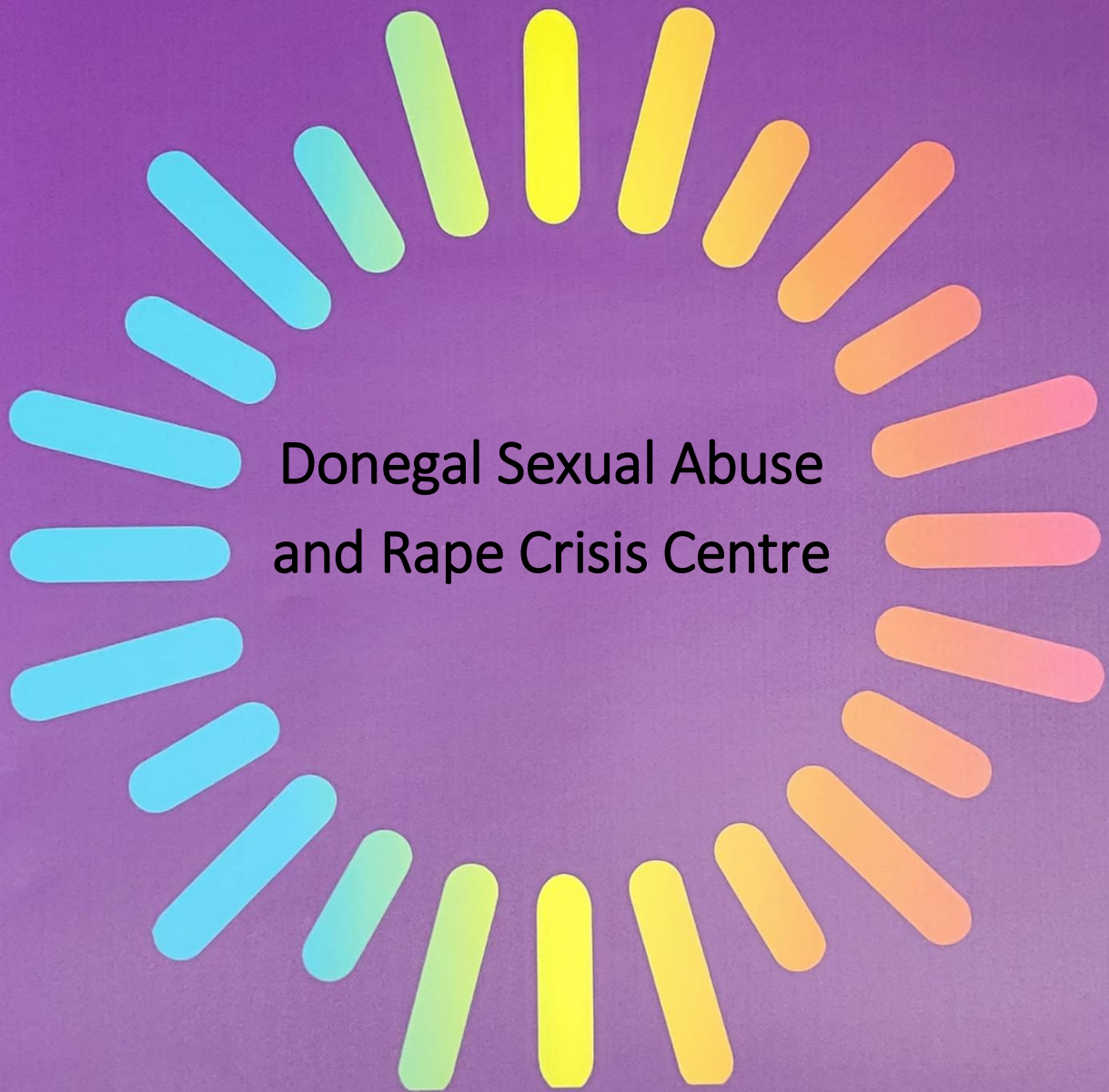


Annual Report & Financial Statements for 2022



Donegal Sexual Abuse
and Rape Crisis Centre

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 2022



References and 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, Buncrana, 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. Company Number: 263294
- 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 External Auditors are Bonner, Gill & Co whose registered address is: 1st floor, Grand Central Complex, Letterkenny, Co. Donegal
- We Bank with Bank of Ireland, whose branch is at Main street, Letterkenny, Co. Donegal
- Our HR Consultants are Peninsula Ireland
- Our Insurance Brokers are Harte Insurances Limited whose registered office is at 25a, St Oliver Plunkett Road, Letterkenny, Co. Donegal
- Our solicitors are Gallagher McCartney whose registered Office is at New Row, Donegal Town, Co. Donegal
- Our registered Office is rented from Conor McMenamin, and is based in Letterkenny, Co. Donegal
- We support survivors any anyone affected by the trauma of sexual violence- recent or historic aged 14+ from Co. Donegal and surrounding counties
- Our service is FREE and confidential

Our Vision is:

A society free from sexual violence, abuse & exploitation with healthy communities & human interactions.

Our Mission is to provide:

❖ Support, counselling and advocacy for and with people impacted by sexual violence.

❖ Prevention education, training and awareness raising to wider society.

Collaborative leadership towards ending sexual violence.

Guiding Principles and Core Values

we are:



Meet our Board of Directors:

The Board of Directors of DSARCC are responsible for the strategic development and governance oversight of the Company.

Membership is voluntary, with no remuneration paid and expenses reimbursed where claimed and receipted. There have been no contracts or arrangements entered during 2022 in which a Director was materially interested, or which were significant in relation to DSARCC's activities. Neither the Directors nor the Secretary had any financial interests in the company.

We have a conflict of interest policy and it is discussed at the start of each board meeting. There is a formal disclosure document which is completed and uploaded to The Charities Regulator.

