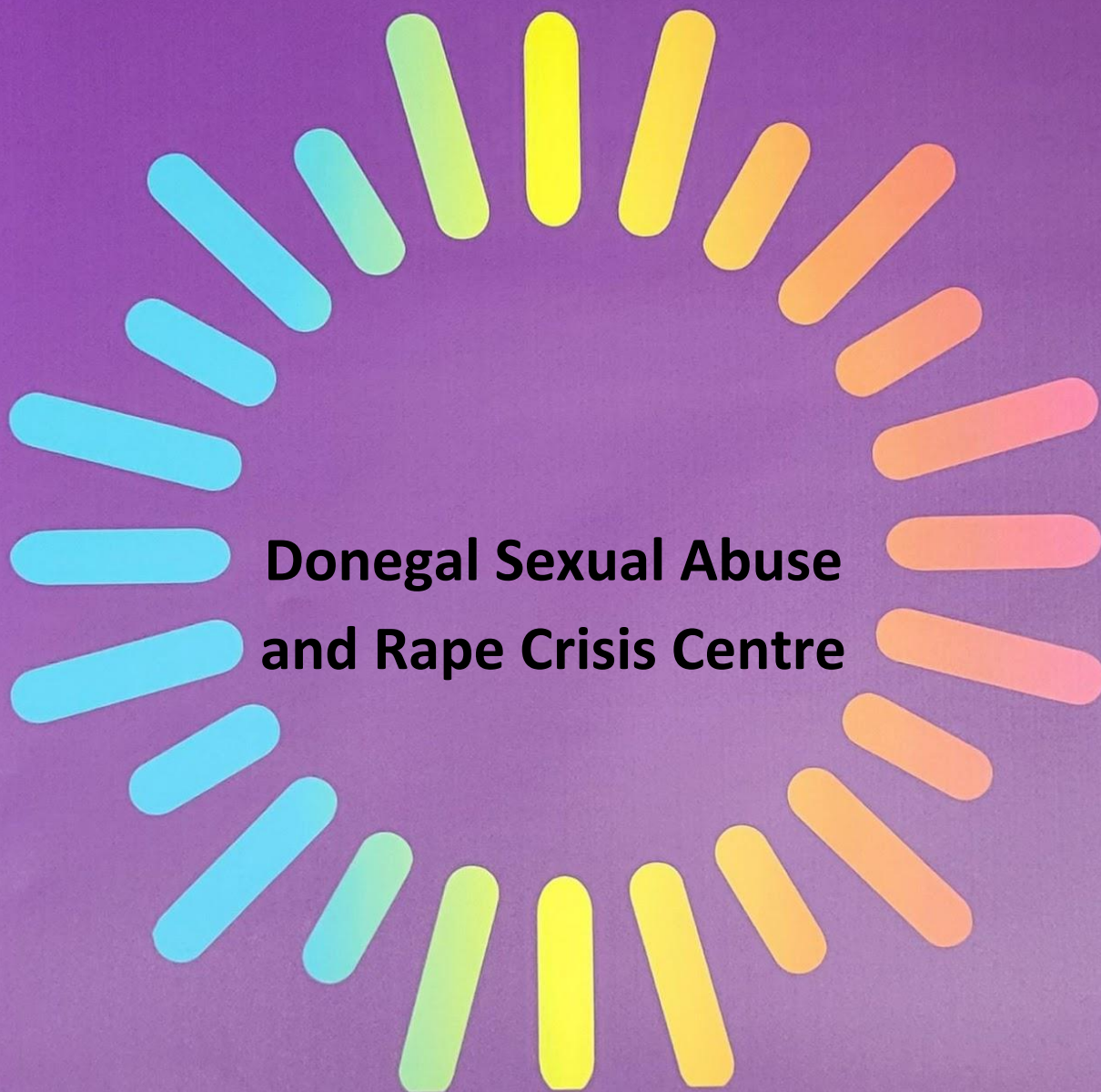


Annual Report & Financial Statements for 2023



**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 Programme and Financial Activity Report for 2023



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 Centre's 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 limited by guarantee 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 and Buncrana, 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 Client Support Worker.
- 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
- Our payroll specialist and bookkeeping are with John Eaton & Co. whose registered office is: Drumbarnett, Manorcunningham, Co Donegal F92 CC96
- 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 12+ from Co. Donegal and surrounding counties. Our service is FREE and confidential.
- We are fully compliant with the Charities Regulator's Governance Code

