Night – An Example of Community Engagement

Events like our Open Door Panel Discussion on Culture Night demonstrate the importance of creating open and welcoming spaces where the community can connect with GRCC. On the night, we opened our doors to the public, providing a relaxed and inclusive environment for people to learn more about our services. The evening featured a panel of experts, open discussions, and an informal networking session with refreshments in our kitchen, allowing attendees to engage with some of our team and ask questions in a comfortable setting.

This open house model has proven to be an effective way to increase awareness, break down barriers, and strengthen community ties, and we hope to expand similar initiatives in the future. By offering more opportunities for direct engagement, we can ensure that more people feel informed and confident in accessing our services when needed.

Expanding Awareness Through a Stronger Online Presence

As we work to reach as many people as possible, our growing online presence has been invaluable in promoting awareness, increasing engagement, and ensuring easy access to information. Our team continues to develop and manage social media campaigns, website updates, and digital newsletters, helping us connect with individuals across Galway and beyond. Through on-line platforms we can provide real-time updates, share educational content, and promote fundraising events, ensuring that survivors and supporters alike always have a way to connect with us.



Eoghan Cleary, Teacher & member BOM Dublin Rape Crisis Centre, Jennifer Noonan Clinical Manager Jigsaw Galway/Roscommon, Deirdre Ronan, Clinical Director GRCC, Eve McDowell, Active Consent and Dr Stacey Scriver University of Galway.

The Win100Grand Draw – Raising Our Profile & Expanding Our Reach

This year, the 100 Grand Draw was an invaluable tool in not only raising essential funds but also in significantly increasing GRCC's visibility.

Representative of GRCC featured on local radio stations and in regional media, ensuring widespread awareness of our work and mission. The publicity and promotion we received from local media outlets was instrumental in reaching new audiences and reinforcing the importance of the services we provide.

We are incredibly grateful to all those who supported this campaign, from local businesses to individual volunteer fundraisers, as well as the wider community who rallied behind us. The overwhelming support for this initiative demonstrated the deep level of community commitment to ensuring that survivors have access to the care and resources they need.



Alana Long and Susan Costello GRCC, Headford Gaa Pitch.



Aviva staff volunteering their time and skills at GRCC.

Aviva Partnership – A Growing Collaboration

Our partnership with Aviva continues to grow from strength to strength, with their staff deeply engaging in GRCC's mission through training and hands-on involvement:

- **Sexual Harassment Training:** Aviva staff participated in our tailored training sessions, increasing awareness of sexual harassment issues and reinforcing a culture of support within their organisation.
- **Volunteering at GRCC:** Aviva employees dedicated time to volunteering at our centre, helping with various projects while gaining a deeper understanding of the work we do. Their involvement has been invaluable in increasing awareness of GRCC within the corporate sector and helping to promote our work more widely.
- **Fundraising & Community Engagement:** Aviva has been a trusted charity partner for many years, offering invaluable financial support, skill-sharing opportunities, and staff engagement. Through their generous funding, we've been able to strengthen our initiatives, while their expertise and collaborative approach have enriched our work.

Community Engagement & Presence

We continue to strengthen our presence in Galway and beyond through direct community engagement. This ongoing effort enables us to build meaningful connections and create a lasting impact across the region.

Here's a flavour of this in action

- **Galway Technical Institute (GTI) Partnership:** GTI played a significant role in fundraising this year, organising events such as a Sleep Out and in-house fundraising initiatives to support GRCC. Their efforts not only provided financial support but also helped raise awareness of our services among students and staff.
- **University Outreach:** We were actively involved in ATU and University of Galway events, particularly Gender-Based Violence and Mental Health Awareness campaigns, where we engaged with students, staff, and university counselling services to ensure our support options were well known.
- **Headford GAA Partnership:** As part of our

community-based awareness campaigns, we installed GRCC signage at Headford GAA. This initiative was carefully designed to be age-appropriate and ensure that information about GRCC is available in everyday community spaces.

