GRCC

SERVICES FOR SEXUAL TRAUMA & ABUSE

# Annual Report 2025



GRCC
SERVICES FOR SEXUAL TRAUMA & ABUSE

Galway Rape Crisis Centre

Freephone Helpline

# 1800 355 355

**Email Helpline**
helpline@grcc.ie

**Opening Hours**
Monday to Friday
9.30 a.m. to 5.30 p.m.

Confidential support and information

GRCC IS GRATEFUL FOR THE SUPPORT OF THE FOLLOWING FUNDERS

CUAN
An Ghníomhaireacht um Fhoréigean Baile, Gnéasach agus Inscnebhunaithe
The Domestic, Sexual and Gender-Based Violence Agency

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# ABOUT GALWAY RAPE CRISIS CENTRE

Galway Rape Crisis Centre (GRCC) has been providing specialist support to people affected by sexual violence and abuse since 1984. Our services are available to adults and young people who have experienced rape, sexual assault, child sexual abuse and other forms of sexual violence. We also provide support and information to family members and supporters.

Our mission is to support survivors, reduce the impact of sexual violence and work towards a society where sexual violence is not tolerated. We do this through specialist counselling and support services, education and prevention programmes, advocacy, training and awareness raising.

Our work is informed by a trauma-informed, person-centred approach that recognises the unique experiences and needs of every survivor. We are committed to providing a safe, confidential and inclusive service where people are treated with dignity, respect and compassion.

Alongside direct support services, we work with schools, colleges, workplaces, community organisations and statutory agencies to promote consent, healthy relationships and a greater understanding of sexual violence. Through education, collaboration and advocacy, we aim to contribute to safer communities and a more informed response to sexual violence.

This Annual Report outlines the work of Galway Rape Crisis Centre during 2025. It highlights the services we delivered, the programmes we developed, and the impact of our work in supporting survivors and preventing sexual violence.





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# CHAIRPERSON'S REPORT
## ON BEHALF OF THE BOARD OF MANAGEMENT – 2025



*Iognáid Ó Muircheartaigh*
Chairperson

There are certain years in the life of an organisation that mark a genuine turning point, and 2025 has been one of those years for Galway Rape Crisis Centre.

This year, we opened the doors of our new purpose-built centre in the Claddagh, creating a permanent home designed around the needs of survivors and the delivery of our services. For many years, the organisation has worked towards this goal, guided by a vision of providing a safe, accessible and welcoming environment that reflects the quality and compassion of the support offered within it. Seeing that vision become a reality has been a source of great pride for everyone involved.

While the building itself is a significant achievement, it is ultimately the work that takes place within its walls that matters most. Every day, survivors turn to Galway Rape Crisis Centre seeking support, information, advocacy and understanding. Staff and volunteers have responded to this responsibility with remarkable professionalism, empathy and commitment across the many facets of the organisation and for this I want to say thank you.

This year has also provided an opportunity to reflect on how far the organisation has come. Galway Rape Crisis Centre has evolved considerably since its foundation, yet our core purpose remains unchanged: to support survivors of sexual violence and to work towards a society where such violence is no longer tolerated. The challenges that survivors face continue to remind us of the importance and relevance of this mission.

I would like to acknowledge the leadership of our Executive Director, Cathy Connolly, whose commitment and vision have been instrumental during this period of transition and growth. In addition, the dedication and professionalism of all our staff has continued to be the cornerstone of the work of the Centre.

I also extend my thanks to my fellow Board members for their stewardship, guidance and support throughout the year. Finally, I wish to thank our funders, donors, community partners and supporters. The progress we have made this year has only been possible because of your continued confidence in our work. Your support enables us not only to respond to current needs but also to plan ambitiously for the future.

As we begin this new chapter in the Claddagh, we do so with confidence in the resilience of our organisation, gratitude for the people who make our work possible, and a renewed commitment to those we serve. The foundations for the future have been laid, and we look forward to building on them in the years ahead.

**Iognáid**
Chairperson, Galway Rape Crisis Centre

## BOARD OF MANAGEMENT 2025

Chairperson – Iognáid Ó Muircheartaigh
Secretary – Conor Hanly
Treasurer – Tom O'Donnell
Board Members – Kate Mulkerins, Tish Giblin, and Joanne Frehill.



**Members of GRCC Board of Management at the official opening of our new building. Tom O'Donnell, Conor Hanly, Cathy Connolly Executive Director, Kate Mulkerins, Tish Giblin and Iognáid Ó Muircheartaigh.**

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# EXECUTIVE DIRECTORS REPORT



**Cathy Connolly**
Executive Director

2025 has been a year of considerable progress and change for Galway Rape Crisis Centre. At the centre of this has been the opening of our new home in The Claddagh, bringing to completion a project that has taken years of planning, fundraising and commitment. For GRCC, this is an important milestone, but it is also part of a much wider development in how we provide support, deliver our prevention and education work and plan for the future.

Our new centre gives Galway Rape Crisis Centre a permanent base from which to continue its work supporting survivors of sexual violence and abuse across Galway and the western region. The building has been designed with the needs of our clients in mind, providing private counselling spaces and areas for group work, education and training. It gives us the opportunity to offer our services in an environment that is safe, welcoming and respectful, while also providing a space where we can engage with the wider community around the prevention of sexual violence. Reaching this point has been a significant achievement for GRCC. The development was made possible through the financial support of the Department of Justice, along with generous contributions from private donors and supporters. We are particularly grateful to Lifes2good, Aviva, and the O'Toole family. We also acknowledge the work and expertise of Urban ARQ, OCC and the support of Clann Credo throughout the project. The opening of the centre was an opportunity to recognise everyone who contributed to making the vision a reality and to mark the beginning of an important new chapter for GRCC.

While the new centre is an important development, our focus throughout 2025 has remained firmly on the people who use our services. Our counselling and psychological support services continue to provide specialist and confidential support to survivors of sexual violence and abuse. We recognise the courage it can take for someone to seek help and remain committed to ensuring that those who come to GRCC are met with compassion, dignity and respect.

Alongside our direct services, our education, training and prevention work has continued to develop. We have continued to engage with schools, community organisations and professionals, helping to build understanding of sexual violence, its impact and the importance of prevention. This work is an essential part of our mission. Supporting survivors is vital, but so too is working towards a society where sexual violence is understood, challenged and prevented.




