



Donegal Sexual Abuse & Rape Crisis Centre

Annual Report
2017

Contents

Introduction

Chairperson's letter

Manager's letter

Basic Information

Mission Statement

Vision Statement

Aim

Our Services

Where to find us

Contact Details

Board of the DSA&RCC

Staff & Volunteers

Client Voices

Client Stats

Raising Awareness

Fundraising

Accounts 2016

Introduction

Welcome to Donegal Sexual Abuse and Rape Crisis Centre's Annual Report for 2016, we hope you find it informative as to our activities.

Chairperson's Letter

I would like to welcome everyone to our AGM 2017 and showing an interest in the running of this much needed service all over the County of Donegal.

I have had a very enjoyable year as chairperson of the RCC and this is mainly due to the hard work and dedication of Marina our manager, and all the staff here at the centre as well as my fellow board members who have given of their time voluntarily to oversee to overall smooth running of the centre.

We did have some interesting challenges and decisions to ponder and act on over the year and I feel at all times we acted professionally and with the best interests of the Rape Crisis Centre at heart.

I would like to mention some people who have been with us up until recently and have decided to move on Sandra, Majella and Breege. Thank you!

I want to welcome in advance any new members to the board and anyone who has joined the staff this year and I wish everyone well in the year ahead.

Bill Vaughan

Manager's Letter

2016 has been a busy year and a year of great change and transition organisationally.

I would like to begin by extending many thanks to previous manager Sara Donovan who retired as a counsellor in June. Sara implemented many developments in the service and worked with a great number of clients over the years. I would like to wish Sara and her family many happy years ahead on behalf of the board, staff and her clients.

We welcomed two counsellors to the team in 2016; Paula Coyle Carberry and Nicola Mc Kee.

We also welcomed Katrina Herron our new administrator who replaces Edel Mc Brearty who has moved onto a new career path. We thank her wish her the best of luck. The organisation had 2 TUS employees who finished up in 2016 and who have yet to be replaced. Thanks to Angela and Triona.

As an organisation manned or should I say 'womanned' by a small but dedicated part time staff team of 3 part time counsellors, part time admin and part time manager; covering the large county of Donegal is no small task. I would like to extend my sincere thanks to the staff for their flexibility, dedication and good humour; also for the level of care and resounding welcome which greets all clients new and old alike.

We extended our service to work with clients aged 14 and over due to the recognised need for supports for this age group. This was facilitated by extending our opening hours until 8pm on Thursdays and 6pm on Fridays.

We were also delighted to receive additional TUSLA funding to open a half day outreach service based in Lifford to support clients from East Donegal and Cross Border clients from Derry/Tyrone. Many thanks to Lifford Community Hospital for providing us with a space. I would also like to thank the providers of our other outreach locations: Solace Cancer Support Centre - Donegal town, Ardaravan Clinic

–Buncrana and Gaoth Dobhair Medical Centre, Bunbeg. We could not provide outreach services to local communities without the generosity of local services.

2016 saw 80 new clients accessing the service, with a total of 132 clients being supported.

Despite additional funding being sourced, we had to dip into reserves to fund additional counselling hours to help meet the ever growing need for services and the changeover of staff. The workload resulted in a lot of Annual Leave being carried over to 2017.

We paused our Schools Programme due to lack of resources and hope to resume when circumstances allow.

I would like to thank the team of SATU and an Garda Siochana, especially the Letterkenny SAIU for their assistance throughout the year. Positive working relationships help us better serve our clients.

I would finally like to thank our volunteers and voluntary board of management for their dedication and commitment to the organisation, staff and service users.

I look forward to seeing what positive developments 2017 bring.

Marina Porter

History

The Donegal Sexual Abuse & Rape Crisis Centre provides a quality professional counselling, support, awareness and advocacy services for survivors of sexual violence. We also work towards an end to cultural and societal tolerance of sexual violence. We are members of the Rape Crisis Network Ireland. The Centre was established in 1997 and has grown to become a full-time service in Co. Donegal.

Mission Statement

Donegal Sexual Abuse and Rape Crisis Centre offer counselling, support and advice to survivors of rape and sexual abuse in a confidential, safe and friendly environment.

Vision Statement

Donegal Sexual Abuse and Rape Crisis Centre endeavours eliminating sexual violence in our society by working in partnership with other agencies, raising awareness through education programmes and empowering people and communities.