- **Flirt FM Radio Takeover:** A dedicated two-hour segment allowed us to discuss GRCC's services, awareness campaigns, and fundraising initiatives with a wider audience.
- **Galway Christmas Market Charity Cabin:** Our presence at the Christmas Market provided a valuable opportunity to interact directly with the public, answer questions, distribute information about GRCC's services while fundraising for our new building.

Future Goals – Strengthening Awareness & Access to Support

Moving forward, we are committed to:

- **Expanding Open House Events:** Inspired by the success of Culture Night, we aim to host more open-door events where people can learn about GRCC's services in a relaxed setting.
- **Increasing Visibility in Key Community Spaces:** We will continue to raise awareness of our services by strategically placing information in a variety of public spaces and engaging with diverse local networks. By ensuring that our messaging reaches people where they live, work, and play, we aim to ensure that anyone in need of support can easily find us.
- **Strengthening Partnerships with Local Businesses and Organisations:** We plan to continue to build strong relationships with a

wide range of local businesses, organisations, and community groups, fostering collaborations that expand our reach and enhance our impact.

- **Enhancing Digital & Social Media Outreach:** We will continue to expand our online presence, ensuring that anyone searching for support can easily find clear, accessible information about GRCC's services. We aim to create content that resonates with diverse communities, with a view that our messaging is relevant, relatable, and inclusive.

Through these ongoing efforts, we are committed to making GRCC a visible, accessible, and trusted support system within our community. We believe that by fostering connections and increasing awareness, we can ensure that every survivor knows where to turn for support and feels safe reaching out.



Students and staff from Galway Technical Institute who fundraised for GRCC with Susan Costello Head of Development GRCC.



Susan Costello, Deirdre Ronan, John Halloran and Gráinne Kelehan taking over Flirt FM at University of Galway.



Alana Long and Susan Costello ATU Letterfrack.

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, rape or sexual abuse.

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.

The team is led by our Psychological Support Team Manager Sarahjane Grennan who is a qualified psychotherapist, and over eleven years' experience with the Galway Rape Crisis Centre. 2024 seen another successful training go ahead in person and we welcomed new members to 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 it is a means of honouring the organisations duty of care to our valued team of Volunteers. The debriefers are available while the Psychological Supporter is attended a case in the SATU, a Court case or accompanying to the Garda Meeting. Debriefers this is reassurance for the PST that they have someone to call if support or advice is needed.

NUMBER OF CASES FOR 2024

In 2024 Our PST provided psychological support and advocacy for 95 survivors of whom:

FEMALE	91
MALE	4

PST provided psychological support to 58 supporters of the survivor.

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 can be done also.

There is no charge for any of the SATU services or follow up appointments.

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

091 765751 or 0876338118 Mon-Fri 08.00- 16.00

091 757 631 Mon-Sun 16.00 – 08.00



Garda Kenneth Boyle, Cathy Bergin: Sexual Assault Treatment Unit Galway, Sarahjane Grennan: Psychological Support Team Manager GRCC.



Psychological Support Team Manager Sarahjane along with Nadine and Helen at the Volunteer Fair Salthill



Psychological Support Team Manager Sarahjane Grennan and Clinic Director Deirdre Ronan at the Community Hub

COURT & GARDA ACCOMPANIMENT

GRCC offers clients accompaniment to services such as the Garda and the Courts. GRCCs psychological supporters who have also completed Barrister led training in a courtroom setting, and have extensive trauma led training, as well as the invaluable hands on experience of attending the SATU unit, 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.

Twenty five clients were provided with Garda accompaniments in 2024.

COURT ACCOMPANIMENT

Many years later 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.

We felt every day that you were really with us and you helped to get us all through it. You kept our faith going when we were struggling.

Victims testimonial post trial '24

The impact of delays was still felt in 2024 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.

Thirty seven days of trial were accompanied in 2024 involving seventeen clients and sixteen supporters.