The Donegal Sexual Abuse & Rape Crisis Centre provides FREE counselling & advocacy support services to anyone affected by sexual violence and their supporters in a safe and confidential environment. We provide services to the north west of Ireland to anyone who is 12 + years of age.

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:



The Board of Directors:

The Board of Directors of DSARCC are responsible for the strategic development, governance and oversight of the Company which is limited by guarantee.

The role of the board is to take on a leadership role in the organisation, ensuring that it remains focused on its long-term vision and has the resources to meet its goals. They have a responsibility to support and oversee the management, staff and volunteers involved in the organisation. They also must ensure that the organisation meets its legal obligations and that its finances are properly managed. Ultimately, they need to ensure that the organisation operates in a transparent and fair way.

Membership is voluntary, with no remuneration paid and expenses reimbursed where claimed and receipted. There have been no contracts or arrangements entered during 2023 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 and reviewed every 3 years. There is a formal disclosure document which is completed and uploaded to The Charities Regulator.

All decisions are made in accordance with the organizations' 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.

The Manager of DSARCC is not a member of the Board of Directors.

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.

All board members of the DSARCC will serve on the Board of Management for a total term of 9 years. This total term can be broken up into smaller terms (as per personal circumstances / board preference) to avoid skill loss at the board level on a large scale.

The Board Management Committee (Chairperson, Treasurer and Secretary) play a critical role in board leadership and development, devoting considerable time to the organization and exerting considerable influence over the board. Term limits help prevent these members from burning out by shortening the duration of their commitment. The chair, treasurer as well as company secretary's term is capped at three consecutive one-year terms. With a gap of 1 year before re-election.

Meet our board:



John Ryan McLaughlin - Chairperson

John has over 30 years' experience working in the third sector and 20 years in a senior management. He is Head of Fundraising for Down's Syndrome Ireland and has a particular interest in Strategic lead donor centered Fundraising and Communications. He holds a BA (Hons) Degree in Fine Art and a Diploma in Fundraising Management.

Seamus Murphy Company Secretary

Seamus has been involved in the Donegal Rape Crisis Centre by being invited onto the board in 2017 by a former member. He currently working with ETB formally VEC and has a wealth of knowledge in the education of people that he can draw upon through his links in education. He also volunteers with many sports and community organisations. As a parent of two daughters and a son he wanted to ensure that the service continued. Now as a Grandfather he wants this service to continue in our community. He has helped to fundraise and raise issues at work level and in the greater community and helped by serving on the board. As an educator he wants to teach students about the brilliant service of the DRCC and to help people understand the importance of the service to the North West. He offers his valued service to the organisation by working in the background to support the service now and in the future.

Katrina Herron Treasurer – re-joined on 26/04/2023

Katrina has been on the board since May 2020 and was previously employed as Administrator in the Donegal Rape Crisis Centre. She is a qualified bookkeeper and also has a qualification in secretarial studies. She has also volunteered for SATU and Court Accompaniment. Her 25 + years of experience in finance, budgeting and bookkeeping and her having worked in the private as well as charity sector in fundraising & accounts have made her an excellent choice for the Treasurer.