Cathy Connolly Executive Director GRCC, Mike Cubbard Mayor of Galway and Minister for Justice Jim O'Callaghan


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The new building provides an opportunity to strengthen this wider role within the community. The dedicated spaces for education and training allow us to bring people together in a suitable environment and to continue sharing knowledge and developing understanding. We want the centre to be a place that supports survivors while also contributing to the wider work of prevention and awareness across Galway and the western region.

2025 has also been a year of continued organisational development. As our services grow, it is important that the systems supporting our work grow with them. We have continued planning improvements to our database and information systems, which will strengthen our data management and reporting. This work will help us to better understand our services, respond to changing needs and ensure that our organisation remains well equipped for the future.

None of this work would be possible without the people who make up Galway Rape Crisis Centre. I want to acknowledge the dedication and professionalism of our staff and the commitment of our volunteers. Their contribution is central to the quality of support we provide and to our work within the wider community. I also want to thank our Board of Management for their continued leadership, guidance and support throughout the year.

We are equally grateful to the many individuals, organisations and members of the community who continue to support GRCC. The development of our new centre has shown the strength of that support, but it is also reflected every day in the people who volunteer their time, make donations, raise awareness of our services and stand alongside us in our work.

Most importantly, our work remains centred on survivors. Every person who comes to GRCC brings their own experience and circumstances, and we are privileged to be trusted to provide support at what can be an extremely difficult time in their lives. The new centre strengthens our ability to do this work, but it is the people who use our services and the people who deliver them who give the organisation its purpose.

The opening of our new home marks an important point in the history of Galway Rape Crisis Centre. It gives us a strong and permanent foundation for the years ahead while allowing us to remain focused on the work that has always been at the heart of GRCC. We will continue to support survivors, develop our education and prevention work, strengthen our services and work with our community towards a society free from sexual violence.



Staff of GRCC at the official opening of GRCC's new building

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# CLINICAL DIRECTORS REPORT 2025

Throughout 2025, Galway Rape Crisis Centre continued to provide specialist therapeutic support to people affected by sexual violence and trauma.

Our clinical team supported clients through counselling at our main centre in Galway city, as well as through our established satellite services in Loughrea, Oughterard, Gort and Tuam.

The development of our satellite services remains an important part of our commitment to making specialist counselling more accessible. Providing services outside Galway city can remove practical barriers for people who may otherwise find it difficult to travel for therapy.

We are pleased to have these services firmly established and hope to expand on the locations we can offer further in the future.

Our work continues to demonstrate the importance of providing specialist, trauma-informed counselling in a safe and supportive environment. Every client brings their own experience and circumstances to therapy, and our clinical team works with each person in a way that recognises their individual needs.

Supporting adolescents and young people remained an important part of our clinical work in 2025. Our adolescent therapy team continued to provide specialist support to young people affected by sexual violence and trauma, using therapeutic approaches that recognise the different ways young people communicate, process difficult experiences and begin to heal. The move to our new building has been particularly positive for this work. The introduction of a dedicated Art Therapy Room has created a welcoming and consistent space where young people can engage in creative therapeutic work alongside more traditional talk therapies.

Art therapy provides an alternative way for young people to explore and communicate experiences, emotions and memories that can sometimes be difficult to put into words. Creative approaches can offer young clients a greater sense of choice in how they engage with therapy and can support them to work through experiences at their own pace.

Having a dedicated space for this work has allowed our therapists to offer a broader range of therapeutic approaches and to respond more flexibly to the individual needs of each young person. For some clients, creative expression can provide a starting point for conversations that may otherwise feel too difficult, while for others it can become an important part of their ongoing therapeutic process.

We have been very pleased with how the space has been received by our adolescent clients and with the opportunities it has created for more varied and creative approaches to therapeutic support.

The experiences brought to our service continue to highlight the significant and lasting impact that sexual violence can have on individuals and their relationships.

Clients may seek support following experiences that happened recently or many years previously. For some people, the effects of trauma may only become more difficult to manage at a later stage in their lives. Others may seek support following a particular event or at a point when they feel ready to begin addressing what has happened to them.

Our specialist counselling service provides a space where clients can explore their experiences at their own pace. Our approach recognises that there is no single way to respond to trauma and that recovery looks different for every person.