Aim

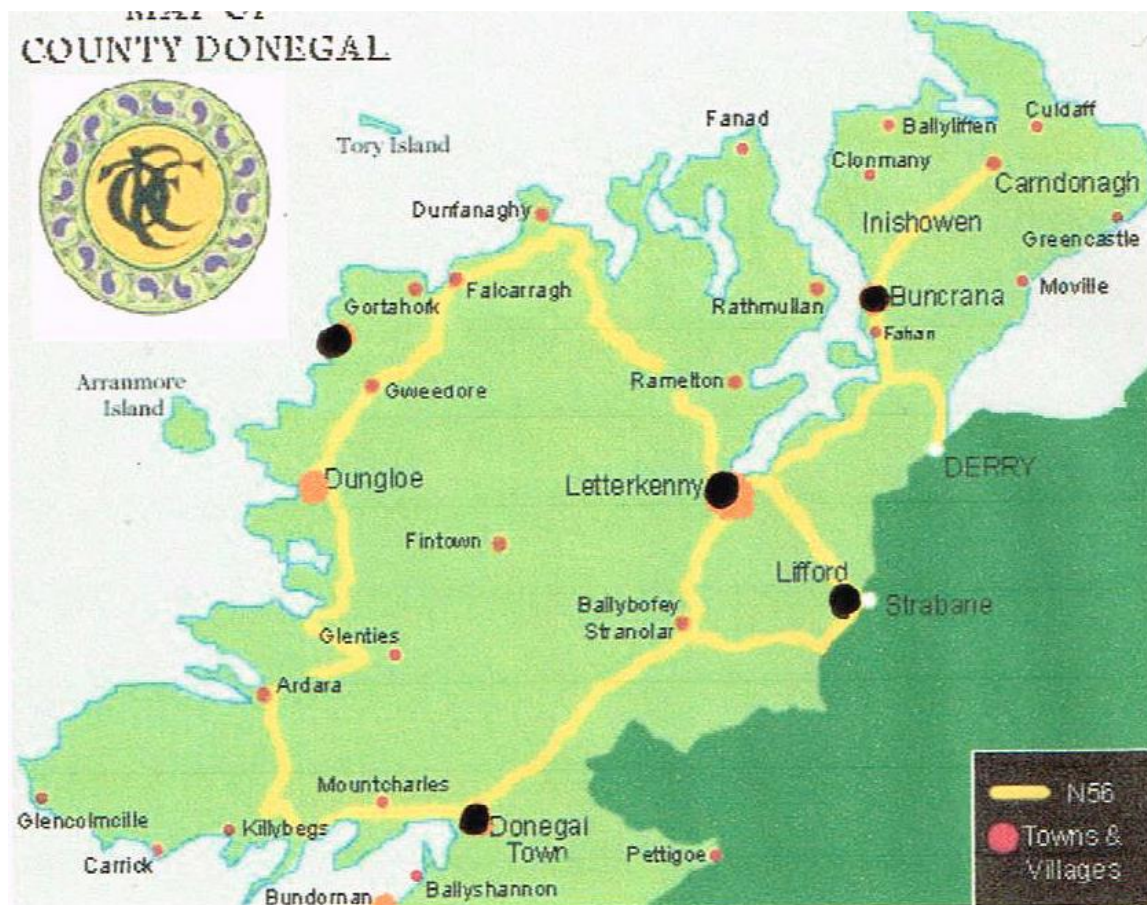
- To provide a professional counselling and support service, in a safe and caring environment, for survivors of rape and sexual abuse.
- To advocate and raise awareness to break the silence surrounding abuse and sexual violence in our community.
- To provide quality training to key individuals, groups and agencies throughout Co. Donegal.

Our Services

- Telephone Support Service
- Crisis counselling
- One-to-one counselling
- Support and/or counselling for partner, family and friends
- Support through criminal proceedings
- Court accompaniment to clients
- Emotional and practical support according to a client's needs and wishes
- Support in the weeks following an assault
- Accompaniment to Gardaí, hospital, GP and SATU (Sexual Assault Treatment Unit)
- Awareness raising in post primary schools and community groups

All our services are free and confidential; however, information may have to be passed on if a child is at risk.

Where to find us (*centres in black*)



In 2016 the population in Co. Donegal reached 158,755 citizens living in the county which is a decrease of 1.5%.

