

Donegal

Rape Crisis Centre

Annual Report Financial Statements 2021

Jan 01 2021 – Dec 31 2021

Registered Charity & Company Ltd by Guarantee
Charity No 20041960 Charity Registered No CHY13458

Company No: 263294

www.donegalrapecrisis.ie

Email: info@donegalrapecrisis.ie

Freephone: 1800 44 88 44



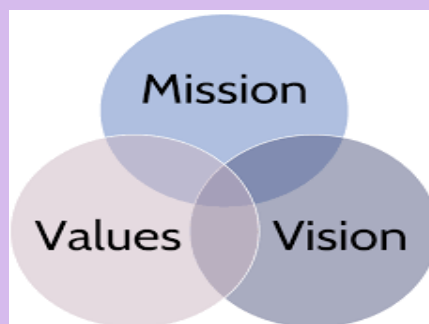
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Welcome to our Annual and Financial Activity Report for 2021

References & Administration

- Donegal Rape Crisis Centre is an active member of Rape Crisis Network of Ireland (RCNI), a network which supports and promotes the work of Rape Crisis Centres and provides a national voice for survivors of sexual violence. We abide by the RCNI code of ethics, framework and practice. Donegal Rape Crisis was founded in 1997 by a group of women who were concerned about the lack of services for survivors of rape and sexual abuse. Since then it has worked to provide a quality professional, information, support and counselling service for survivors of sexual violence and abuse throughout the North West region
- We are a registered charity operating under the title of Donegal Sexual Abuse & Rape Crisis Centre.
- We also use the title Donegal Rape Crisis Centre.
- Our registered office is located at 2A Grand Central, Canal Road, Letterkenny, Co Donegal.
- We provide outreach services in Community Health Care settings across the county, - Donegal Town, Bunrana, Killybegs and hope to return to our other outreaches when circumstances allow and depending on client demand. We have access to additional outreach spaces in Glenties, Ardara and Dungloe should the need arise.
- Our Core funding is provided by TUSLA under the Domestic Sexual and Gender Based Violence Services.
- Donegal Rape Crisis Centre is an Irish Registered Charity No 20041960, CHY no 13548.
- We are governed by a voluntary Board of Management who are professionals in many vocations. The board supports and assists the service and staff with their knowledge and expertise.
- The Donegal Rape Crisis Centre is staffed by a Manager, Administrator/receptionist, Counsellors/Psychotherapists/Creative Arts Therapists, SATU Co-ordinator and Schools Officer.
- We are supported by a team of specific trained and trauma informed Volunteers who provide SATU and Court Accompaniment.



Our Mission

Donegal Rape Crisis Centre offer a range of free services to support & heal the trauma experienced by all survivors of sexual violence ages 12 years and over & their families in a safe, welcoming & confidential environment.

Our Vision

The vision for Donegal Sexual Abuse & Rape Crisis Centre is eliminating sexual violence in our society.

Our Values

Support: - We provide specialised trauma informed one to one support for survivors and their support network from the ages of 12 years and over with our accredited Counsellors and Psychotherapists.

Confidentiality: - We offer services in a safe, comfortable environment with confidentiality being a fundamental key.

Recovery: - We offer non judgmental support during each personal journey towards healing. We respect that every journey is different.

Empowerment: - It is our aim to help and support our clients to feel empowered and to feel heard and believed.

Meet Our Board

Many thanks to all of our voluntary Board of Directors; who generously give their time and expertise to support and develop the organisation and staff.

The Board meets monthly, with the exception of August for summer holidays.

We have a Finance Sub Group and Governance Sub Group which also meet monthly and report to the full Board of Directors.

Core Board Members:

Chairperson – John R Mc Laughlin

Treasurer – Katrina Herron

Secretary – Seamus Murphy

Board Members

- Michael Keane -(stepped down 2022)
- Connie McGilloway
- Mary Vernon - (stepped down 2021)
- Anne Burke
- Sharon Mc Laughlin
- Karen Conlon - (stepped down 2021)
- Bill Vaughan- - (stepped down 2021)
- Shay Henry
- Bernie Walsh



Donegal Rape Crisis Centre Information



- We are a member service of the Rape Crisis Network of Ireland.
- Our Auditors are Bonner & Gill, First Floor, Grand Central, Canal Road, Letterkenny, Co Donegal.
- We bank with Bank of Ireland, Main street, Letterkenny, Co Donegal.
- HR - We use Peninsula HR Services
- Insurers – Harte Insurance Brokers, Oliver Plunkett Rd, Letterkenny, Co Donegal.