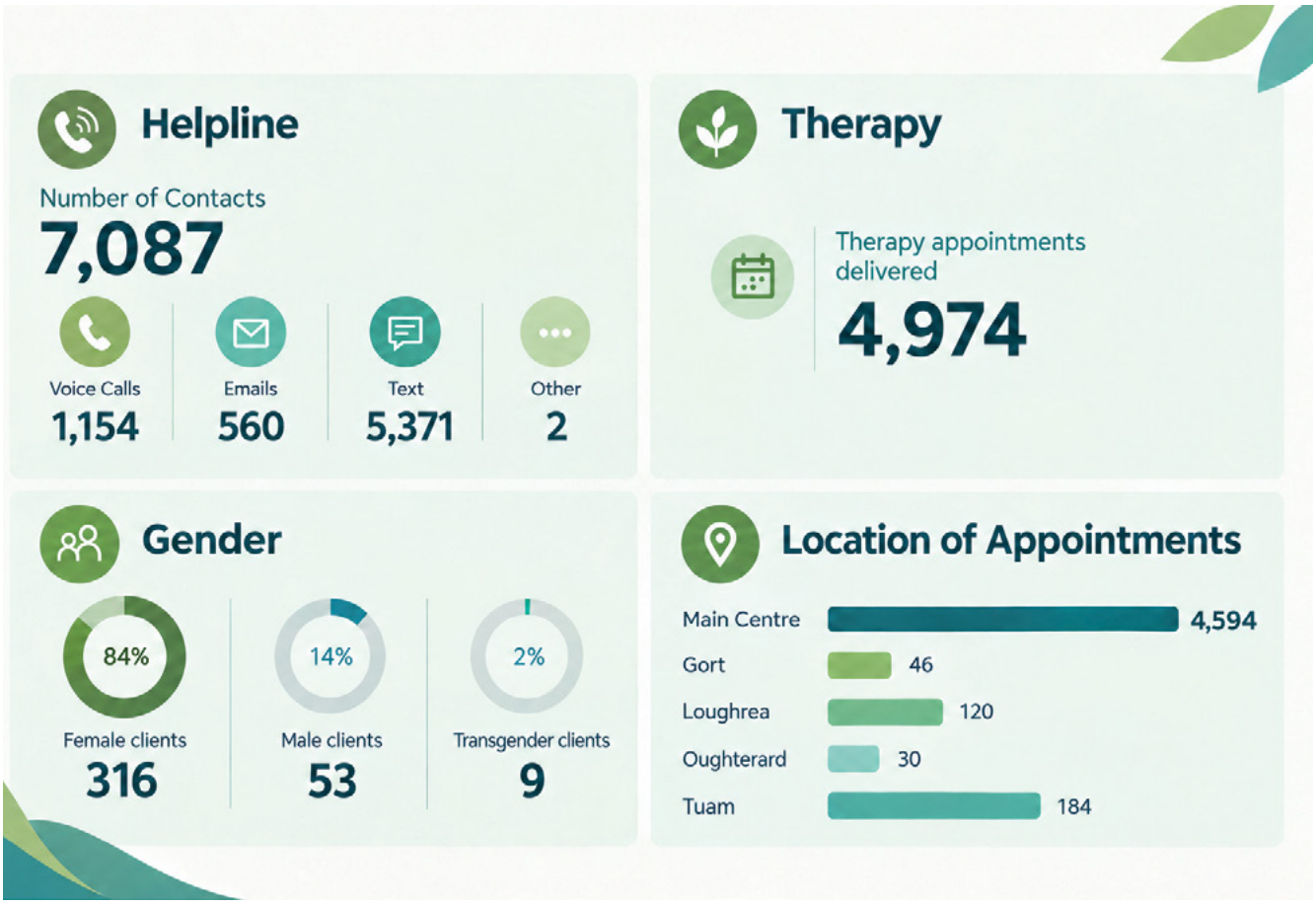

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We also recognise that sexual violence does not happen in isolation. People who come to GRCC may have experienced a range of other forms of harm, abuse or intimidation. Our clinical approach allows us to work with the whole person and to recognise the complexity of their experiences rather than treating individual experiences in isolation.

Accessibility remains central to our work. For many people, attending a service in Galway city can create practical difficulties. Our satellite services in Loughrea, Oughterard, Gort and Tuam allow clients to access specialist counselling closer to where they live.

The continued development of these services is an important part of our commitment to reducing barriers to support. We recognise that seeking help following sexual violence can be difficult in itself, and that practical barriers such as travel, transport and time can make this even harder.

We are proud to be able to offer clients a choice of locations and range of therapies and GRCC remains committed to exploring opportunities to strengthen and expand our services in the years ahead.




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# 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.

2025 was a year of significant growth for the Education Department.

Through increased delivery in certain sectors, the introduction of a new programme and the addition of two new facilitators the department substantially increased its reach and solidified its reputation as a leading provider of education and training relating to consent, sexual violence disclosures and healthy relationships.

By the end of 2025, the different educational programmes had reached 3,500 participants, representing an increase of more than 1,900 participants compared with 2024.

This growth reflects the hard work of the department and its commitment to remaining aligned to the prevention pillar of the third national strategy on Domestic, Sexual & Gender based violence.



Education Team 2025 – Sinead Rowe, John Halloran, Dervla Fahy and Gráinne Kelehan Education & Training Manager.

## Secondary Schools Programme:

The Secondary Schools Programme experienced substantial growth in 2025. 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.

The programme was delivered to 2,807 participants over the year between the junior and senior cycle programmes. Schools engaged throughout the year included:

- St. Raphael's College, Loughrea
- Abbey Community College, Roscommon
- Holy Rosary College, Mountbellew
- Seamount College, Kinvara
- Gort Community School, Gort


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A particular achievement was the completion of a whole-school rollout in St. Raphael's College, where every student cohort received an age-appropriate version of the programme during the academic year.

In November, the team delivered twelve days of workshops at Gort Community School, reaching more than 600 students across multiple year groups.

## Primary Schools Project:

One of the most significant developments of 2025 was the development of the department's first primary schools programme. This programme was developed through a collaborative effort between the GRCC education & clinical teams and is in line with the Stay Safe aims and Child First Programme.

The programme consists of two interactive workshop sessions that explore the following topics in a non-sexual, age appropriate and engaging way:

- Understanding consent in their lives.
- Setting & respecting boundaries.
- Expressing expectations.
- Handling rejection.
- Understanding apologies.
- Making amends.

The purpose of these workshops is to encourage empathy, understanding and respect, while laying the foundation for deeper awareness of consent education as students transition to secondary school.

The programme was successfully piloted in two local schools. Sixth-class students from Knocknacarra National School and Scoil Iognáid participated, with extremely positive feedback from both students and teachers.

A key learning outcome was the value of parental engagement. Our first parents' information evening in Scoil Iognáid was extremely well received and has since been adopted as a standard component of future programme delivery. Several schools have already confirmed participation for 2026, reflecting strong confidence in the programme's value and approach.

Having received some funding to assist in any redevelopment and delivery of the programme we are looking forward to what 2026 will bring for this new project.




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

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## Disclosure Training:

Demand for disclosure training remained consistent throughout the year. Training was delivered to a diverse range of organisations and professional groups including:

- Galway, Mayo, Roscommon and Clare County Council Integration Teams
- AkiDwA
- Focus Ireland
- Claddagh Watch Patrol
- Galway Sexual Assault Treatment Unit (SATU)
- Galway Simon Community
- Peter McVerry Trust
- HSE Social Workers
- Community Therapy Ireland
- ADAPT Domestic Violence Services
- National College of Art and Design
- Multiple higher education institutions

Emphasis continued to be placed on experiential learning and practical skills development to support individuals responding to disclosures of sexual violence. Participant feedback collected through post-training evaluations remained consistently positive, demonstrating the relevance and effectiveness of the training model.




Gráinne Kelehan Education & Training Manager and Susan Costello Development GRCC

## GCP/SICAP Wellness Programme.

The department continued its partnership with Galway City Partnership (GCP) and the Social Inclusion and Community Activation Programme (SICAP).

We continued to deliver the successful women's programme in October 2025 with 2026 dates also confirmed.