Connie McGilloway - Resigned on 20/09/2023

Connie has been a registered nurse for 30 years. She has a special interest and experience in the areas of trauma, primary/ community care and Domestic, Sexual and Gender-based violence. She completed an MSc in Healthcare Ethics and Law, is a registered Nurse Tutor, Nurse Prescriber, Cervical Smear taker, Advanced Nurse Practitioner, a Fellow of the Faculty of Nursing and Midwifery, RCSI and an Adjunct Lecturer in Nursing, NUI Galway. Connie commenced working in the Donegal Sexual Assault Treatment Unit (SATU) as a Forensic Clinical Examiner in 2010. She has been a member on the Board of Directors since 2012. During this time, she has been a Board member, the Chairperson and Treasurer.

Dr. Anne Burke

Dr Anne Burke has an MSc degree in the Management and Application of Information Technology in Accounting from DCU. Anne, a qualified Fellow of the Chartered Association of Certified Accountants (ACCA), enjoyed an 11-year career as an accountant where her work involved auditing, financial accounting, and the implementation of SAP and Agresso ERP systems prior to joining LYIT (now ATU) in 2001 as a lecturer. Since joining LYIT (now ATU) in 2001, she has acted as Head of Department for 5 years and is currently senior lecturer in Strategic Development in the School of Business. She has a PhD in management from Trinity College Dublin. Anne is also a volunteer member of the St. Vincent de Paul and is a non-executive director on the Alcohol Forum.

Dr. Sharon McLaughlin

Sharon is the Equality, Diversity and Inclusion (EDI) Lead at ATU Donegal and a senior lecturer in the Department of Law, Public Service, and Education. Sharon leads out for ATU in the area of gender-based violence (prevention and response), working closely with ATU's Sexual Violence Prevention and Response Manager (SVPRM). Her legal specialism is in Media/Communications Law and Children's Rights, with a specific focus on technology-facilitated sexual violence. Her PhD examined the protection of children in the online environment. She also lectures in Criminology, Victimology, EU Law, and Health Law.

Seamus Henry

Shay is a fellow of the Chartered Institute of Personnel & Development, he also holds a masters degree in Human Resource Management and Employee Relations. He is an Adjudicator for the workplace relations commission and also was an HR/ Industrial relations Advisor for the Connaught Ulster Alliance to manage the industrial relations issues arising from the proposed amalgamation between three Institutes of Technology in pursuit of university status for this region. Through his many years of experience and his expertise in employment law, personnel management, HR issues and policies he has been a valuable member of the board guiding us on important HR matters

Paul Forrestal

Paul is a member of the Donegal Rape Crisis Center Board for the past 2yrs. He brings to the board his extensive knowledge in terms of how Gardaí deal with investigations into Sexual Crime. In cooperation with Sexual Assault Treatment Unit and Donegal Rape Crisis Center he is involved in training and briefing members of An Garda Síochána on the subject of Sexual Crime and he also participates within the Sexual Assault Response Team meetings that take place in Donegal. This allows him a unique insight into all aspects of the ways various bodies deal with Sexual Crime and allow everyone to evolve and respond in a manner that improves the way each of us deal with Sexual Crime in a holistic and victim centered way.

Bernie Walsh – Resigned on 09/02/2023

At the time of being a member on the Board Bernie was working as a Senior Clinical Psychologist for the HSE in CAMHS in Letterkenny. She has worked with children and adolescence and parents for over 30 years. She has

experience working on national groups for the HSE and engaged in regular courses on a continual basis in updating her skills in both therapy and assessments. Bernie has experience in being involved in governance and policy groups which oversees quality of services for service users.

Donna Campbell- Joined on 20/09/2023

Donna is a qualified Chartered Accountant, currently works as the Learning & Enterprise Manager in the SICAP programme at Donegal Local Development Company. She is passionate about empowering individuals and works closely with marginalised communities in County Donegal. She became a member of the Board in 2023 and is currently involved in the Finance Sub-Committee.