Collaborations

GRCC have a very close working relationship with both the Gardai and the court services and are forever grateful that together we provide a victim-centred service, focussed on protecting the most vulnerable and providing a consistently high standard of service.

GRCC also work closely with other agencies who may refer their clients to our accompaniment services should they have upcoming cases.



The Psychological Supporter's in training with the GRCC Court Accompaniment & Grant Manager Edna Mac Namara and Detective Inspector Peter Conlon on their visit to the Galway Divisional Protected Services Unit (DPSU).

CONSENT EDUCATION PROJECT

In line with the 3rd National Strategy's Pillar 1: Prevention, The Consent Ed Project works to prevent sexual violence through bringing awareness to and providing education around all forms of domestic, sexual and gender-based violence, via a curriculum of learning for young people and with a focus on educator empowerment. At the start of 2024, the Consent Ed Project moved under the management of CUAN, domestic, sexual and gender-based violence agency.



KEY ACHIEVEMENTS

Learning Materials: Development, Piloting & Evaluation

Consent Ed has enhanced the coherence and consistency of sexual consent education in Ireland by producing an evidence-informed programme that has been integrated into secondary school programmes and curricula nationwide, improving efforts to address emerging challenges affecting young people today. Age-appropriate and evidence-based resources for consent education and sexual violence prevention, aligned to the formal education curriculum, are now available for 1st year to 6th year students and have been implemented by approximately 30% of second level educational institutions in Ireland.

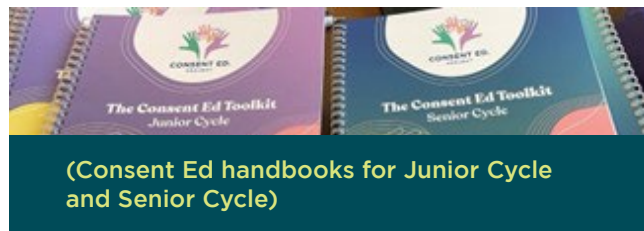
In 2024, Consent Ed expanded our Junior Cycle materials to encompass sessions for 1st and 3rd year students, with four new sessions developed for each year group. The resulting curriculum now provides a spiral-learning-theory-based approach in which each year builds off the learning of the previous year. This approach further scaffolds the initiative by providing a holistic education for young people in Ireland around sexual violence prevention. Topics covered include boundaries, healthy, unhealthy, and abusive relationships of all kinds for 1st years, and for 3rd years lessons on consent, consent skills, influence of sexual media and pornography on young people. Along with teaching materials, throughout 2024 Consent Ed sought to expand our collection of classroom

resources to include videos within an Irish context. In autumn 2024, Consent Ed published our "What is Consent?" animated video, aimed at 3rd year students. This video uses Irish voices, contexts, and slang familiar to students and portrays everyday situations that require consent.

With the release of the SPHE Learning Outcomes for Senior Cycle, the Consent Ed materials for Senior Cycle were adapted to meet the requirements therein. Further, Consent Ed's Senior Cycle materials are expanding to include coverage of the influence and impact of pornography on young people, due to be released in early 2025. This session rounds out Consent Ed's Senior Cycle toolkit, now inclusive of five sessions, covering topics such as healthy relationships, sexual consent and the law, sexual violence, and online sexual harm.

Throughout 2024, the Consent Ed team carried out pilots of the newly developed sessions for 1st, 3rd, and Senior Cycle students, followed by teacher-led pilots of the same materials. During these pilots, project staff and teachers carried out evaluations of all materials used in the pilots to measure the efficacy and relevance of the lesson plans. The pilots took place in both Wexford and Galway, with 450 1st years and 240 3rd years taking part in the Junior Cycle pilots. The Senior Cycle pilots were completed with 536 young people across Ireland, carried out by both project workers and teachers. During

this evaluation phase, students who took part in Consent Ed sessions demonstrated enhanced knowledge, attitudes and skills for sexual violence prevention and healthy relationships.