All decisions are made in accordance with the organisations' policies, protocols and procedures.

The Board discusses and identifies potential new Board Members. Their suitability and skillset are assessed and if found suitable they are invited to join the Board and this is approved at the Board Meetings.

Membership of the Board of Directors is based on:

- ❖ Professional competencies and required skill sets (e.g., finance, legal, HRM,)
- ❖ Good understanding of DSARCC's ethos and culture
- ❖ Interest and Insight into working with Young people, vulnerable adults and survivors of sexual violence.

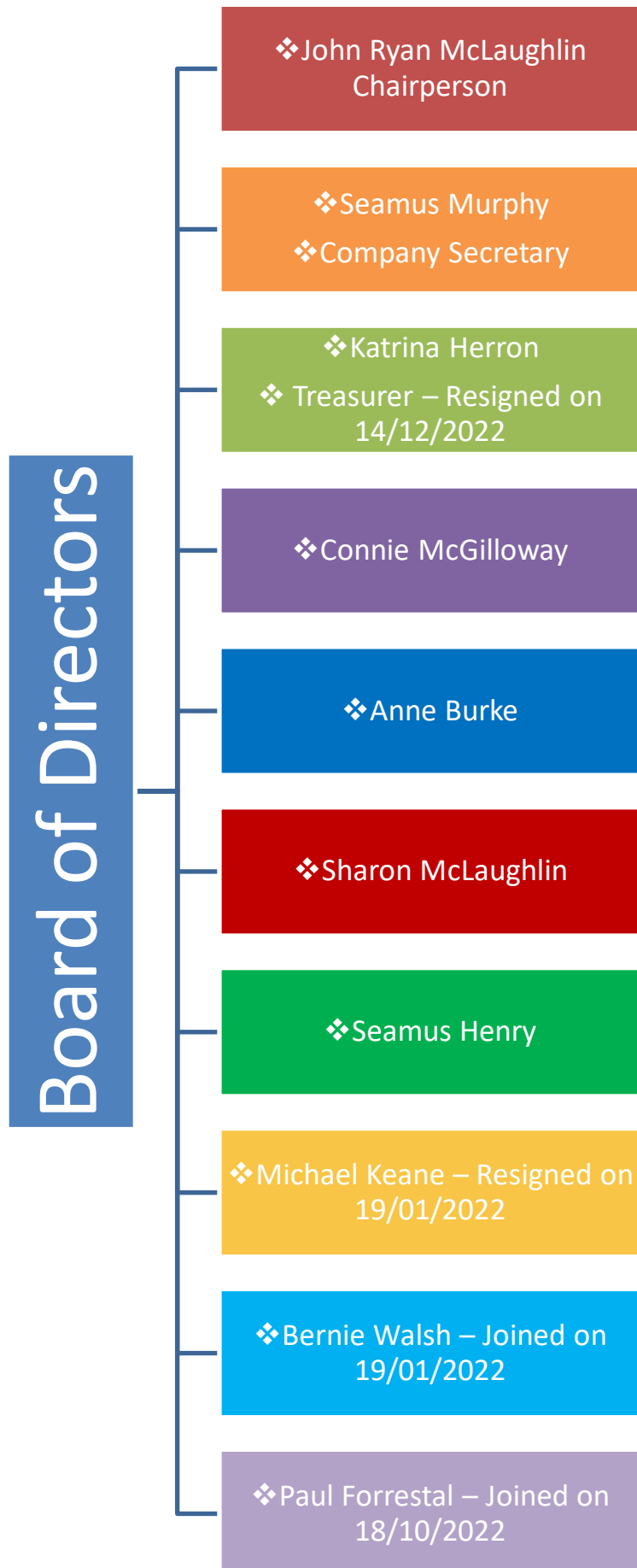
Details of the Board:

Our Board members are committed to maintaining the highest standards in corporate governance and transparency with stakeholders. Our Board meets a minimum of 10 times a year to ensure smooth running of the organisation. All meetings take place at the registered Office and over zoom.

Dates of the Board meetings are as follows:

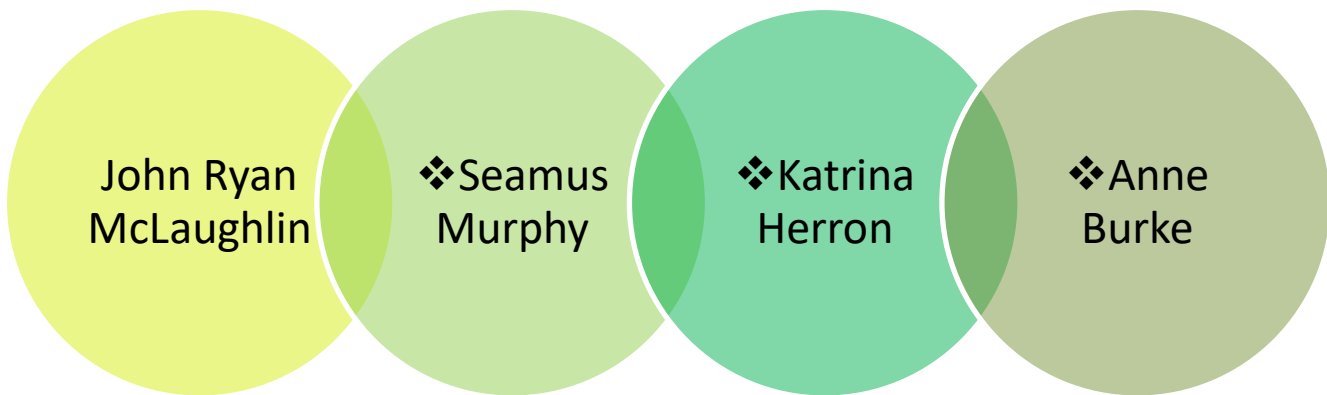
Month	Date
January	19/01/2022
February	16/02/2022
March	16/03/2022
April	13/04/2022
May	12/05/2022
June	29/06/2022
September	14/09/2022
October	18/10/2022
November	16/11/2022
December	14/12/2022