- Our principal office is rented from Conor Mc Menamin, Grand Central, Canal Road, Letterkenny.
- We support survivors any anyone affected by the trauma of sexual violence- recent or historic aged 12 + from Co. Donegal and surrounding counties
- Our service is free and confidential.



Free Phone: 1800 44 88 44 or Phone:00353 749128211



info@donegalrapecrisis.ie



www.donegalrapecrisis.ie



Unit 2A Grand Central, Canal Road, Letterkenny, Co Donegal.



A note from our Chairperson

It is with great pleasure that I present The Donegal Sexual Abuse and Rape Crisis Centre Report for 2021. The annual report provides an overview of the important work carried out by The Centre, providing much needed services to enable survivors of rape and sexual abuse to survive, heal and move forward with their lives.

2021 proved to be another challenging year for everyone in Ireland, and Donegal was no exception. It was a year of resilience, patience and recovery.

I am immensely proud of the patience and dedication shown by the Manager, Administrator, SATU Coordinator, Counsellors, Volunteers who have all worked together to put the best interests of our clients first to keep this vital service available to the public.

I am very grateful to my fellow Board members who are committed to maintaining the highest standards in corporate governance and transparency with stakeholders. They have taken steps to ensure we futureproof the organisation through the recruitment of new Trustees with specific skill sets as well as carrying out a review of the services to help us build on our strengths and create a road map for our future.

I would also like to thank TUSLA for their continued support and funding which enables the centre to continue its work. In 2021 our clinical programme was further strengthened by the grant we received from The Toy Show Fund which helped us introduce creative therapy into our programme providing clients with new ways to engage and benefit from our services.

As the demand for our service continues to grow, we want to say "thank you" to each and every one of the people in the North West who have donated to our services. We really appreciate your support. We will continue to need considerable support in the year ahead, so that together we can build a service that is here for everyone in the North West of Ireland.

And to those who have experienced sexual violence and have given us the privilege of working with them to bring a better society, a heartfelt thank you.

John Ryan McLaughlin

Chairperson

Letter from the Manager

Welcome to our annual Report for 2021!

While the world and we as a society continued to grapple with living in a continuing Covid world all the while trying to return to some sense of normalcy with many stops and starts in-between, Donegal RCC not only survived the year that was 2021; we thrived! We are most proud of returning to face-to-face work with the majority of our clients. Having a busy and buzzing office again after spending so very long apart or in small groups was a most joyous experience for all of us! I'm so very proud of our staff, volunteers and voluntary board of management who despite the many challenges and increased workload, carried on and maintained the delivery of quality services to the many vulnerable people who courageously came to us for support in 2021.

Many thanks to TUSLA our core funders and especially Ann Ryan our main link for all her support. Donegal RCC's greatest achievement in 2021 was successfully securing €55k from RTE's Late, Late Toy Show Appeal for one year's activities. This enabled us to introduce Creative Arts Therapies in the form of Art Therapy and Dance Movement Psychotherapy (we have one of only four DMPT's in the country).

We were enabled to reduce our age limit from 14 to 12 years to engage with our service thereby reducing the need for young people from Donegal to travel to Galway for specialized trauma support.

We also ran a self-funded pilot of our School's 'Consent' Programme which was successful and is very much in demand, therefore we are now trying to secure funding to continue this much needed training.

We also delivered highly successful Trauma Training (with a little bit of art therapy) to all the new Garda Siochana Donegal recruits in 2021 for the very first time ever!

We also had a rebrand, including a new logo thanks to the design students in LYIT.

Despite securing funding for Creative Arts Therapies, we still had a lack of adequate resources to meet the increased demand for therapy/counselling, the huge increase in crisis calls and crisis drop-ins. As Donegal RCC provide psychological support to the very busy Donegal SATU which covers: Donegal, Sligo, Leitrim and surrounding areas; we had 10 hours a week provision for our SATU Co-ordinator which is far from adequate to cover SATU callouts, volunteer support, recruitment and training! Due to the high number of referrals, waiting list and numbers of check in calls requested by crisis clients, the need for a clinical case manager became very evident in 2021.