Veronica Keys- Joined on 20/09/2023

Veronica has over 20 years' experience working with survivors and perpetrators of violence and has worked in the past with the HSE, the Social Services Trust in Northern Ireland as well as voluntary services at home and abroad. She currently works as a Consultant mainly in the area of Trauma Informed Practice training, Group Facilitation & Mental Health First Aid/Critical Incident Debriefs. Veronica holds a BSc Honors degree in Social Psychology & Sociology and a Master in Social Work. She also has certificates in Conflict Mediation, Trauma Informed Practice, Counselling Abusers, and a Postgraduate Certificate in Research Skills.

Details of the Board meetings and attendance:

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 and attendance of the Board are as follows:

Attendance:

John Ryan McLaughlin – 10/10

Seamus Murphy – 9/10

Seamus Henry – 7/10

Sharon McLaughlin – 10/10

Anne Burke – 9/10

Paul Forrester – 6/10

Connie McGilloway – 3/7

Katrina Herron – 5/7

Donna Campbell – 3/4

Veronica Keys – 4/4

Bernie Walsh – 0/2

| Month | Date |
|--------------|-------------|
| January | 11/01/2023 |
| February | 08/02/2023 |
| March | 08/03/2023 |
| April | 26/04/2023 |
| May | 22/05/2023 |
| June | 21/06/2023 |
| September | 20/09/2023 |
| October | 25/10/2023 |
| November | 15/11/2023 |
| December | 13/12/2023 |

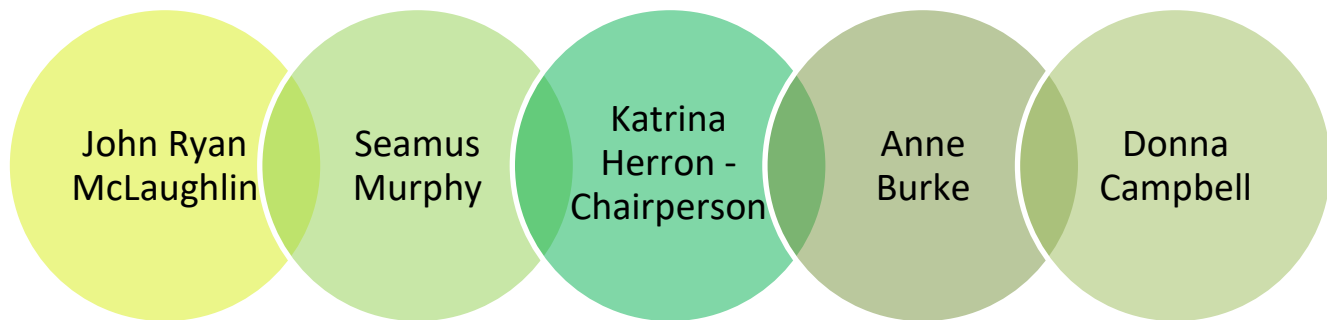
DSARCC Subcommittees:

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

Finance Sub group:

The Subcommittee's principal objective is to provide strategic advice and to exercise oversight of the finance and fundraising function of the organisation. It also helps with spreading the workload of the Treasurer, to ensure more democratic control of finances, help to prevent fraud, and help train new committee members. The role of the committee is also to manage budgets, income, expenditure, reserves, balance sheet, and cashflow working with funders and donors, managing payroll and make strategic decisions.

Members of the Finance Sub group:



Dates and attendance of the finance sub group meetings are as follows:

Attendance:

John Ryan McLaughlin – 8/9

Seamus Murphy – 5/9

Katrina Herron – 6/6

Anne Burke – 9/9

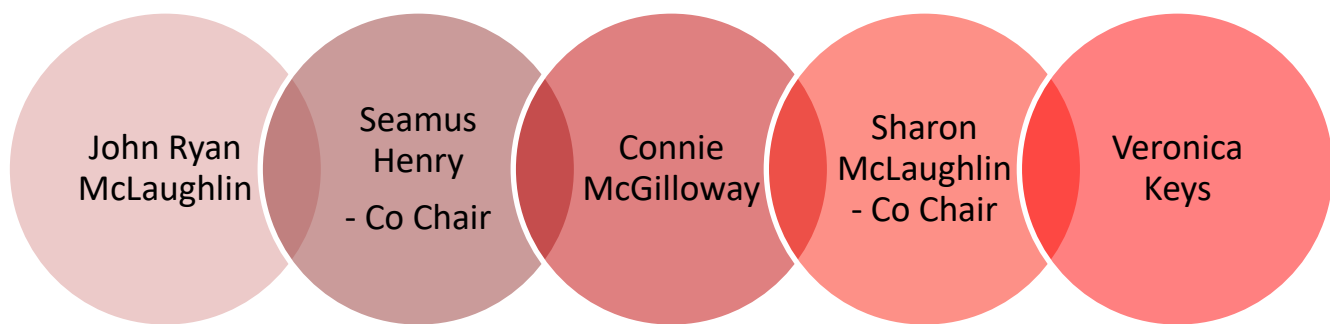
Donna Campbell – 2/3

| Month | Date |
|-----------|------------|
| February | 23/02/2023 |
| March | 03/03/2023 |
| April | 26/04/2023 |
| May | 16/05/2023 |
| June | 12/06/2023 |
| September | 08/09/2023 |
| October | 23/10/2023 |
| November | 6/11/2023 |
| December | 12/12/2023 |

Governance sub group:

The role of the governance sub group is to provide support to the Board of Directors to meet their legal duties, by putting in place systems and processes which focus on advancing the charitable purpose and providing a public benefit and ensuring charities are managed in an effective, efficient, accountable and transparent way. The sub group helps develop operational policies in line with the strategic plan, implements organisational policies and develops policies related to staffing matters, monitors the performance of the Manager (including implementation of policies, procedures and strategic plan). Monitors the work of other staff members and volunteers.

Members of the Governance Sub group:



Dates and attendance of the governance sub group meetings are as follows:

Attendance:

John Ryan McLaughlin – 4/5

Seamus Henry – 5/5

Sharon McLaughlin – 3/5

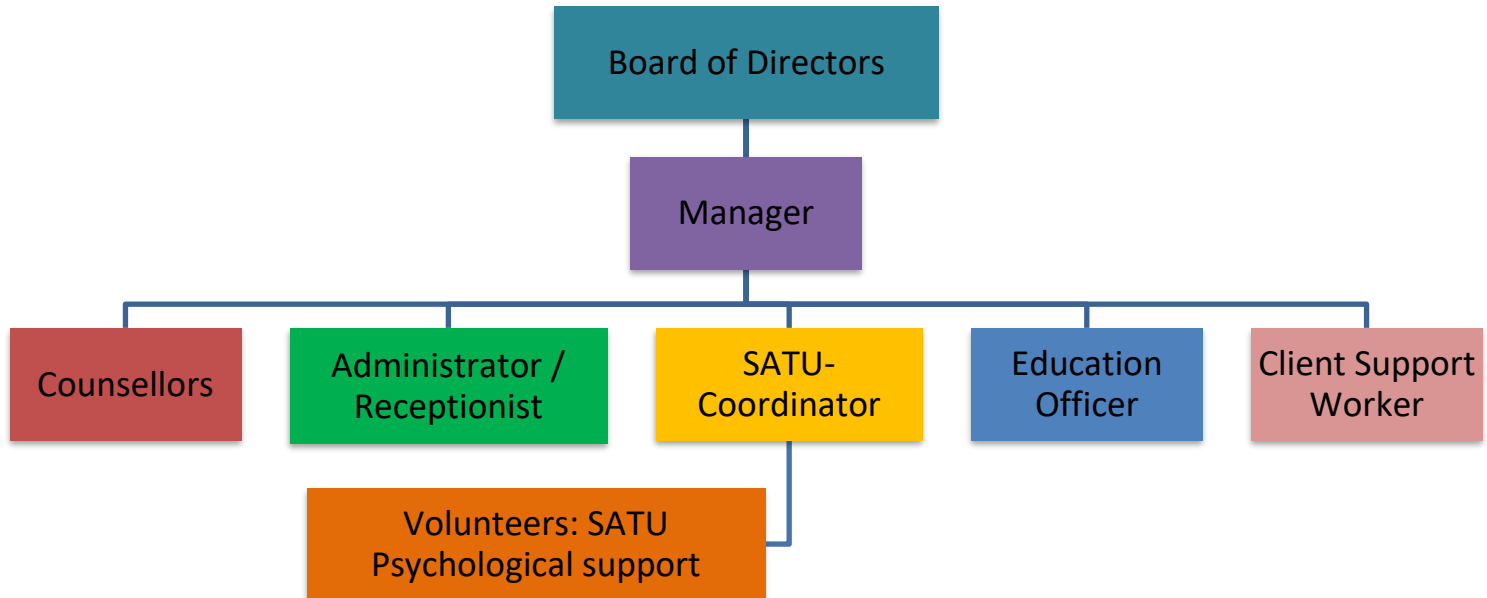
Connie McGilloway – 3/5

Veronica Keys -1/2

| Month | Date |
|-----------|------------|
| May | 22/05/2023 |
| June | 19/06/2023 |
| September | 06/09/2023 |
| October | 25/10/2023 |
| November | 06/11/2023 |

Meet Our Staff & Volunteers:

Organisational Structure:



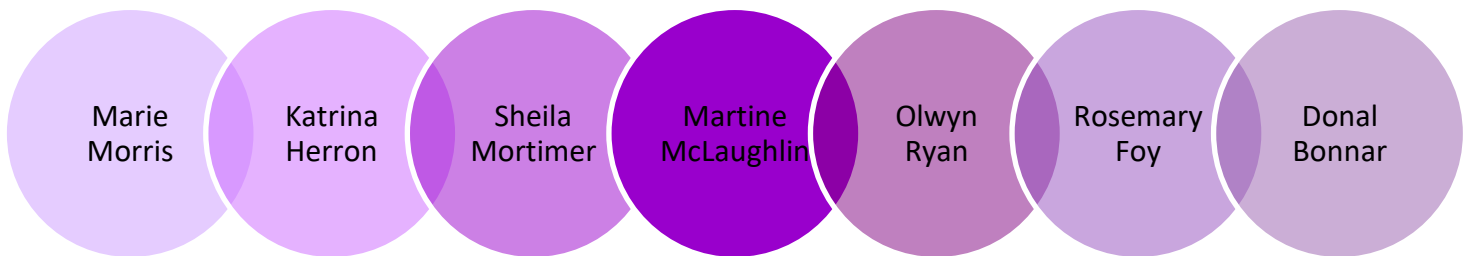
Staff in 2023:

- ❖ **Marina Porter – Manager** (not a member of the Board of Directors) – Marina has been Manager at the DSARCC from 2015, her skills, expertise and years of experience working with vulnerable adults, early school leavers and young people at risk in the Travelers Project and DYS has been a great value to the organisation. She also has experience in group facilitation and art training workshops. She has a PG diploma in Art Psychotherapy from the University of East London in Belfast.
- ❖ **Nicola McKee – Counsellor** - Nicola has been an accredited counsellor for more than 20 years working within the field of mental health and specialising in addictions. She has always had an interest in trauma and came to work at DSRCC 8 years ago. Her therapeutic background is cognitive behavioural therapy however her therapeutic style now incorporates a variety of modalities, while always trauma informed.
- ❖ **Patricia McGurk – Psychotherapist**– Patricia is an accredited counsellor with BACP, and an accredited and full member of UKCP as a Psychoanalytic Psychotherapist. She trained at AGIP (Association of Group and Individual Psychotherapy) London as a Psychotherapist and in Maynooth as a counsellor with Accord. She is also a qualified couples/relationship therapist, with further training in Compulsive Sexual Behaviour, Sex & Pornography Addiction, Psychosexual Studies, Cognitive Therapy. Patricia has a degree in Psychological Trauma with Queens University in Belfast and more recently have studied EMDR (part 1). She is an accredited supervisor with BAPPS (British Association of Psychodynamic and Psychoanalytic Supervisors and trained as a Supervisor with SAP (The Society of Analytical Psychology) London. She has also volunteered in the capacity of Chair Person with the Accord Centre in Omagh, and also Counsellor representative for Accord NI and Accord Ireland.