EDUCATOR TRAINING

In addition to the development of learning materials for young people, Consent Ed also works to empower teachers to confidently rollout sessions with young people through our Teacher Facilitator Training. The Consent Ed Project has continued to adapt and deliver our hybrid model of teacher training through a combination of self-taught modules and online training sessions. Our audience participation has expanded to include those working with young people outside of the formal education system including youthworkers, with three sessions held in 2024 that specifically targeted youthworkers. Furthermore, Consent Ed has increased its communication with ETBS and youthreaches, to ensure that all young people, regardless of location or school attendance, will be reached with prevention initiatives.

Using our hybrid model of training, Consent Ed trained an additional 485 teachers in 2024 alone. This number brings the total number of trainees during our two-year DOJ funding period to 703 and the total number of trainees throughout the Consent Ed Project's life span to 763 educators. From the 703 educators trained in 23-24, a projected 58,193 young people will receive Consent Ed lessons across 244 schools, 41 youth services and 39 youthreaches, encompassing every county in Ireland.

The end of 2024 saw Consent Ed continue to enhance our trainings for teachers by developing e-learning modules for future trainees. These e-modules will provide more professionalism for the resources but also allow future trainees with more flexibility when undertaking the Consent Ed Facilitator Training by allowing them to complete these courses in their own time.

Community of Practice

Beyond our initial Facilitation Training, each trainee is invited to join the Consent Ed Project's

Community of Practice. This community provides a supportive environment for trained teachers to share experiences and get advice on programme delivery from like-minded peers. This year, Consent Ed adapted the Community of Practice model, moving away from online training sessions and focused more on monthly newsletters and developing the group's Facebook page. The social media page is ideal for posing questions to trained teachers and cultivating conversations around delivery and in-class conversations.

In 2024, the project felt that our time would be better spent referring Community members to specialised trainings from experts rather than trying to deliver on subjects of which we are not experts. This seems to have mainly positive results for the project team, as it enables us to form new relationships with other like-minded projects and to refer our community of trained teachers to them, while also increasing the knowledge and strengthening the skills of teachers delivering Consent Ed in their classrooms.

Whole School Approach

Consent Ed finished off 2024 by revising and publishing a comprehensive model for a Whole School Approach to end DSGBV. Consent Ed has done much research and revision around this model and hope that it will be adopted by all post-primary schools in Ireland, as this would meet objectives set out in the 2024 Implementation Plan of the Third National Strategy for Zero Tolerance. This work will be done alongside the White Ribbon Campaign and will nicely compliment their whole school community approach to changing attitudes around gender-based violence.

COLLABORATIONS

Throughout 2024, the Consent Ed Project sought to actively expand its presence and visibility around the country to sustain the life of the project. Consent Ed has become a widely known and trusted name amongst SPHE teachers and education stakeholders such as the NCCA and Oide, along with those in the sexual violence and domestic violence education realms. This is the direct result of the project's persistent hard work and passion for the prevention of all forms of domestic, sexual and gender-based violence.

Youth Diversion Projects

Within the project, we understand that our work in schools, while vital, still misses those vulnerable to sexual and criminal exploitation who may not be in the formal education system. Following reports of the growing issue of child sexual exploitation in Ireland, we believe our lessons on online sexual harm, grooming and sexual exploitation are perfectly suited to an early intervention initiative targeting vulnerable young people. Within this stream of work, Consent Ed resources will be used with those who may be at an increased risk of both victimisation or perpetration of sexual violence

or exploitation due to family or environmental circumstances such as poverty or domestic violence within the home. This cohort may not have the opportunity to receive information, or have conversations with a trusted adult, around consent, healthy relationships, online sexual harm, and exploitation.