The Donegal Sexual Abuse & Rape Crisis Centre continually work towards meeting the needs of and providing accessibility to our services to the population of County Donegal through the provision of our Outreach services.

Our Outreach Services are located in GP surgeries and various Health Providers in the local communities.

We are based in Letterkenny with 4 part-time Outreach Centres:

- o Donegal Town (Monday Mornings)
- o Bunrana (Friday full day)
- o Derrybeg (Friday mornings)
- o Lifford (Wednesday mornings)

Our Outreach Service is only possible due to the generous support of local and community services. We would like to extend our gratitude to the staff and managers of:

SOLACE Cancer Care Centre, Donegal Town

Bunbeg Medical Centre, Gweedore

Ardraven Medical Centre, Bunrana

Lifford Community Hospital

In order to meet the needs of our community in East Donegal and Counties Derry and Tyrone we opened an Outreach Service, based in Lifford Community Hospital in early 2016 with thanks to TUSLA

Board

The Board of Directors are a voluntary board and meet monthly.

Chairperson:	Bill Vaughan
Vice Chairperson:	Caroline O Boyle
Treasure:	Mick Keane
Secretary:	Seamus Murphy
Director:	Connie McGilloway John Curran Sinead Murray Lynch

Staff

Due to available resources all staff are employed part time.

Manager:	Marina Porter
Counsellors:	Julia Doogan Paula Coyle Carberry Nicola McKee
Administrator:	Karina Herron

Volunteers -

The work of Donegal Sexual Abuse and Rape Crisis Centre would not be possible without our team of dedicated volunteers who provide SATU Psychological Support and Court Accompaniment.

Extended Opening Hours

We extended our opening hours to help meet the needs of service users. We offer late opening in Letterkenny on Thursdays until 8pm and 6pm on Fridays

Client Voices

"I just don't think I could ever express to the Donegal Rape Crisis Centre & my counsellor how thankful I am. In my opinion, the Donegal Rape Crisis Centre has literally saved my life. Okay, maybe not "literally" but it sure felt and feels like it."

"I was assessed by the Donegal Rape Crisis Centre and given an appointment. I can recall my drive to Letterkenny vividly and to be honest I was looking forward to meeting with my counsellor. The reason was because I was convinced I was going to a place of compassion. I say this because of the few simple phone calls I got from the Rape Crisis Centre regarding my appointment, I could honestly feel compassion, gentleness coming down the phone line, the manner and the tone of voice on the other end of the phone implanted a feeling of warmth within me."

"What I found really helpful was the fact that my counsellor never judged me or made me feel inadequate. She has listened, she has empathised and most importantly she has understood."

"I am now a completely different person, the horrific flashbacks and nightmares are gone, I am sleeping well, no longer do I feel disorientated, where, or who, I am. "

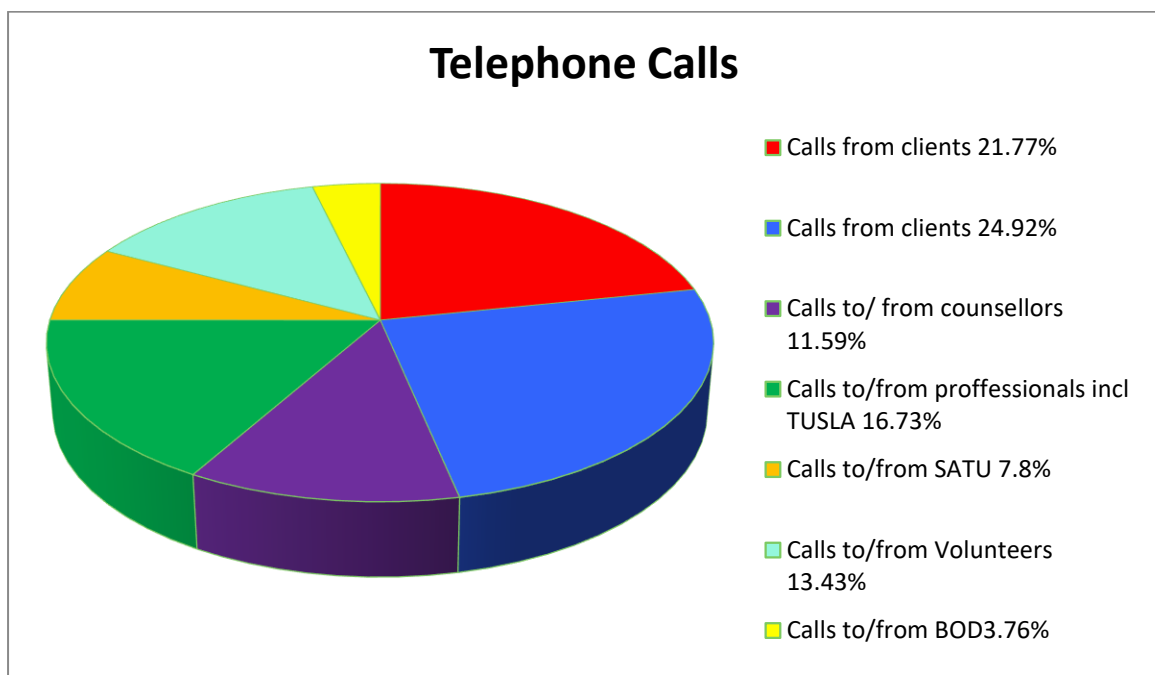
" There is no doubt in my mind that without Donegal Rape Crisis Centre and without the connection I made with my counsellor and the support she so willing gave I may not be here today. It amazes me to think back what my life was like only a year ago, and just how far I've come"