Members of the Board in 2022:

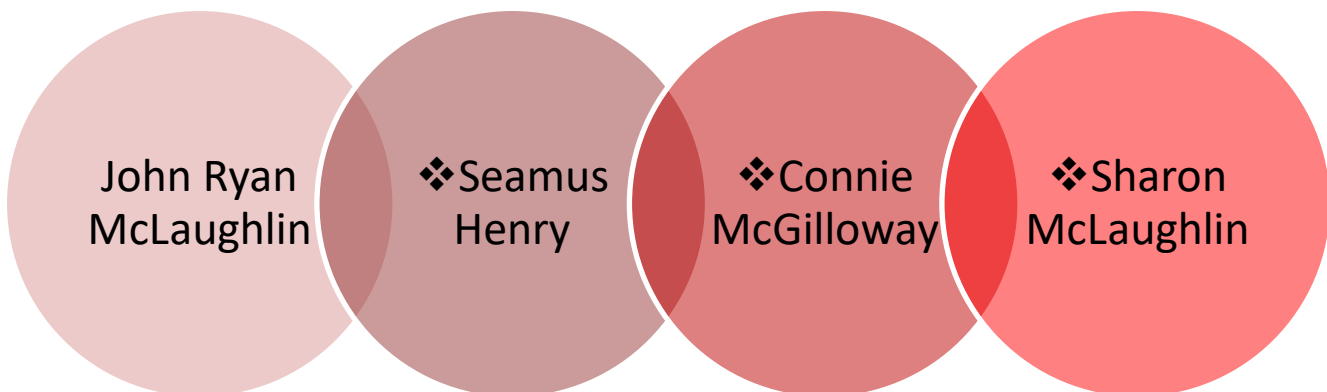


We also have a *Finance Sub Group* and *Governance Sub Group* which meet monthly and report to the Board of Directors at every Board Meeting.

Members of the Finance Sub group:

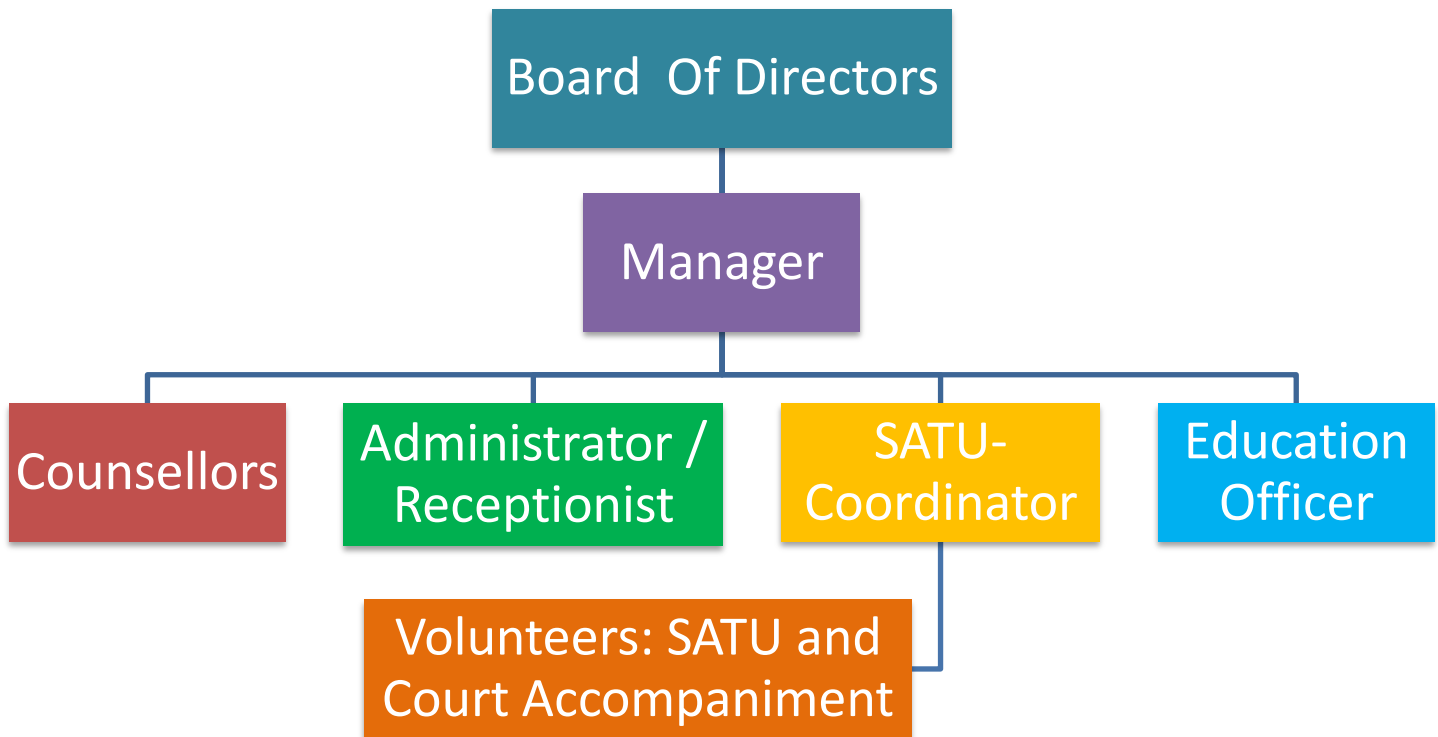


Members of the Governance Sub group:



Meet Our Staff & Volunteers:

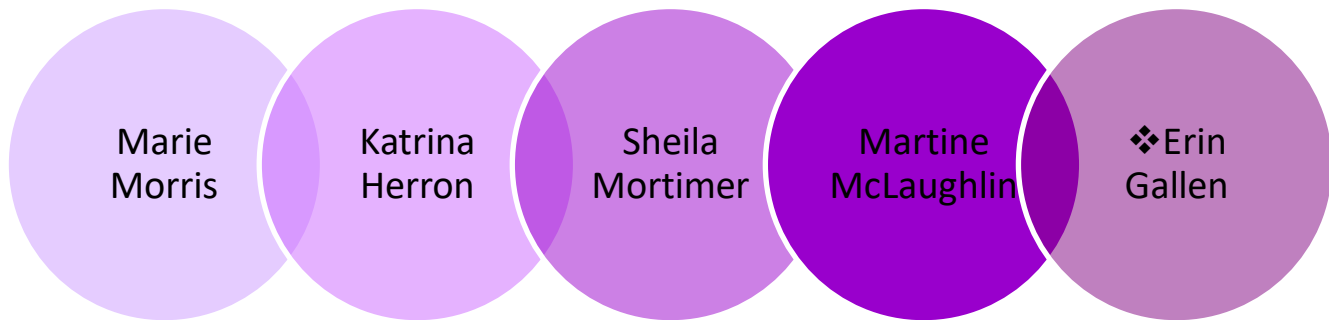
Organisational Structure:



Staff in 2022:

- ❖ Marina Porter – Manager
- ❖ Nicola McKee - Counsellor
- ❖ Patricia McGurk - Counsellor
- ❖ Denise O’Boyle - Counsellor
- ❖ Donna McHugh Quigley - Counsellor
- ❖ Michael O’Toole – Art Therapist
- ❖ Noemie Cattez – Dance Movement Therapist
- ❖ Noeleen Devenney – SATU Co-ordinator
- ❖ Niamh Watson – Education Officer
- ❖ Emma Boyce – Administrator / Receptionist
- ❖ Giselle D’Souza - Administrator / Receptionist (Maternity Cover)

Volunteers in 2022:



The new group of volunteers completed their training in 2022 and early 2023.

The Court volunteer and SATU volunteer role involves working closely with the victims of sexual violence and rape to provide advocacy and support. Our volunteers are an integral part of the sexual response team and have provided hundreds of hours of support throughout 2022 to the survivors and their supporters.

What we do:

We provide FREE and confidential support to anyone affected directly or indirectly by sexual violence in Donegal and surrounding areas aged 12+



Letter from the Chair & Manager



It is with great pleasure that we present The Donegal Sexual Abuse and Rape Crisis Centre Report for 2022. 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.

2022 began as another challenging year for, but by February improvements in Covid numbers allowed restrictions to ease and our staff to return to the Centre. The dedication of our staff had meant we had stayed operational throughout The Health Pandemic, and the transition to face to face counselling was met with care and dedication. Our SATU coordinator, Education officer, counsellors, admin and volunteers continued to put the best interests of our clients first and were pivotal in keeping the Service open.

As we navigated our way through the New Normal we were challenged by additional external factors including the cost of living crisis and huge energy costs, but thanks to TUSLA, The Community Foundation's Toy Show Fund and our supporters we were able to continue to deliver the high-quality service for the people of Donegal.

We had a celebration in the midst of this with our first ever clients' exhibition which was joyous and inspirational for all. The Schools 'Consent Programme' was in much demand and highly successful but sadly we did not have adequate funding to meet all the demand. It is in these vital and open conversations with our young people where the seeds of change are sown, we will continue our efforts to fund this important work. We also ran our first face to face, parent/guardian support group and we would like to take this opportunity to thank all who attend and share so openly and honestly in order to support their loved ones. We would also like to thank An Garda Síochána, Donegal for allowing us to deliver our 'Trauma' training to all new recruits and some serving members for the second year running.

With the key insights and recommendations gained from our Service review we worked together to build a new Strategic Plan 2023-2025.

We are very grateful to our Board members who continue to lead with value and purpose. maintaining the highest standards in corporate governance and transparency.

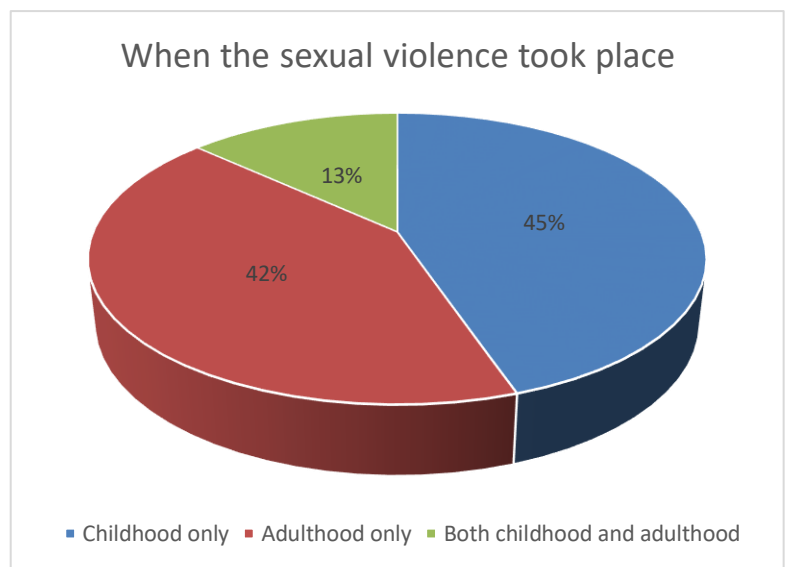
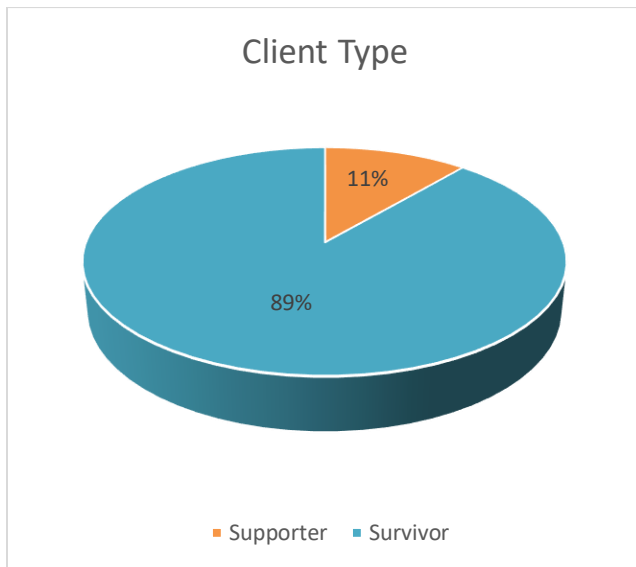
As the rates of appointments to SATU rise and the demand for our service increases, we wish to thank all the survivors we work with, **we are with you, we believe you.**