- ❖ **Denise O'Boyle - Counsellor** - Denise has many years' experience as a Child, Adult and Family accredited psychotherapist in the North West of Ireland. Alongside her work for the DRCC she has been working in private practice as an accredited Play Therapist and Family Therapist. She also engages in cognitive behavior therapy, couples' therapy, sand play therapy and attachment assessment. Denise started with the DRCC as a sessional counsellor and became an employee in 2021.
- ❖ **Donna McHugh Quigley - Counsellor** - Donna has 22 years' experience and training as an integrative accredited therapist and supervisor. She qualified with an MSc in Integrative Counselling and Psychotherapy and is a Member of IACP. Donna has experience working with grief, trauma, abuse, chronic illness and anxiety and is also a qualified coach.
- ❖ **Michael O'Toole – Art Therapist** - Michael graduated with a Masters in Art Therapy in 2017 from CIT following a BFA in Painting and Photography. He is accredited with IACAT. His experience lies principally within Trauma and addiction over the last 7 years. Prior to joining the DRCC in September 2021, he worked in mental health and creative arts in community settings.
- ❖ **Noemie Cattez – Dance Movement Therapist** - Noemie graduated with an MA in Dance Movement Psychotherapy from Goldsmiths University of London in 2018 and has since been practicing in Ireland. She is accredited with IACAT. Prior to the DRCC, she worked in schools and in Adult Mental Health services. Noemie works from a psychodynamic perspective and is very interested in the use of movement and the body to work with the consequences of traumatic experiences.
- ❖ **Noeleen Devenney – SATU Co-ordinator / Client Support Worker** - Noeleen graduated in 2010 with a BSc Hons in Psychology from University of Ulster. She then went on to work with people with Intellectual Disabilities. She has supported individuals to access education, community support and accommodation as well as preparing for employment and leaving education. She has worked with youth organisations supporting young people who had been excluded from school helping to promote Education and Life skills along with those in residential settings who have experienced early childhood trauma. Noeleen began volunteering with The Rape Crisis Centre in 2020 as a SATU Psychological Support worker. In 2021 she was employed by the Rape Crisis Centre as SATU coordinator. As coordinator she supported clients who attended for Forensic medical examinations, trained and recruited volunteers. In 2023 Noeleen graduated with BSc Hons Social Work from University of Ulster and began a new role as Client support in Oct 2023. She supports clients with Court and Garda accompaniment as well as providing Advocacy for those who contact the Rape Crisis Centre.
- ❖ **Niamh Watson – Education Officer** - Niamh qualified from Letterkenny Institute of Technology in 2021 with a second-class honours' in Health and Social Care. Having completed placements in Domestic Violence Services, Disability Training Services and the DRCC, Niamh joined the DRCC as an employee in July 2021 where she also undertook training in Suicide Prevention, Safeguarding vulnerable persons and Children's first.
- ❖ **Katrina Herron – Administrator (Maternity Cover)** – Having previously worked as an Administrator for DSARCC Katrina kindly accepted to help us out as we couldn't find a cover for Maternity. She has 25+ years of experience in finance, budgeting and bookkeeping and her expertise is in charity fundraising & accounts.
- ❖ **Giselle D'Souza - Administrator / Receptionist** - Having studied a Bachelors of Commerce followed by a Masters of Commerce in Banking & Finance, Giselle also gained a PE1 and PCE in Chartered Accountancy before gaining a lot of experience both in India and Ireland working for funding agencies

as well as grassroots organisations in the charity sector. She has experience in bookkeeping, accounts and financial management, budgeting, risk management, governance, grant and project management, proposal writing as well as administration. She has been working for the DRCC since August 2021.