A Men's Resilience Programme was developed and delivered in May 2025. Participants included men with experience of living within the International Protection Accommodation Services (IPAS) system.


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The programme focused on:

- Stress management
- Emotional wellbeing
- Coping strategies
- Building resilience

Feedback from participants and partner organisations was highly positive.

## Higher Education:

The department continued to strengthen and expand its work within the higher education sector throughout 2025.

The department continued delivering the First Point of Contact (FPOC), in collaboration with Active* Consent and the University of Galway.
Throughout the year, multiple FPOC programmes were delivered to University of Galway staff in-person and the Continuing Professional Development (CPD) modules nationally online. As well as this the GRCC education department travelled to Queen's University Belfast in July 2025 with the Active*Consent team to co facilitate the First Point of Contact. The department also continued to deliver disclosure training and related workshops across a growing number of higher education institutions, including:

- Technical University of the Shannon (TUS)
- Mary Immaculate College (MIC)
- Munster Technological University (MTU)
- National College of Art and Design (NCAD)

We also continued delivering our disclosure workshops to students at the University of Galway. These workshops have been rolled out twice per academic year for the last four years with the assistance of Joanna Brophy, Assistant Manager of the Students union.

## Specialised Training for Therapists:

The department completed delivery of the latest iteration of the Specialised Training in Working with Sexual Violence programme during 2025.

## Community Engagement & Outreach:

The department maintained a strong presence within the wider community throughout 2025. Community engagement activities included:

- Participation in Galway Pride
- Attendance at wellness fairs in GTI and University of Galway
- Respect Stalking Awareness Webinar hosted by ATU
- Information sessions at ARD Family Resource Centre
- Outreach visits to Cuan Mhuire
- Meetings with community groups and service providers across Galway and beyond

These activities increased awareness of both the education department's offerings along with all the other services the organisation provides.


## Summary:

2025 was a landmark year for the Education and Training Department. The continued growth in programme demand, the successful introduction of new education programmes, and the strengthening of partnerships across education and community sectors provide a strong foundation for continued development in 2026 and beyond.

# DEVELOPMENT

## Growing Connections, Strengthening Support

Throughout 2025, Galway Rape Crisis Centre continued to strengthen its presence across the community through strategic partnerships, public engagement, awareness campaigns, and collaborative fundraising initiatives. The year reflected a growing recognition of the Centre's work and highlighted the importance of community solidarity in supporting survivors and promoting awareness of sexual violence services across Galway and beyond.

## Partnerships That Make a Difference

Corporate and community partnerships remained central to the continued growth and visibility of Galway Rape Crisis Centre throughout 2025. These relationships not only provided valuable financial support, but also created opportunities for awareness raising, staff engagement, volunteerism, and collaborative advocacy.

Our partnership with Aviva continued to flourish throughout the year, with ongoing collaboration supporting initiatives aligned with both Aviva's Corporate Social Responsibility objectives and the mission of GRCC. We were also delighted to receive funding and creative support, which contributed to strengthening GRCC's public identity and visibility.

Our newly established partnership with Viatris developed significantly throughout 2025. Following introductory meetings and presentations at their Inverin and Casla sites, Viatris staff actively supported GRCC through a range of fundraising initiatives throughout the year, creating opportunities for wider collaboration.

## Raising Awareness Across the Community

Public engagement and visibility remained a key focus throughout the year as GRCC worked to reach as many people as possible, Public engagement and visibility remained a key focus throughout the year as GRCC continued to strengthen awareness of services and supports available throughout the region.

Throughout the year, GRCC maintained a strong presence across Galway through collaborations with educational institutions, local organisations, businesses, and community groups. Outreach activities included volunteer fairs, wellness




Aviva Staff Volunteer Day


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University of Galway Students Union with Susan Costello, Development GRCC

campaigns, awareness events, and fundraising collaborations with third-level institutions.

Partnerships with student-led organisations played a particularly important role in engaging younger audiences and increasing awareness of support services while also generating vital funds for GRCC.

Collaborations with WiSTEM, University of Galway Medical Society, and the ROPES Literary Journal helped to promote GRCC services across university campuses and student publications. One of our steadfast support networks has been the University of Galway Student's Union who have done trojan work in raising funds and awareness across the campus, we are proud of this partnership and how it has gone from strength to strength over the years.
The Centre also benefited from support from local businesses and hospitality venues, including fundraising initiatives organised by The Skeffington Arms Hotel and Flexifit Pilates.

## Visibility Through Campaigns and Events

A strong programme of public events and awareness campaigns helped ensure continued visibility for Galway Rape Crisis Centre throughout 2025.

One of the standout community events of the year was the Culture Night celebration hosted at the Centre's new building in September. The event welcomed members of the public for an evening of creativity, connection, and reflection, featuring local poets, a singer-songwriter, and a collaborative textile art installation symbolising hope and community healing. The event was attended by local representatives, including the Mayor of Galway, and our current President Catherine Connolly, alongside many members of the wider community.

The Centre also prepared for a major presence at the Galway Christmas Market, securing a cabin for ten days to promote GRCC services and host a festive raffle. Staff and volunteers worked together to ensure strong visibility during one of Galway's busiest public events. Awareness campaigns continued to expand throughout the year, including the Centre's involvement as charity partner for the student-led "Coldvember" campaign.
This initiative significantly increased engagement among younger audiences and in particular the Swimming Community of Blackrock while generating valuable awareness and outstanding fundraising support.




Coldvember Crew with Susan Costello GRCC

© Galway Rape Crisis Centre 2026

The Coldvember Crew have been an amazing support to GRCC and their energy and enthusiasm was contagious this year while a strong focus on the charity was something the Coldvember Crew were eager to maintain throughout the campaign and was clearly evident.

Flag Day remained one of the organisation's most important annual events. Volunteers across Galway city gave their time generously to support collections, raise awareness, and engage directly with the public about the services provided by GRCC. As always the people on the day were generous and respectful of our volunteers and for this we are very grateful.

## Strengthening Digital Presence and Communications

Digital engagement and communications continued to grow significantly throughout 2025.

The organisation maintained active and engaging communication across its social media platforms to raise awareness, promote campaigns, recruit volunteers, highlight GRCC services and supports, and support fundraising initiatives and community partnerships, contributing to continued audience growth and a combined online following of more than 12,000 subscribers during the year.