Summary Of 2022 Activities

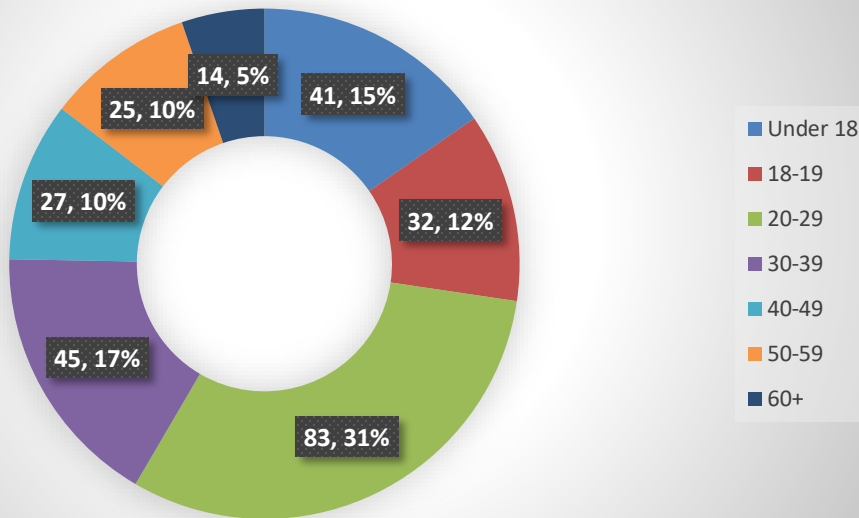
Individual Counselling



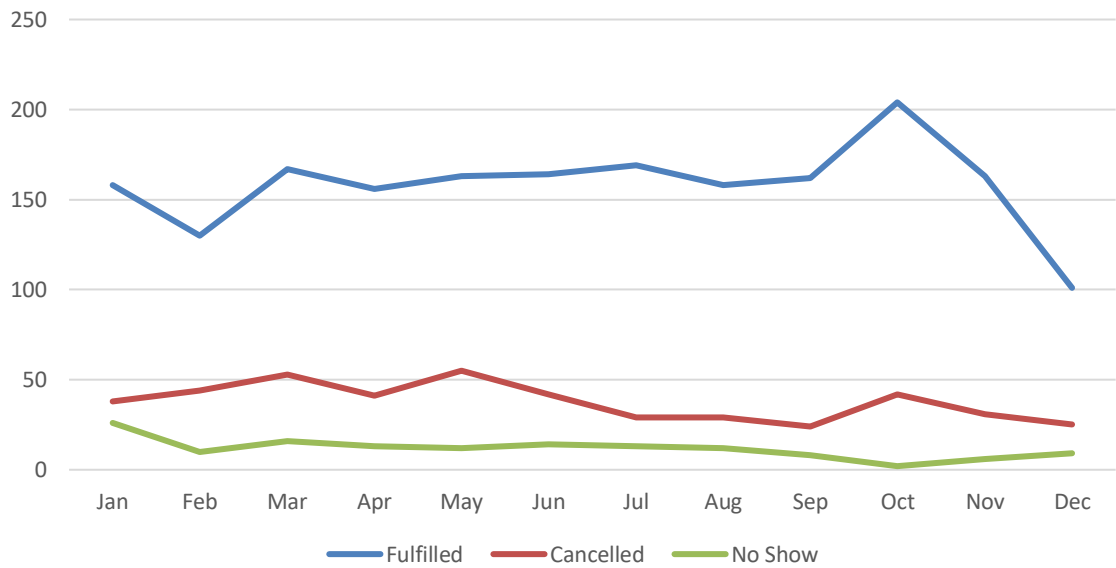
Length of engagement in counseling is determined by ongoing assessment between client and counselor. Although our services are free, duration is determined by individual need. Many clients return as needed in line with our 'revolving door' approach.



Survivor approximate age



Appointments



SATU Support



The Sexual Assault Treatment Units (SATU) give specialized medical and forensic support to those who have been the survivors of sexual assault and rape. A key part of our work is SATU psychological support to SATU patients and their loved ones. Our team of trained volunteers accompany survivors and their loved ones in the immediate aftermath of sexual violence. SATU patients are offered a follow up 'check-in' call if they wish and are also invited to visit the centre for a cuppa and a chat to allow them to make an informed decision about counseling.



In 2022 we supported 64 clients through our service.

Garda Accompaniment



We provide accompaniment for anyone wishing to report, wishing to enquire about the legal process, give a formal statement or write a victim impact statement. This can be in our centre or Garda station, whatever is most convenient for the client.