Telephone calls

	%	Actual values in dataset
Calls received from clients	21.77%	614
Calls made to clients	24.92%	703
Counsellors calls some relating to clients	11.59%	327
Garda and professional calls incl TUSLA	16.73%	472
Volunteer calls	13.43%	379
SATU calls	7.80%	220
Calls to and from Board	3.76%	106

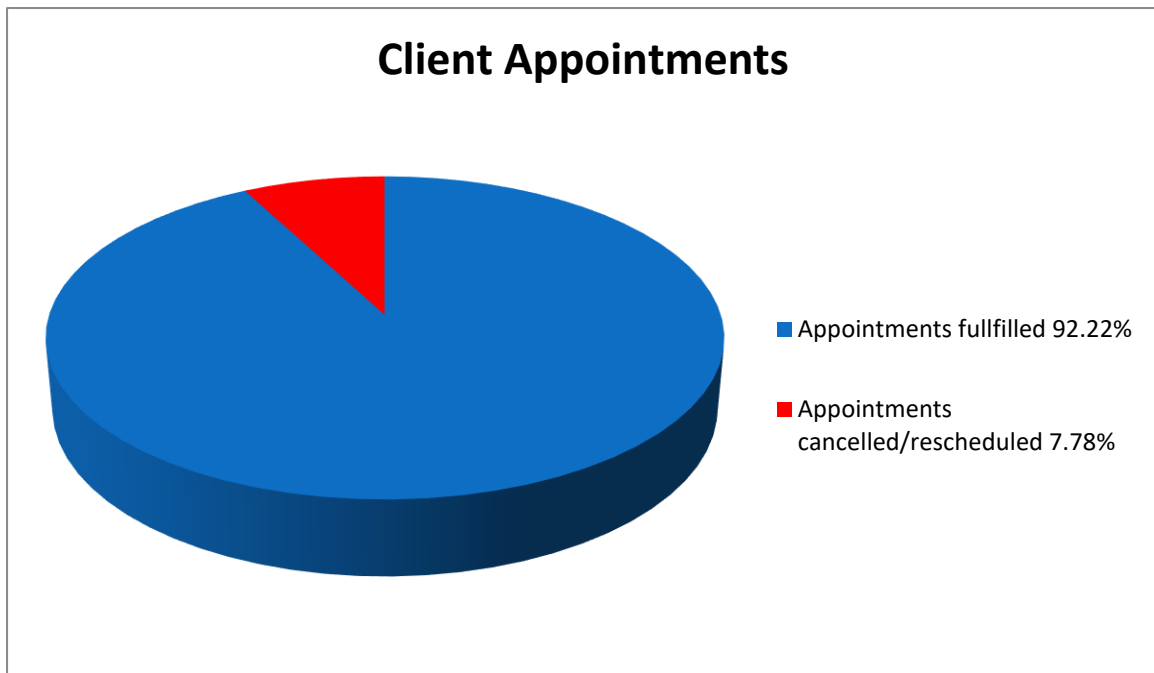