The greatest difficulty we experienced in 2021 was the ongoing increase in demand for support and the level of crisis and distress experienced by clients coupled with inadequate resources, despite additional funding and increased therapeutic hours. The ongoing pandemic led to additional workload and exhaustion for all staff. We also suffered from 'Zoom' fatigue and missed face to face interactions with other organisations.

As the world slowly began to reawaken, numbers of clients continued to increase. However, the fact that we, as a team, were spending more time in the office together, sharing a coffee or lunch, the sense of the previous isolation dissipated and a sense of the 'team' grew along with staff being able to consult directly with me. The centre once more became a hive of activity and we even re-opened two of our outreach services.

We carried out an organisation review with staff, board, volunteers, clients, supporters, other services and wider public being consulted with view to creation of a new Strategic Plan in 2022.

We require additional resources to meet the ever rising demand and complexity of client cases.

We need greater public awareness that there are 16 not 1 Rape Crisis Centre in Ireland also that all RCC's equally require funding and support. The service requires increased SATU Co-ordinator hours to recruit and train volunteers as well as funding for our Educational programmes including schools programme.

I would hope that the new National Strategy would be informed by the actual scale and needs of Sexual Violence at ground level. My fear is that if more services are grouped together in an area based manner, that a 'competition' based on numbers will come into play as SV clients often require intense and longer term support than many other services and may not be viewed as providing value for money when compared to many shorter term interventions. In-depth trauma awareness training is required at all levels in all sectors dealing with DGSBV and the appropriate levels of funding to meet the ever growing demands country wide.

What's in store for 2022?

We shall continue the search for funding, creating a Fundraising Sub Group. We will develop our new Strategic Plan and launch our new updated website to coincide with the service's 25th Anniversary. We will also try to increase our social media reach to further share awareness and information.

Fears for 2022?

Lack of adequate funding to meet the increased demands for support. Sexual Violence services always appear to be on the back foot and many RCC's struggling to cope. When it appears SV is gaining momentum, it is pushed back in the media and in the minds of the public by the latest issue while SV is a constant and ongoing issue.

I would like to thank our colleagues in Donegal SATU and an Garda Siochana Donegal who work very closely with us as part of the Donegal Sexual Assault Respponse Team (SART).

I look forward to further developments in our service in the year to come. Our greatest asset is our small but great team: board, staff and volunteers, whose unwavering dedication, professionalism and enthusiasm for the work and our clients are what make Donegal Rape Crisis! To witness clients' progress while feeling empowered, is a privilege for all of us to be a small part of their healing journey.

Many thanks for the privilege of working with so many inspiring people,

Marina Porter

Manager



Summary of our Purpose and Activities

What we do:

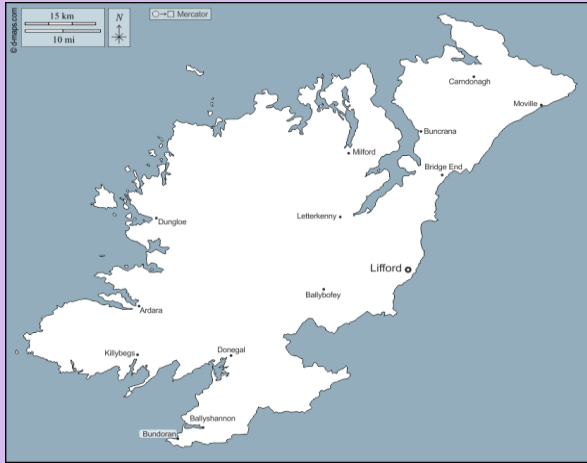
At the Donegal Rape Crisis Centre, we provide free, confidential and non judgemental support to anyone affected by sexual violence in Donegal and surrounding areas aged 12 years +

- We provide free helpline support
- One to one counselling
- Art Therapy
- Dance Movement Psychotherapy
- Outreach Support in 5 locations throughout Donegal
- Support and counselling to families and friends of Survivors
- Crisis Drop in and support
- SATU (Sexual Assault Treatment Unit) Accompaniment
- Post SATU support for patients
- Garda Accompaniment
- Court Accompaniment
- Support in preparing Victim Impact Statements
- School's 'Consent' Programme
- Disclosure Training
- Trauma Training
- SART talks to 3rd level students (with SATU and Garda)
- Psychological Support Volunteer training for SATU accompaniment volunteers