Regular e-newsletters also helped strengthen communication with supporters, volunteers, stakeholders, and community partners. Seasonal editions included service updates, awareness campaigns, volunteer opportunities, fundraising highlights, and organisational developments.

## Community Support

The generosity and creativity of community supporters continued to make a meaningful difference throughout the year.

The support received from local organisations, volunteers, businesses, and individual fundraisers reflects the growing commitment within the community to support survivors and strengthen access to essential services.

Collaborative relationships with organisations and regional charity networks also remained an important aspect of the Centre's work, helping to strengthen interagency cooperation and shared advocacy.

## Looking Forward: Goals for the Future

As Galway Rape Crisis Centre continues to grow and evolve, the organisation remains focused on strengthening services, deepening partnerships, and increasing awareness throughout the community.

Building on the success of recent corporate partnerships, GRCC aims to further develop sustainable collaborations with organisations that share our commitment to community wellbeing, equality, and social responsibility.

The Centre will continue to invest in campaigns, outreach activities, and educational initiatives that increase awareness of consent, support services, and survivor-centred care.

Engagement with youth-focused organisations and wider community partners will remain a key priority, ensuring that young people are supported with the skills and access to information needed to understand and engage with available services and supports, and to take part in awareness and advocacy initiatives.

Ongoing improvements to GRCC's website, digital resources, and online communications will continue to focus on accessibility, inclusion, and user experience.

The organisation aims to expand volunteer involvement, community fundraising initiatives, and public events that strengthen connections with the wider community. As demand for services continues to grow, GRCC remains committed to strengthening operational structures, increasing fundraising capacity, and building long-term sustainability to support ongoing and future development, ensuring the organisation is well positioned to respond effectively to emerging needs.


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# 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.

Each Psychological Supporter 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 supervisor with over 12 years' experience with the Galway Rape Crisis Centre.

2025 saw another successful training programme go ahead and we welcomed new members to the Psychological Support Team on completion.



Sarahjane Grennan, Psychological Support Team manager

## Psychological Support Team Debriefing

We have a team of 10 debriefers which is 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 after the Psychological Supporter attends a case in the SATU. Debriefers provide reassurance for the Psychological Supporter that they have someone to call for support and to talk through anything that may have come up for them during the case.

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## 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 24-hour service and can be contacted on the following numbers
091 765751 or 087 6338 118 Mon-Fri 08.00- 16.00
091 757 631 Mon-Sun 16.00 – 08.00



Psychological Support Team Training

### NUMBER OF CASES FOR 2025

In 2025 Our Psychological Support Team provided psychological support and advocacy for 95 survivors of whom:

- FEMALE 84
- MALE 7

Psychological Support Team provided psychological support to 59 supporters of the survivor.


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# COURT & GARDA ACCOMPANIMENT

The criminal process can be stressful, intimidating, and unfamiliar. The GRCC advocacy team's knowledge and understanding of the legal system can assist you in exercising your rights.
GRCC offers clients accompaniment to services such as the Garda and the Courts. GRCC's 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.

Our client-centred support can help in the following ways:

- Arrange for an informal chat pre-Statement, with the Gardaí at a venue that suits each individual.
- Liaise with Gardaí on their behalf.
- Pre-trial support: Offering support during pre-trial meetings.  Arrange a court tour in advance.
- 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 post-trial.

Many people we meet will encounter these processes for the first time, and our experienced Advocacy team will be able to support them every step of the way.
Our Advocacy team is here to support you and answer any questions you have about the process.

## GARDA ACCOMPANIMENT

Many clients find it helpful to have an informal chat with the Gardaí 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.
Eight clients were provided with Garda accompaniments in 2025.

## COURT ACCOMPANIMENT

Navigating our Justice system can be a harrowing experience, taking many years after reporting the alleged crime.
The impact of delays was still felt in 2025 with the ever-growing backlog 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. Eleven days of accompanied trials were conducted in 2025 involving 10 clients and 15 supporters, in Galway, Limerick and Mullingar.

## Collaborations

GRCC has a very close working relationship with both the Gardaí and the court services and is forever grateful that together we provide a victim-centred service, focused on protecting the most vulnerable and allowing them to tell their story.



PST trainees with Sarahjane Grennan PST Manager and Edna MacNamara Court Accompaniment Manager & Grants Manager GRCC.

# CONSENT EDUCATION PROJECT

In 2025, the Consent Ed Project continued to grow and strengthen its position as a national DSGBV prevention education programme for young people across Ireland.

2025 marked significant progress in the development of Consent Ed's non-formal education resources. These resources, due for completion in 2026, are being developed through extensive co-design with young people and professionals across youth work, justice, education and community settings. This collaborative approach ensures the content is responsive to complex needs and diverse contexts, including young people at higher risk of DSGBV exposure or perpetration.

A major focus of work in 2025 was also ensuring that Consent Ed resources remain responsive to emerging issues while maintaining fidelity to core DSGBV prevention objectives. Project Workers completed a comprehensive revision of the Consent Ed Post-Primary Toolkit, to ensure that resources addressed emerging risks and the impacts of evolving technology and online culture, including:

- Digital coercion
- Gender roles and gender-based violence
- Online misogyny and the "Manosphere"
- Generative AI and deepfake sexual imagery
- Normalisation of pornography

This included the development of new resources for parents and caregivers, developed in collaboration with the National Parents Council. These resources support parents and caregivers to continue learning outside of SPHE sessions, and guide parents on how to discuss topics like consent, online safety, healthy relationships and boundaries with their child sensitively and effectively.

The revision of the Consent Ed Post-Primary Toolkit was coupled with a newly developed eLearning training course for facilitators. This eLearning course strengthens educators' understanding of the nuances of DSGBV, and equips them with effective facilitation skills to deliver SPHE and DSGBV prevention education that resonates with young people.




The Consent Ed Team (L-R) Carolyn Brohan, Amy Crane, Sianna Williams, Cathy Browne, Alexandra Black

2025 Highlights:

- 1,053 professionals trained as Consent Ed facilitators since the beginning of the Project.
- Consent Ed resources projected to reach 90,514 young people across Ireland.
- New Senior Cycle session "Gender Roles and Gender-Based Violence" piloted to 830 young people across Ireland.
- New parent resources created in collaboration with National Parents Council.