Helpline contacts

Total number of helpline contacts 1317



Client Appointments

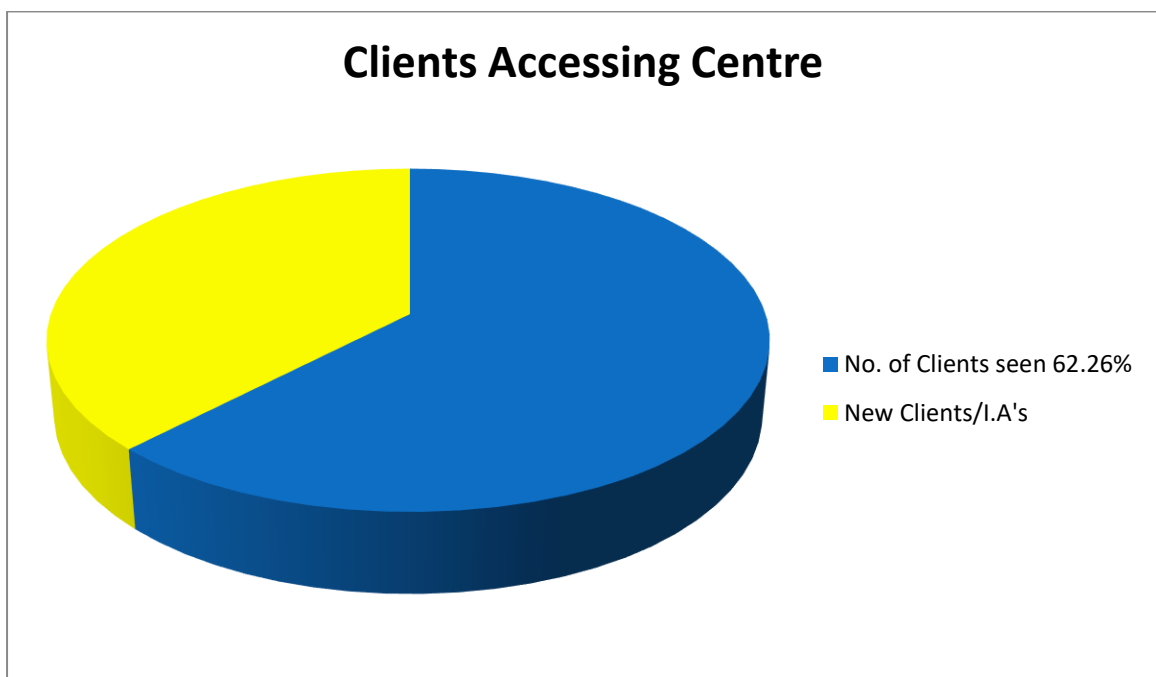
Fulfilled	92.22%	1186
Rescheduled/Cancelled	7.78%	100
Total	100.0%	1286



Due to the centre extending our service to work with clients aged 14 and over we have had to offer extra counselling hours to support our younger clients.