At the beginning of 2024, Consent Ed was approached by a Garda inspector overseeing Youth Diversion and Youth Justice programmes in Dublin Metropolitan Region (DMR) South, who had heard of the project and thought it would greatly benefit this demographic. He had seen a rise in sexual violence, through both online sexual harm and sexual harassment, but also increasing incidences of sexual and criminal exploitation. Consent Ed has spent the last year laying the groundwork for the Early Intervention Programme through collaborative meetings and trainings with gardaí and youthworkers within the youth justice space in inner city areas such as Tallaght. This important work bridges the gap between the mainstream education system and those young people who are not involved in it, by targeting services that are already in regular contact with this cohort.



(The Consent Ed team facilitates an activity during the Facilitator Training Workshop with Youthworkers)

Consent Ed organised an in-person training event on 18th June to 30 youthworkers working in youth diversion or youth justice programmes. During this event, attendees were informed of the prevalence of sexual violence and online sexual harm amongst young people in Ireland, were given disclosure and facilitation advice on how to deliver the programme as it is done in schools. To conclude the training, Consent Ed hosted focus group discussions with the youthworkers present to decipher how Consent Ed resources could be used in this context.

GroSafe

Consent Ed is delighted that 2024 brought us into collaboration with GroSafe, a new initiative to combat child grooming both online and in person. The GroSafe project is led by faculty in

Technological University Dublin, in collaboration with the ISPCC and Trinity College Dublin. GroSafe are funded by Research Ireland, through the National Challenge Fund (NCF). GroSafe have developed a novel method to educate young people about child grooming, and how to detect a potential groomer – through playing an online game. The Consent Ed Project is excited about this innovative new resource for educating young people, in a practical and engaging way. The GroSafe game has been developed to be appropriate for all age groups, and we hope to embed this resource into Consent Ed sessions across Junior and Senior Cycle.

FUTURE PLANS

The Consent Ed Project has been funded for another year! In 2025, Consent Ed hopes to develop additional teaching tools that will scaffold the existing Consent Ed learning materials and further the goal of preventing domestic, sexual and gender-based violence across Ireland. These initiatives will include Irish-made animated videos for young people in both junior and senior cycle, featuring Irish accents, vocabulary and context around consent, consent skills and differentiating healthy from unhealthy relationships. Furthermore, Consent Ed is currently in the process of developing an animated video showcasing the dangerous and insidious process that sexual exploitation can take. As with all of Consent Ed's emerging resources, these videos will be embedded within Consent Ed sessions but can also work as stand-alone pieces.

Consent Ed's 2025 plans also include Irish-language translation of new and existing resources to make the learning materials more

accessible to Gaelscoil classrooms. The Consent Ed Handbook for Junior Cycle, along with the "What is Consent?" video, have both been translated into Irish, to be published and widely disseminated to trained teachers in 2025. All new videos will also be translated into Irish, along with the existing Consent Ed Handbook for Senior Cycle and the new sessions on pornography and gender roles.

Finally, in 2025, Consent Ed hopes to continue expanding sexual violence prevention outside of the formal education sector. Through the non-formal education initiatives started by the Consent Ed Project over the last year, classroom resources will be adapted into 1-to-1 flexible activities for work with young people in youth services or on the streets. This will fulfil the vital need of providing sexual violence prevention education to young people who are in vital need of prevention education.