In 2022 we supported 20 clients through our service.

Court Accompaniment



Part of the support services we provide is Accompaniment to Court for clients and other survivors of sexual violence. We support them through what is all too often a frightening and traumatic experience.

In 2022 we had

21

accompaniment days through our service.

Outreach Counseling



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 **3 Outreach Centres: Donegal Town, Buncrana and Killybegs.**

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 and Ardaravan Medical Centre, Buncrana.

Training



We provide:

- ❖ Disclosure Training
- ❖ Consent Training
- ❖ Trauma Training

We offer the above trainings to Garda new recruits / schools organisations as well as the wider community. All of our trainers are trauma informed and our workshops aims for all participants to be equipped with the understanding of the effects of trauma and how to respond appropriately without victim blaming.

School's Consent Programme



POWER



CONSENT



**UNDERSTANDING
SEXUAL VIOLENCE**

We were delighted to deliver 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.

Reporting



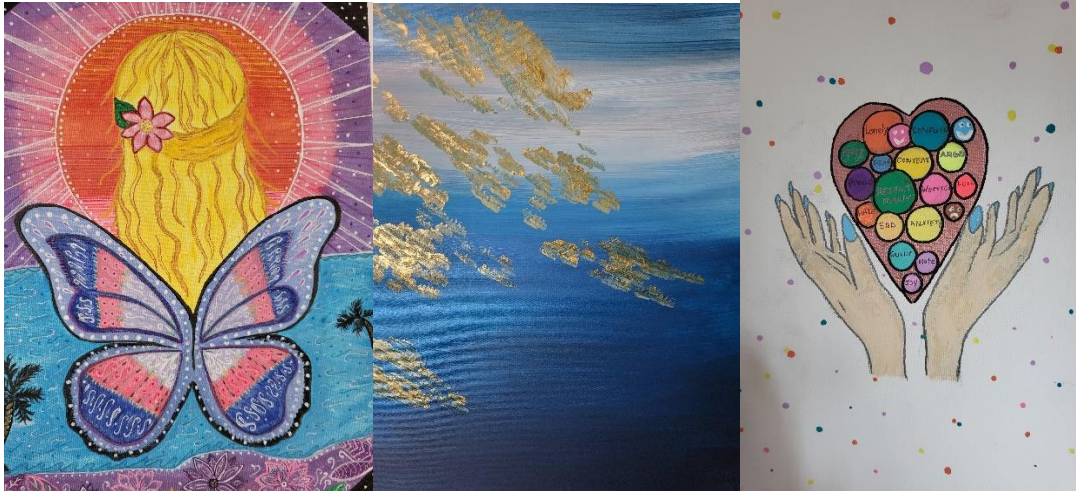
While we support survivors on every step of their journey, it is important to state that we do not require clients to report if they are not ready or do not wish to do so. The only exception to this is regarding Child Protection where we are mandated to file a report.

Support and/or counseling for partner, family and friends.



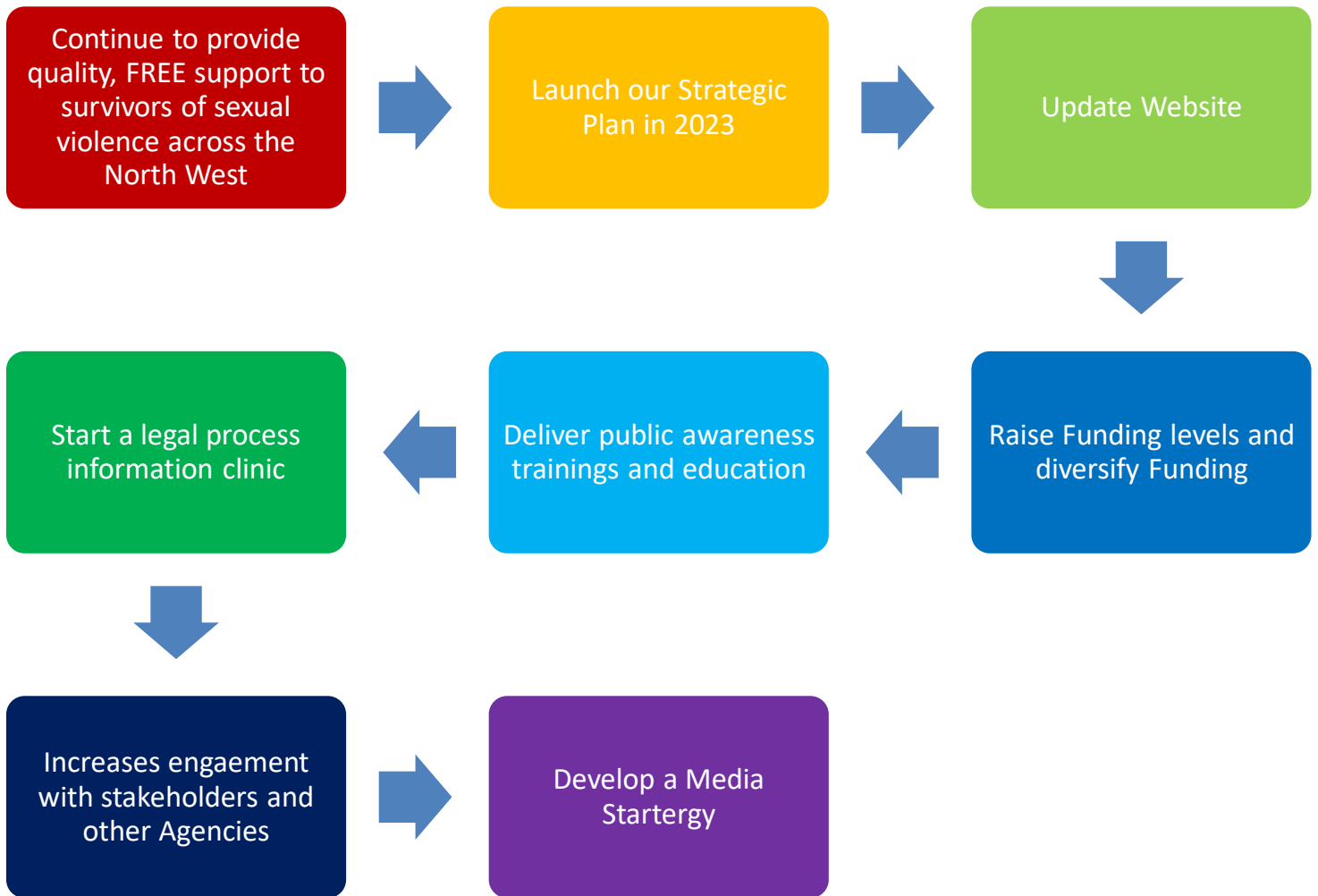
It is important to acknowledge that those supporting survivors of rape & sexual abuse can themselves be upset by the experience and may need support. We understand that it is difficult for supporters to deal with trauma and its effects. We are here to help. We offer support services and counselling as required.