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

- Providing an invaluable and essential service, Donegal Rape Crisis Centres Outreach Services makes a difference to the lives of many people who would otherwise be unable to avail of its support.
- Our Outreach Services are located in GP surgeries and various Community health providers within local communities. Without the support of these it would be impossible for us to carry out the much needed services and support in these areas. We would like to express our gratitude to the staff and management of Ardaravan Medical Centre Buncrana and Solus Cancer Care Centre Donegal Town.
- Donegal Rape Crisis Centre's main office is based in Letterkenny with Outreaches across the county as determined by client need:



○ Donegal Town

○ Buncrana

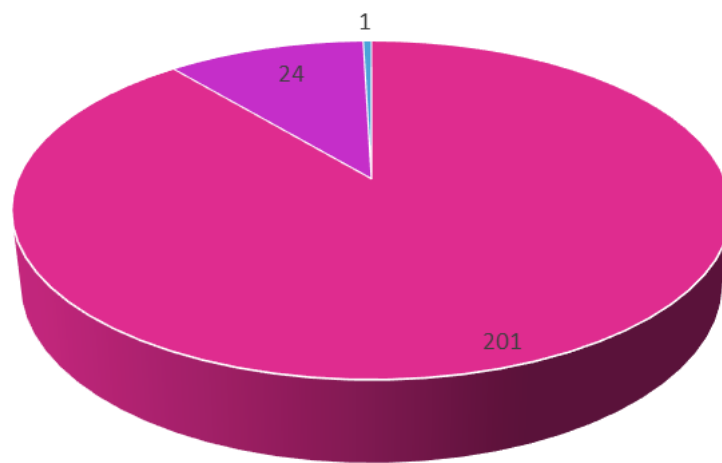
Moville & Lifford (closed during pandemic)

○ Killybegs



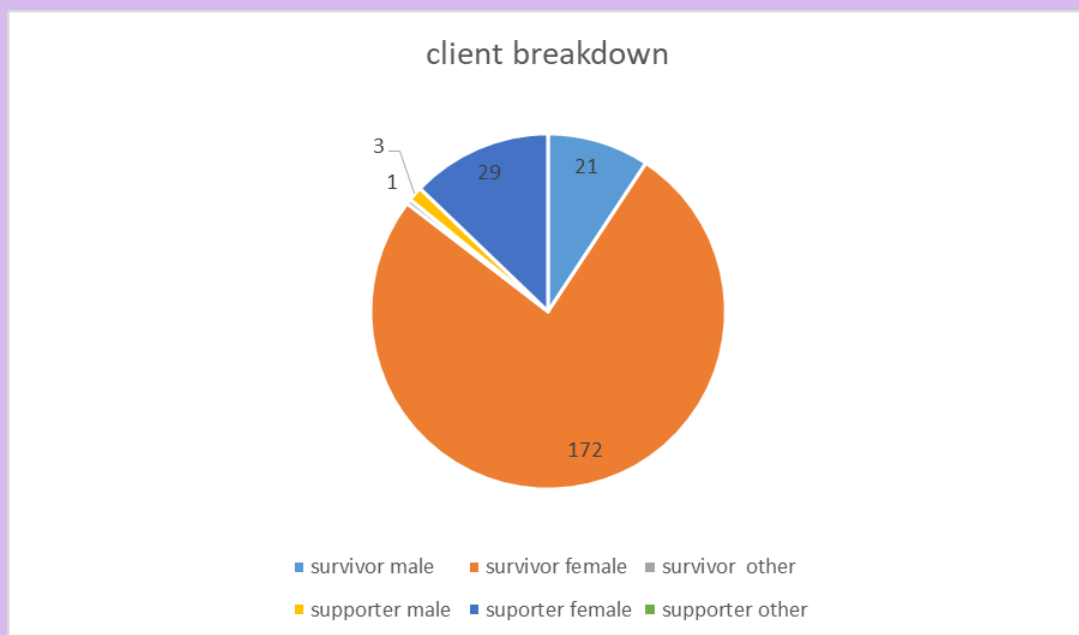
Face to Face Counselling:

Face to Face counselling clients - 226



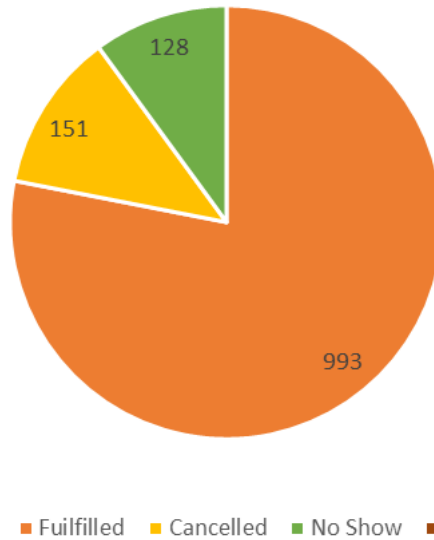
■ Female ■ Male ■ Other ■

Breakdown of Clients:



Appointment Breakdown:

Counselling appointments breakdown - 1299 offered



Accompaniments

SATU

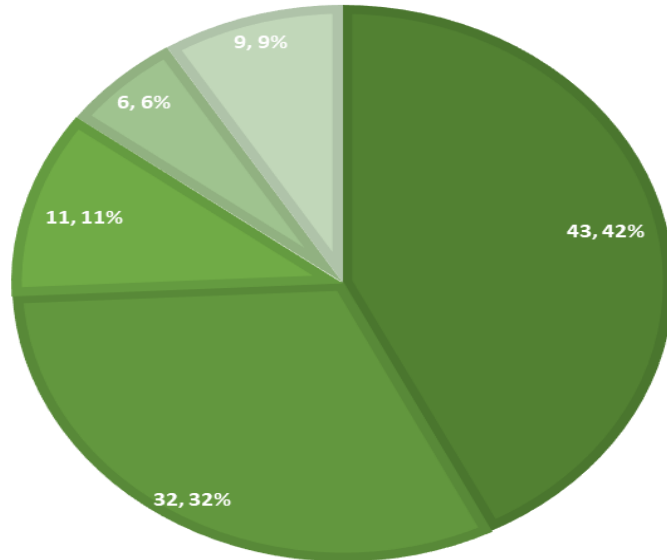
A key part of our work involves providing psychological support to SATU patients.

We have fantastic group of volunteers which have received specific training and are trauma informed to accompany survivors and those supporting them in the aftermath of sexual violence.

In 2021,
Donegal
Rape Crisis
Centre

SATU PSYCHOLOGICAL SUPPORT 101 PATIENTS ATTENDED SATU IN 2021

- Face to Face Psychological Support: 43
- Phone Psychological Support: 32
- Patient Declined Support: 11
- Psychological Support Unavailable: 6
- Not Applicable - patient supported by other services: 9



Court



We provide accompaniment to Court for our clients and other survivors. We support them through what is all too often a frightening and traumatic experience. As Court Cases were allowed to be held again after the pandemic the number of accompaniments to court fell from 5 in 2020 to 1 in 2021. Many of our clients have sadly had their cases postponed several times which caused great distress.



Garda

We provide accompaniment to anyone wishing to enquire about the legal process, wishing to report, make a formal statement or write a Victim Impact Statement.

This can be at the Garda Station or in our Centre, whichever is more comfortable for the client. In 2021 we provided this service to 2 clients.



The heart of a volunteer is not measured in size but by the depth of the commitment to make a difference in the lives of others....

Without the help and support of our brilliant team of specific trained and trauma informed Volunteers who provide SATU and Court Accompaniment we would find it extremely difficult to provide the level of support that is required.



Pictured, is the gem that is Katrina Herron who not only sits on our board but who continues to provide Court and SATU accompaniment; receiving her Donegal Volunteer of the Year Award from Noeleen, our SATU Co-ordinator.

Not pictured is the wonderful Marie Morris who was also awarded Donegal of the Year Award 2021! Many thanks!!

Training Schools 'Consent' Pilot Programme 2021



We were delighted to roll out a Pilot of our 'consent' Programme to Secondary School Transition Year Students across the county. As

members of the RCNI our programme is based on the 'Manuela Programme'

The need for this vital training is very evident, as we are all too aware in our work, requests from teachers, students, young people and other organisations.

Over 200 students engaged in the 'Consent' Programme. We have numerous schools and organisations booked in for 2022

We are currently trying to secure funding to help us deliver this vital programme.