## EXPANSION OF SPHE RESOURCES FOR SECONDARY SCHOOLS

### Senior Cycle

Upon the release of new SPHE learning outcomes for Senior Cycle published by the NCCA in 2025, the Consent Ed Project team undertook a review of the Consent Ed Senior Cycle Toolkit to ensure all resources met these outcomes. This review led to the creation of novel resources, original videos and two new sessions - "Pornography on Trial", and "Gender Roles and Gender-Based Violence".

**Publication of "Pornography on Trial" Session**

The fifth session of the Consent Ed Senior Cycle Toolkit, "Pornography on Trial" was published in the Consent Ed 2025-2026 Toolkit Handbook, after a successful pilot with 501 students across Ireland in 2024.

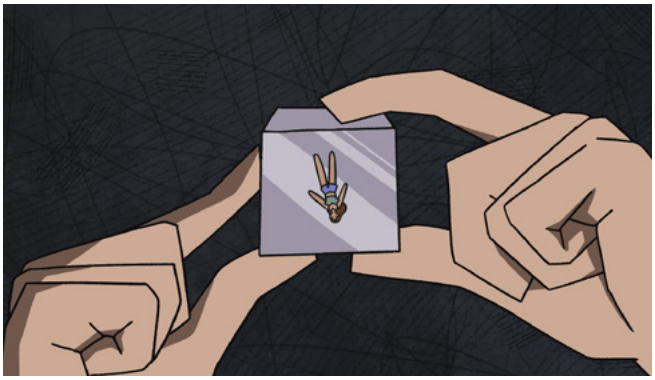

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In this mock trial, pornography has been charged as being “An unhealthy choice for young people” - and Senior Cycle students must work together as jury members to decide on a guilty (or not guilty) verdict. Students review a casefile of research, news articles, and other evidence, which supports them to think critically about the impact pornography has on young people’s attitudes, beliefs, and behaviour.
“I think it’s important for topics like this to be discussed with younger people, as there is a stigma against it and that needs to be broken, as it leads to ignorance” - Student feedback

This addition complements the existing sessions in the Senior Cycle Toolkit – Healthy Relationships, Consent and Sexual Respect, Sexual Violence, and Online Sexual Harm.
New original videos for Senior Cycle students
Consent Ed developed three original videos specially designed for the Irish context, exploring essential topics for Senior Cycle students – consent, coercive control, and exploitation. These videos encourage older teenagers to examine the nuances of consent, respect, power, and control in relationships, and understand the warning signs of exploitation, coercive control, and emotional abuse.
These videos were developed in collaboration with animator Rowena Sheehan, whose unique illustrative style interprets complex topics through youthful, dream-like imagery. This approach, coupled with a diverse range of Irish voices, deepens young people’s understanding of mature themes in an imaginative and accessible way.

Click to watch our Senior Cycle videos - What does consent really mean? - YouTube , “He loves me, doesn’t he?” and “Coercive Control”.

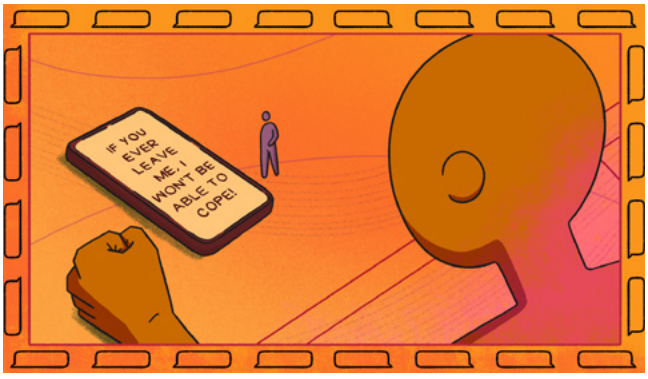
*Styleframes from new animated videos covering Consent, Coercive Control, and Sexual exploitation.*

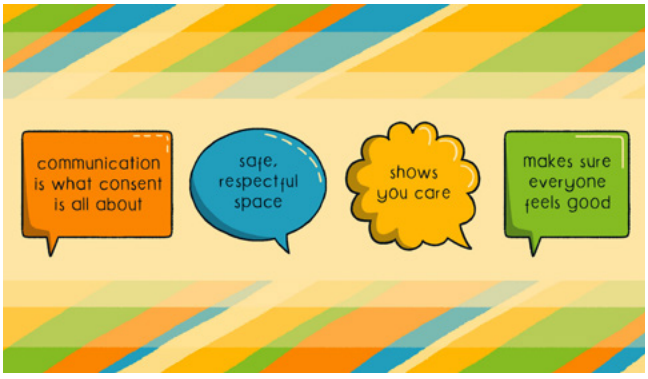










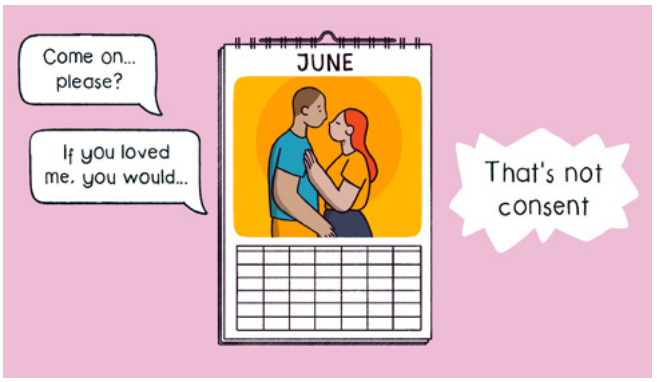

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## New Senior Cycle session tackling misogyny and DSGBV

2025 saw Consent Ed develop its sixth session for Senior Cycle "Gender Roles and Gender-Based Violence". This session emerged from rigorous reviews of existing literature, consultations with young people, and additional training undertaken by Consent Ed staff on the issues facing young people today, in particular the growth of online misogyny and the "Manosphere".

"Gender Roles and Gender-Based Violence" explores how gender roles limit us, and how they impact real-life instances of crime and DSGBV in Ireland. The activities work to highlight the pressures young people face online, debunk gendered myths shared by online creators, and enhance young people's empathy for each other. The session also shows young people how they can be active bystanders to challenge misogyny in their own peer groups.