Art Exhibition 'Journeys to Healing'



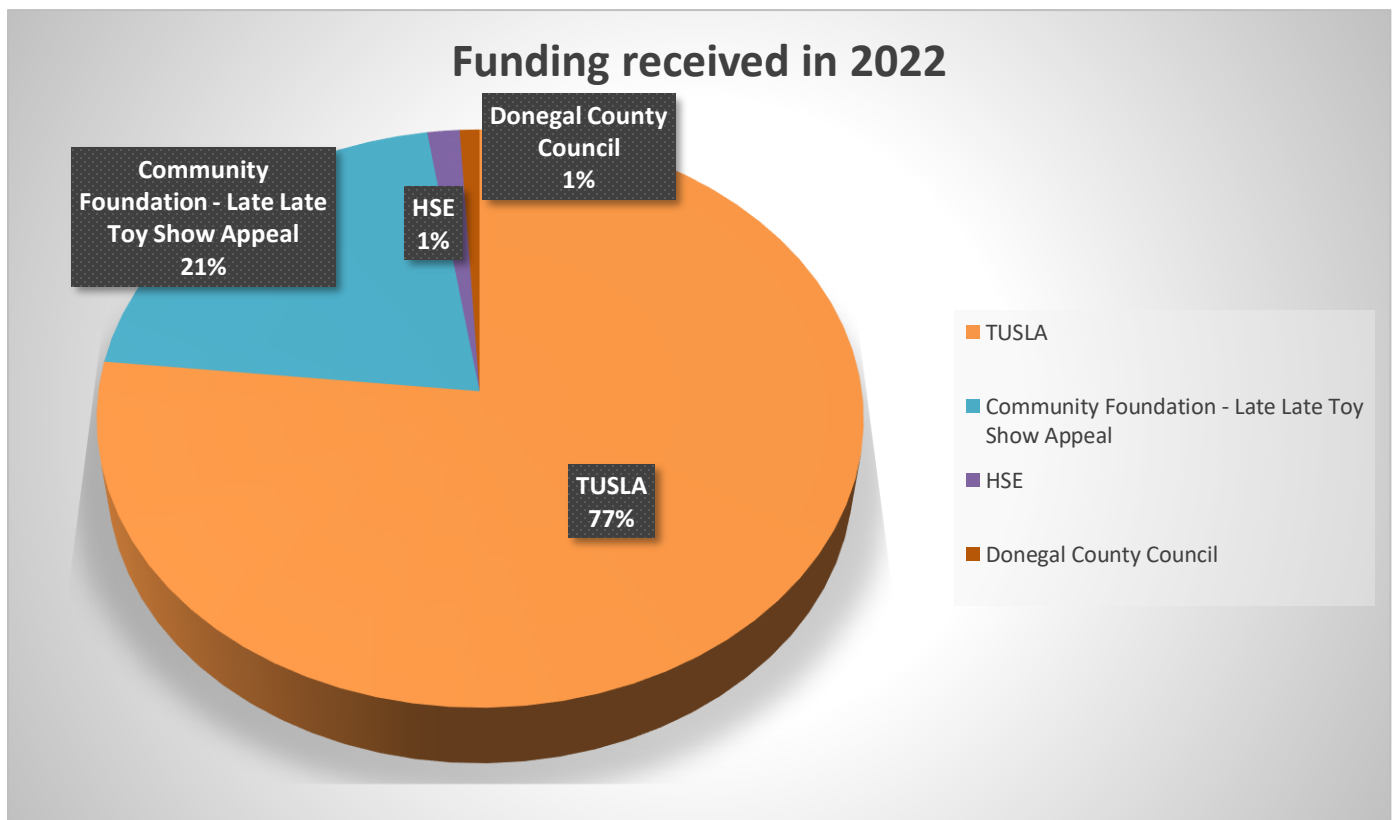
We held our first ever Art exhibition in June 2022 during Culture week at the Reginal Culture Centre at Letterkenny. It was a big success, we exhibited artwork from Clients, their supporters and staff. Donegal daily took interest in our exhibition and we had a video interview to talk about our services. It was a great confidence boost for the clients which had a very positive outcome for so many to come out of their shells and discover so much hidden talent. We hope this can now be an Annual Exhibition as we can visibly see the positivity that flows from the pieces.

Plans for the Future



Funders

A Big **THANK YOU** to all our Funders without whom we would not be able to provide this much needed service.