Pictured Niamh our Education Officer and Michael our Art Therapist @ St. Eunan's all boys Secondary School Letterkenny.

Trauma Training Donegal Garda Siochana new recruits 2021





We were delighted to be invited to deliver training to the new recruits of An Garda Síochána Donegal on trauma, its effects and coping mechanisms. This was the first time we as a Rape Crisis Centre were involved in training Gardaí

We had 2 groups for 2 days and fair play to all for their enthusiasm and even trying some art therapy exercises!



Statement of Financial Accounts as at 31st December 2021

	Unrestricted Funds	Restrictive Funds	Endowment funds	Total Funds	Prior Period Total funds
	€	€	€	€	€
Income and endowments:					
Grants/Donations	2632	298,988		301,620	255,158
Earned from charitable activities					
Earned from other activities					
Other income	6460			6460	4883
Total	9092	298,988		308,080	260,041
Expenditure:					
Cost of raising funds					
Expenditure on charitable activities		298,988		298,988	240,476
Other expenditure	25,484			25,484	22,270
Total	25,484	298,988		262,746	262,746

Balance Sheet as at 31st December 2021

Note ref.		Total funds 2021	Prior year funds 2020
		€	€
	Fixed assets:		
	Tangible assets	8,174	8,711
	<i>Total fixed assets</i>	8,174	8,711
	Current assets:		
	Debtors	5,509	7,142
	Cash at bank and in hand	110,608	102,359
	<i>Total current assets</i>	116,117	109,501
	Liabilities:		
	Creditors: Amounts falling due within one year	82,641	63,909
	<i>Net current assets or liabilities</i>	33,476	45,592
	<i>Total assets less current liabilities</i>	41,650	54,303
	Provisions for liabilities and charges.	11,418	7,679
	Total net assets or liabilities	30,232	46,624

	The funds of the charity:		
	Retained Reserves	30,232	46,624
	<i>Total unrestricted funds</i>	30,232	46,624
	Total charity funds	30,232	46,624

Cash Flow Extract as at 31st December 2021

		Total funds 2021
		€
	Cash inflows from operating activities:	
	Grants/Donations Received	30,531
	Sundry Donations / Fund Raising Income	2,632
	Other Income	6,460
	Total Inflow	314,403
	Add: Cash/ Bank balance as on 01/01/2021	102,359
		416,762
	Total cash Outflow for 2021	306,154
	Cash/ Bank balance as on 31/12/2021	110,608



We had the pleasure of welcoming Mr Thomas Pringle - Independent TD, Mr Padraig McLochlainn - Sinn Fein TD and County Councillor Gerry Mc Monagle - Sinn Fein. This allowed us to raise awareness at government level with regards to funding and the need for our service in the community. We would like to extend our gratitude and thanks to them for visiting and for the contributions we received.



How you can support Donegal Rape Crisis Centre?

Donegal Rape Crisis Centre has been fortunate with the amazing support we receive from our community in times of crisis. We rely on this to continue our services

to survivors of sexual violence and assault. This support comes in many forms for example a Facebook Fundraiser, Donations from individuals and local businesses.

We need this support now more than ever as the need for our service and support continues to grow. We would love for you to get in touch if you have an idea or event that you want to organise for the Donegal Rape Crisis Centre. You can reach us at info@donegalrapecrisiscentre or call 07491 28211 if you would like to discuss this with a member of our team.

DONATIONS

Every donation makes a difference and all monies donated are channelled back into providing services for our clients locally.

HOW YOU CAN DONATE

You can donate via our **Website** - www.donegalrapecrisis.ie

We have a donate button on **Facebook** - www.facebook.com/DSARCC

Donations can be made via **Paypal** - info@donegalrapecrisis.ie

We are set up with **Idonate** www.idonate.ie/7491_donegal-rape-crisis.html

You can **Post** a Cheque / Draft / Postal order to:

Donegal Rape Crisis Centre,
Unit 2A Grand Central, Canal Road,
Letterkenny, Co Donegal.

Online Fundraising:

Why not create an online fundraiser, with all the amazing platforms available it's easier now more than ever. Use your social media for good, fundraise on Facebook or Instagram, create an iDonate or Go fund me page and create your own virtual event.

If you have been affected by any issues raised here please contact the Donegal Rape Crisis Helpline on 1800 44 88 44.