This session was piloted to 430 students by Consent Ed Project Workers, and received positive feedback:

- 97% of students agreed or somewhat agreed with the statement "The session made me think about how I can be an ally (support others/challenge harmful behaviour)".
- 95% of students agreed or somewhat agreed with the statement "The session helped me connect how gender expectations can contribute to the root causes of domestic, sexual and gender-based violence (DSGBV)."

The session was also piloted to an additional 400 students across Ireland through voluntary teacher-led pilots, to positive feedback: "Students were very open to the conversations and activities during the pilot. There was a willingness to engage with the activities and topics. I feel it was presented in a way to support discussions and not blame." - Teacher feedback.

"It's better to stop misogynistic and sexist views when they first start rather than letting them fester" - Male student feedback.

"It was a very engaging session that allowed me to see how gender stereotypes and online influences can determine how people act towards each other." - Female student feedback.

"Gender Roles and Gender-Based Violence" will be published in the new Consent Ed Project 2026-2027 Toolkit Handbook and distributed in Autumn 2026.

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## New educational videos for Junior Cycle

The consent Ed team collaborated with Piquant Media to create two new original videos for Junior Cycle students - “What is Consent?” and “Healthy Relationships”.

This project was sparked by a desire to create DSGBV prevention resources uniquely designed for young Irish teenagers, using an accessible and age-appropriate approach. “What is Consent?” breaks down Ireland’s consent law through everyday examples of consent. “Healthy Relationships” explores the green flags of healthy relationships, and the red flags of unhealthy or abusive behaviour.

These videos were disseminated to educators in the Consent Ed Project 2025-2026 Toolkit Handbook.

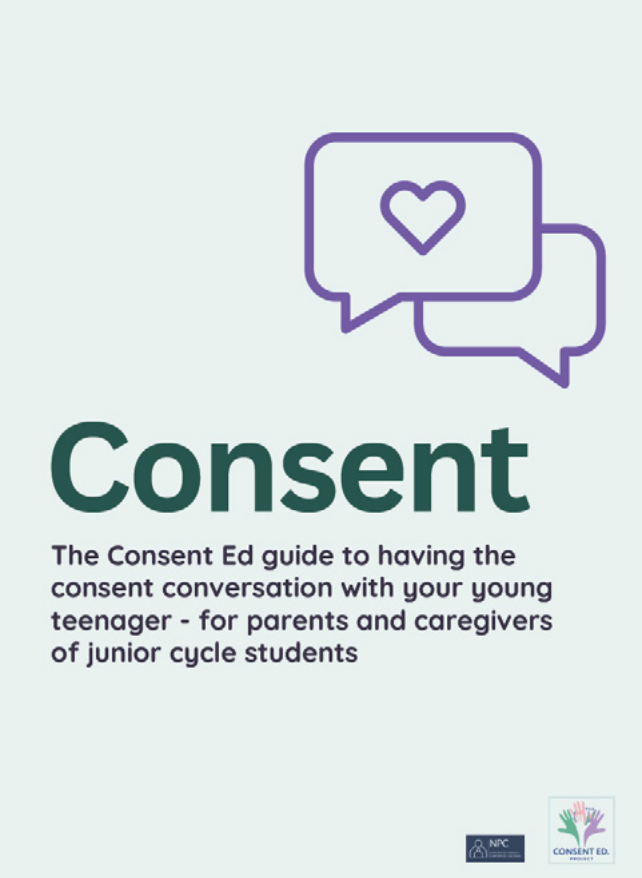
## Development of Parent Resources

In Summer 2025, Consent Ed Project Workers collaborated with the National Parents Council to develop a suite of resources specially designed for parents. These resources educate parents on essential topics to support their child’s learning outside of SPHE sessions, and guide parents on how to talk about these issues with their child.

Parent resources include a recorded webinar, a self-guided presentation, and user-friendly phone guides to various topics including:

- Consent for Junior Cycle (focused on everyday consent and boundaries).
- Consent for Senior Cycle (focused on sexual consent).
- Online sexual harm and how to get support.
- Friendships and relationships for Junior Cycle.
- Healthy, unhealthy and abusive relationships for Senior Cycle.

Consent Ed parent resources will soon be available to download for free on the Cuan website. Parent resources are also shared with all professionals who complete Consent Ed Facilitator Training, to disseminate with their parent contact lists.







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Project Workers also consulted with young people and youth workers across a wide range of youth services, including Youthreach centres, crime diversion projects, and the Oberstown Children Detention Campus. These consultations sought
to gain their insights and inputs on:

- Key issues facing young people, and the topics they want to learn about.
- What topics youth workers need support with, and gaps in their current resources.
- What methodologies work (and what doesn't work).

This development will progress into 2026, culminating in the creation and publication of a Consent Ed Toolkit for non-formal education covering topics such as:

- Healthy, unhealthy and abusive relationships.
- Consent and sexual respect.
- Sexual and gender-based violence.
- Sexual and criminal exploitation.
- Online sexual harm.
- Pornography.
- Support and Allyship.

The Consent Ed Project would like to give special thanks to the staff and young people in CLAY and BRU Youth Project, FDYS Youth Service, and the Oberstown campus for their invaluable contribution to the development of this resource.



**Consent Ed Project Manager facilitating group discussion at Symposium on Non-formal education resources.**

## New E-Learning course for educators on DSGBV and Consent Ed Resources

In Spring 2025, the Consent Ed Project collaborated with The Learning Rooms to design an eLearning course for educators and professionals to complement the Consent Ed Facilitator Training. This eLearning course deepens professionals' understanding of DSGBV in Ireland and Consent Ed resources; to give them the knowledge and skills they need to deliver Consent Ed SPHE sessions confidently and effectively.

Topics covered:

- Module 1 - Consent Ed Resources.
- Module 2 - Why This Work Matters: An Insight into Sexual Violence in Ireland.
- Module 3 - Disclosure Skills.


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This revised training segment has expanded the reach of Consent Ed Facilitator training, with 295 educators trained in 2025. This brings the total number of educators trained in the life of the Project to 1,053 across 434 schools and youth services across Ireland. Based on estimates from trained educators, Consent Ed resources were projected to reach 90,514 young people in 2025 alone.