FINANCIAL PAGES

GALWAY RAPE CRISIS CENTRE CLG

DETAILED INCOME AND EXPENDITURE ACCOUNT FOR YEAR ENDED 31ST DECEMBER 2024

	2024		2023	
	€	€	€	€
INCOME				
Tusla	1,139,404		793,696	
EU Project	273,442		294,542	
Fundraising	83,264		78,356	
Donations	28,840		68,924	
Other Grants	72,400		10,000	
Other Income	83,631		80,075	
Rent Receivable	195		170	
		<u>1,681,176</u>		<u>1,325,763</u>
ADMINISTRATIVE EXPENSES				
Advertisement/Promotion	9,000		5,586	
Audit Fees	4,350		4,356	
Bank Charges	1,147		716	
Bookkeeping	11,082		8,914	
Cleaning, Canteen & Waste	11,396		13,374	
Client Expenses	-		1,790	
Computer & Office Costs	53,134		15,312	
Contracted Counselling Services	16,390		13,953	
Amortisation of Capital Grants	(600)		(600)	
Depreciation	5,324		4,204	
Fundraising Expenses	2,251		3,896	
Insurance	3,114		3,713	
Leased Equipment	1,356		993	
Legal & Professional Fees	9,184		5,656	
Light & Heat	13,409		11,440	
Motor & Travel	11,203		8,327	
Other Staff Costs	17,434		4,800	
Pavee Point Expenses	34,536		15,381	
Relief Staffing	8,788		4,357	
Rent	3,125		1,260	
Repairs and Maintenance	2,069		1,025	
SATU Costs	10,497		10,555	
Security	997		916	
Staff Training	29,301		9,715	
Subscriptions	633		2,065	
Supervisors	17,601		11,323	
Telephone, Internet & Mobile	8,795		8,579	
Wages and Salaries	1,006,945		897,405	
ER's PRSI	104,368		95,685	
ER's Pension	33,614		18,821	
		<u>(1,430,443)</u>		<u>(1,183,517)</u>
OTHER INCOME				
Bank Interest Earned	2,497		569	
		<u>2,497</u>		<u>569</u>
DEFERRED SURPLUS FOR THE YEAR		<u><u>253,230</u></u>		<u><u>142,815</u></u>

FINANCIAL PAGES

GALWAY RAPE CRISIS CENTRE CLG

BALANCE SHEET AS AT 31ST DECEMBER 2024

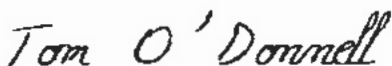
		2024 €	2023 €
	Notes		
FIXED ASSETS			
Tangible Fixed Assets	7	<u>1,266,475</u>	<u>493,708</u>
		<u>1,266,475</u>	<u>493,708</u>
CURRENT ASSETS			
Cash and cash equivalents		1,378,898	1,359,249
Trade and other receivables	10	<u>1,215</u>	<u>1,669</u>
		<u>1,380,113</u>	<u>1,360,918</u>
CREDITORS DUE WITHIN ONE YEAR	11	<u>634,259</u>	<u>476,686</u>
NET CURRENT ASSETS		745,854	884,232
CREDITORS DUE AFTER ONE YEAR	12	382,734	-
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,629,595</u>	<u>1,377,940</u>
REPRESENTED BY:			
Unrestricted Funds	16	756,696	564,718
Designated Funds	16	671,453	671,453
Restricted Funds	16	149,865	88,613
Capital Grants	17	52,556	53,156
TOTAL FUNDS		<u>1,630,570</u>	<u>1,377,940</u>

The financial statements were approved by the Board of Directors on the 23rd July 2025 and authorised for issue on the 23rd July 2025.

They were signed on its behalf by:



Iognaid O' Muircheartaigh
Director



Thomas O'Donnell
Director

Date 23rd July 2025

GRCC Accompaniment Service

We support victims and their loved ones during the criminal process who have been impacted by Sexual Violence.



HELPLINE: 1800 355 355

- ☒ SATU Accompaniment
(Sexual Assault Treatment Unit, for medical/forensics)
- ☒ Garda Accompaniment
(For an informal chat/making a statement)
- ☒ Court Accompaniment
 - Available for pre-trial meetings
 - Tour of the court, which can prepare the witness in advance
 - Psychological, emotional and practical support for the duration of the trial
 - Support during sentencing & while presenting the victim impact statement if applicable
- ☒ Reconnect victim/survivor with appropriate counselling if needed

Contact
Edna MacNamara
GRCC Court Accompaniment Manager
edna@grcc.ie
087 2507457
www.galwayrcc.ie



SCAN FOR MORE
INFORMATION

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



Galway Rape Crisis Centre are a company limited by guarantee,
registered in Ireland, company registration number 222316.
Charity registration number: CHY745



Scan for website