Financial Review



1. DSARCC Reserves are maintained at a level which ensures that core activities could continue during a period of unforeseen difficulty. Reserves are ring fenced amounting to €28,221.37 plus €5700 as noted in SLA 2021 by TUSLA in the event of a claim to pay for PRSI for our sessional counselors and an additional €3700 to be held in reserves from TUSLA. This totals to €37,621.37 to be set aside in DSARCC's own account.
2. DASRCC is dependent on government funding from TUSLA. In the year ending 31st December 2022, the grant in aid amounted to €256,377 which equaled 76.66% of our Total Income. Withdrawal of this funding would make it impossible for us to continue and therefore creates a Going Concern Risk.
3. The organisation's funding is also dependent on other Grants which amounted to €78,050 which equaled 23.34% of our Total Income as well as Sundry Donations and Fund-Raising Activities which have contributed to generating €18,103 of Income which was used to provide for counseling services and administrative costs not covered by TUSLA.
4. In response to the above we are working towards increasing our fund-raising activities in the coming years to generate more income so that we can provide for the activities planned in our strategic Plan to be launched in 2023.
5. At present we only have an SLA to cover costs under TUSLA till 31/12/2023 and no assurances can be provided in respect of periods after that.
6. We have a provision in place for €5,700 to cover any demands that may arise from Revenue to pay PAYE costs in regards to sessional counselors.
7. Subsequent events – There were no significant events which occurred between the end of the reporting period and the approval of the financial statements.
8. Research and development – There was no research and development activity undertaken by DSARCC.
9. Political donations – No political donations were received by us.
10. Transactions with directors – There were no financial transactions with any of our directors, all Directors are voluntary and do not earn any remuneration from the company.
11. Accounting Records - The measures taken by the Directors to secure compliance with the requirements of Sections 281 to 285 of the Companies Act 2014, with regard to the keeping of accounting records, are the implementation of necessary policies and procedures for recording transactions, employment of appropriately qualified accounting personnel with appropriate expertise, the provision of adequate resources to the financial function. The accounting records are maintained at the Company's registered office located at 2A Grand Central, Canal road, Letterkenny, Co. Donegal

12. Relevant Audit Information - In the case of each of the persons who are directors at the time this report is approved in accordance with Section 332 of the Companies Act 2014: so far as each Director is aware, there is no relevant audit information of which the Company's statutory auditors are unaware, and each Director has taken all of the steps that he or she ought to have taken as a Director in order to make himself or herself aware of any relevant audit information and to establish that the Company's statutory auditors are aware of that information.
13. Auditors – In Accordance with Section 383 (2) of the Companies Act 2014, the auditors, Bonner Gill & Co. have expressed their willingness to continue in office.

Financial information for the year 2022:

Statement of Financial Accounts as at 31st December 2022					
Particulars	Unrestricted Funds	Restricted Funds	Endowment funds	Total Funds	Prior Period Total funds
	€	€	€	€	€
Income and endowments:					
Grants/Donations	18,103	335,006	-	353,109	301,620
Earned from charitable activities	-	-	-	-	-
Earned from other activities	-	-	-	-	-
Other income	9,655	-	-	9,655	6,460
Total	27,758	335,006	-	362,764	308,080
Expenditure:	-		-	-	-
Cost of raising funds	-		-	-	-
Expenditure on charitable activities	-	335,006	-	335,006	298,988
Other expenditure	13,153		-	13,153	25,484
Total	13,153	335,006	-	348,159	324,472

Balance Sheet as at 31st December 2022

Particulars	Total funds 2022	Prior year funds 2021
	€	€
Fixed assets:		
Tangible assets	6,539	8,174
<i>Total fixed assets</i>	<i>6,539</i>	<i>8,174</i>
Current assets:		
Debtors	4,209	5,509
Cash at bank and in hand	115,330	110,608
<i>Total current assets</i>	<i>119,539</i>	<i>116,117</i>
Liabilities:		
Creditors: Amounts falling due within one year	77,863	82,641
<i>Net current assets or liabilities</i>	<i>41,676</i>	<i>33,476</i>
Total assets less current liabilities	48,215	41,650
Provisions for liabilities and charges.	3,378	11,418
<i>Total net assets or liabilities</i>	<i>44,837</i>	<i>30,232</i>

The Funds of the Charity

Retained Reserves	44,837	30,232
Total unrestricted funds	44,837	30,232
<i>Total charity funds</i>	<i>44,837</i>	<i>30,232</i>

Cash Flow Extract as at 31st December 2022

Particulars	Total funds 2022
	€
Cash inflows from operating activities:	
Grants Received	334,427
Sundry Donations / Fundraising Income	18,103
Other Income	9,655
Total Inflow	362,185
Add: Cash/ Bank balance as on 01/01/2022	110,608
	472,793
Total cash Outflow for 2022	353,254
Cash/ Bank balance as on 31/12/2022	119,539



How you can support Donegal Sexual Abuse and 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 channeled 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 I donate www.idonate.ie/7491_donegal-rape-crisis.html

You can also 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.

A BIG THANK YOU



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.

Thank you to the **Solace Cancer Care Centre**, Donegal Town and **Ardaravan Medical Centre**, Buncrana for providing us with the much-needed space to provide outreach services to our clients, without your support clients with no access to transport would not be able to avail our services.

We truly appreciate the hard work and dedication of **Gardai, the DPSU and SATU** who are so committed to our clients.

To all our **Donors and Fundraisers on Facebook**, your donation makes a huge difference to us continuing to provide services to our clients.

A big Thank you to all the **local businesses** who have supported us throughout the years and who so generously donated vouchers, hampers and gifts for all our Fundraising events.

A big thank you to all our **Clients** who we admire so much and who have so much courage. Thank you for putting your faith in us to help you through this most difficult time.

Last but not the least Thank You to our **Staff and Voluntary Board of Management** who work tirelessly to provide the best service that we can to all our clients and the community.