## Stepping into 2026

This year, the Consent Ed project is committed to publishing our new resource for the non-formal education sector. We hope this resource will give non-formal educators the skills they need to support the most vulnerable young people across Ireland to have happy, healthy and safe relationships.

We will also be developing the Consent Ed Whole-School Approach, to support secondary schools across Ireland with a clear and usable framework for DSGBV awareness and prevention.
The ongoing professional development of practitioners and teachers will be another key focus, as the Project explores additional avenues for training and upskilling across various areas of DSGBV.
If you are interested in getting involved with the Consent Ed team and any of our upcoming projects, please contact us at: consented@grcc.ie.

# FINANCIAL PAGES

## GALWAY RAPE CRISIS CENTRE CLG

## BALANCE SHEET AS AT 31ST DECEMBER 2025

| | Notes | 2025 € | 2024 € |
|---|---|---|---|
| **FIXED ASSETS** | | | |
| Tangible Fixed Assets | 7 | 2,084,879 | 1,267,450 |
| | | 2,084,879 | 1,267,450 |
| **CURRENT ASSETS** | | | |
| Cash and cash equivalents | | 1,034,603 | 1,378,898 |
| Trade and other receivables | 10 | 2,780 | 1,215 |
| | | 1,037,383 | 1,380,113 |
| **CREDITORS DUE WITHIN ONE YEAR** | 11 | 344,948 | 634,259 |
| **NET CURRENT ASSETS** | | 692,435 | 745,854 |
| **CREDITORS DUE AFTER ONE YEAR** | 12 | 681,937 | 382,734 |
| **TOTAL ASSETS LESS LIABILITIES** | | 2,095,377 | 1,630,570 |
| **REPRESENTED BY:** | | | |
| Unrestricted Funds | 16 | 1,734,581 | 756,696 |
| Designated Funds | 16 | - | 671,453 |
| Restricted Funds | 16 | 25,090 | 149,865 |
| Capital Grants | 17 | 335,706 | 52,556 |
| **TOTAL FUNDS** | | 2,095,377 | 1,630,570 |

The financial statements were approved by the Board of Directors on the 18th September 2026 and authorised for issue on the 18th September 2026.

They were signed on its behalf by:

Iognáid Ó Muircheartaigh

**Iognaid O' Muircheartaigh**
Director

Tom O'Donnell

**Thomas O'Donnell**
Director

**Date** *18th September 2026*

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# FINANCIAL PAGES

**GALWAY RAPE CRISIS CENTRE CLG**

**DETAILED INCOME AND EXPENDITURE ACCOUNT FOR YEAR ENDED 31ST DECEMBER 2025**

| | 2025 | | 2024 | |
|---|---|---|---|---|
| | € | € | € | € |
| **INCOME** | | | | |
| Cuan | 1,257,023 | | 1,139,404 | |
| EU Project | 194,313 | | 273,442 | |
| Fundraising | 100,264 | | 83,264 | |
| Donations | 56,424 | | 28,840 | |
| Other Grants | 69,000 | | 72,400 | |
| Other Income | 109,504 | | 83,631 | |
| Rent Receivable | 177 | | 195 | |
| | | 1,786,705 | | 1,681,176 |
| **ADMINISTRATIVE EXPENSES** | | | | |
| Advertisement/Promotion | 2,522 | | 9,000 | |
| Audit Fees | 4,392 | | 4,350 | |
| Bank Charges | 872 | | 1,147 | |
| Bookkeeping | 13,649 | | 11,082 | |
| Cleaning, Canteen & Waste | 8,253 | | 11,396 | |
| Client Expenses | 1,590 | | - | |
| Computer & Office Costs | 54,055 | | 53,134 | |
| Contracted Counselling Services | - | | 16,390 | |
| Amortisation of Capital Grants | (2,850) | | (600) | |
| Depreciation | 14,054 | | 5,324 | |
| Fundraising Expenses | 150 | | 2,251 | |
| Insurance | 4,783 | | 3,114 | |
| Leased Equipment | 1,361 | | 1,356 | |
| Legal & Professional Fees | 55,437 | | 9,184 | |
| Light & Heat | 10,221 | | 13,409 | |
| Loan Interest | 44,822 | | - | |
| Motor & Travel | 14,695 | | 11,203 | |
| Other Staff Costs | 2,906 | | 17,434 | |
| Pavee Point Expenses | - | | 34,536 | |
| Relief Staffing | 7,238 | | 8,788 | |
| Rent | 9,228 | | 3,125 | |
| Repairs and Maintenance | 7,864 | | 2,069 | |
| SATU Costs | 6,150 | | 10,497 | |
| Security | 3,888 | | 997 | |
| Staff Training | 35,991 | | 29,301 | |
| Subscriptions | 4,375 | | 633 | |
| Supervisors | 19,386 | | 17,601 | |
| Telephone, Internet & Mobile | 9,385 | | 8,795 | |
| Wages and Salaries | 1,133,852 | | 1,006,945 | |
| ER's PRSI | 108,564 | | 104,368 | |
| ER's Pension | 31,500 | | 33,614 | |
| | | (1,608,333) | | (1,430,443) |
| **OTHER INCOME** | | | | |
| Bank Interest Earned | 3,285 | | 2,497 | |
| | | 3,285 | | 2,497 |
| **DEFERRED SURPLUS FOR THE YEAR** | | 181,657 | | 253,230 |

# GRCC Accompaniment Service

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

GRCC
SERVICES FOR SEXUAL TRAUMA & ABUSE

**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

Downloadable Resource

GRCC
SERVICES FOR SEXUAL TRAUMA & ABUSE

# GRCC's Holistic Approach



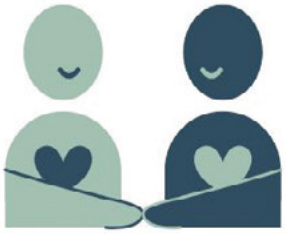
Counselling



Legal Clinic



Support for Family & Friends of Survivors



Psychological Support Team



Freephone Helpline 1800 355 355





Awareness Raising



Education & Training



Court & Garda Accompaniment

**Freephone Helpline:**
**1800 355 355**

Downloadable Resource

GRCC
SERVICES FOR SEXUAL TRAUMA & ABUSE

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**Freephone Helpline 1800 355 355**
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