Clients Accessing Service

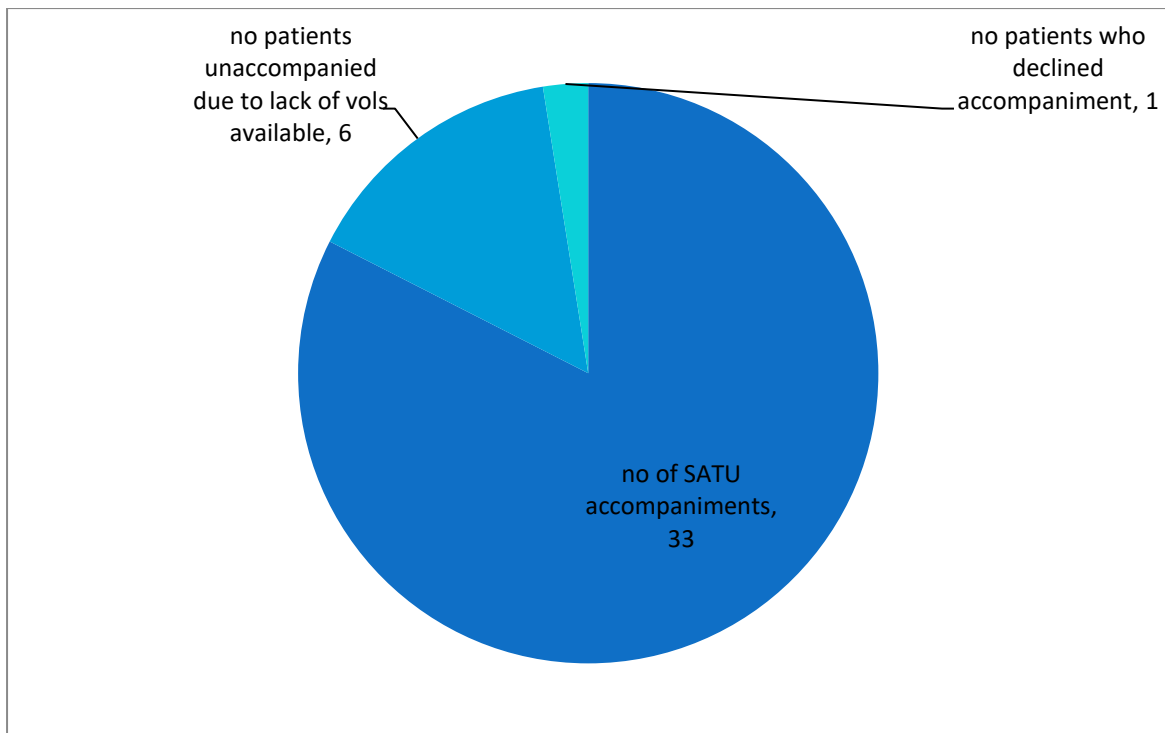
No of existing clients	62.26%	132
Initial assessment and new clients	37.74%	80
Total clients accessing service		212



SATU – (Sexual Assault Treatment Unit) Accompaniments

Part of the service we provide is psychological support to SATU patients or those accompanying SATU patients to the unit. The role is fulfilled by trained volunteers who provide emotional and practical support while providing information about our service should the patient wish to avail of it at any time.

33 out of 40 patients attending SATU in 2016 had a Psychological Support Worker from the RCC at the initial SATU attendance



Court Accompaniment

Another service provided by DSA&RCC is court accompaniment to clients engaged in the legal process. We provided one court accompaniment in 2016.

Raising Awareness

We are committed to raising awareness about sexual violence, its effects, how to access available supports and information of socialising safely to our community. We also host information stands at community events to reach a wider audience. Unfortunately; due to lack of resources our awareness raising was very limited in 2016.

Please refer to the brief summary of work carried out in 2016 below.

3rd Level Talks

- Presentation to 3rd year student nurses, LYIT
- Presentation to 3rd year law students, LYIT

Fundraising

Like many other community and voluntary groups, we must fundraise to supplement core funding in order to deliver a comprehensive, quality service.

We also accept donations from Clients and the public to support the service for which we are most grateful.

Tusla Domestic, Sexual and Gender Based Violence Services			
Finance Reporting Form 2016			
Income and Expenditure Account		Period: Jan - Dec 2016	
INCOME		EXPENDITURE	
	Amount €		Amount €
<i>Opening Balance</i>	0	Pay Costs	
		Salaries & Wages (Gross) incl PRSI	125522
Tusla funding	142000	Pension	1056
Other Statutory funding			
		Overheads	
		Travel & Subsistence	3450
		Supervision	1970
RCNI Reimbursement	390	Insurance + rates	2249
		Rent	18756
Fundraising	3141	Heat, Power and Light	1884
Interest Receivable		Maintenance & Repairs	927
		Staff training	360
		Printing & Stationery	2207
		Telephone, Internet, Cable	3333
		Auditors	1968
		Advertising	768
		Bank Charges	402
		Professional Fees	7605
		Other Expenses	1101
		Staff Recruitment	
		Subscriptions/peninsula and IBEC	1550
		Donations outreaches centres	500
TOTAL INCOME	145531	TOTAL EXPENDITURE	175608

[Contact](#)

[Details](#)

Address: 2A Grand Central
Canal Road
Letterkenny
Co. Donegal

Telephone: 074-9128211
Freephone: 1800 44 88 44
National 24 Hr Helpline: 1800 77 88 88

Email: info@donegalrapecrisis.ie
manager@donegalrapecrisis.ie

Website: www.donegalrapecrisis.ie