Volunteers in 2023:



The new group of volunteers completed their training in 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 2023 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 I present The Donegal Sexual Abuse and Rape Crisis Centre Report for 2023. Since 1997 The Centre has worked tirelessly to prevent the harm and heal the trauma of sexual violence. It has been a safe place, and a beacon of hope and compassion for thousands of survivors and their families throughout Donegal. The professionalism and kindness of our staff and volunteers has ensured our clients are welcomed into a non-judgmental space where they feel safe and are given the time and support to heal.

I would like to thank the staff and volunteers for their dedication to our mission and the collaborative leadership they have shown in the community, strengthening our multi-agency partnerships, including our vital work with SATU, and An Garda Síochána. They have continued to place the survivor at the centre of everything we do, with our diverse programmes, outreach clinics and the high quality of the therapy provided.

I want to recognise that none of our work would be possible without the support of our donors and funders particularly the Department of Justice and Tusla who have been a constant source of encouragement and support. They have empowered survivors in the North West to heal from the devastating effects of sexual abuse and lead fulfilling lives; for that we are very grateful. We are delighted to begin working with Cuan to continue to deliver this vital work.

As I conclude my term as Chair of The Donegal Rape Crisis Centre I want to acknowledge the support I have received from the board of Directors. The generosity of their time, their thoughtful and knowledgeable decision making has minimised our challenges and excelled our opportunities.

Summary Of 2023 Activities

Individual Counselling

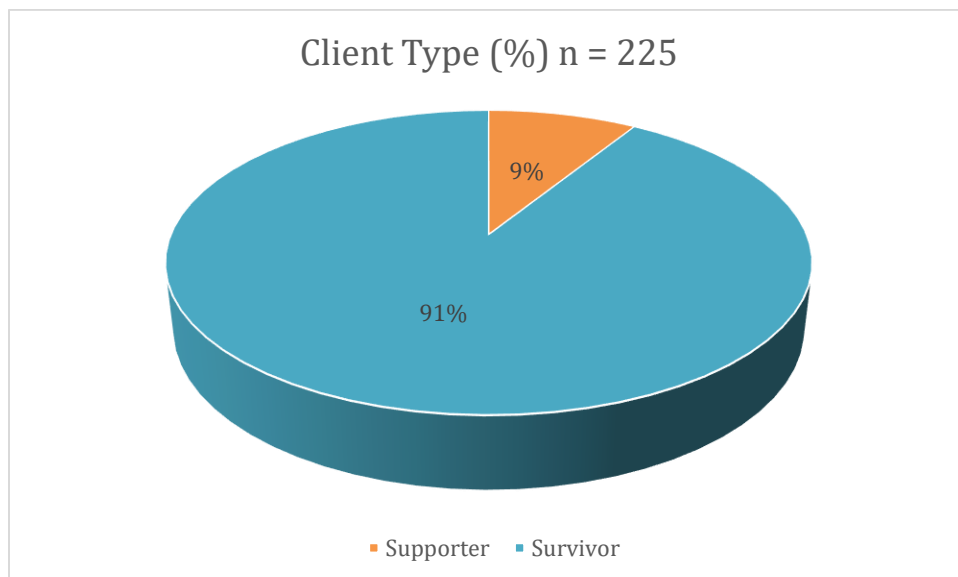


Length of engagement in counseling is determined by ongoing assessment between client and counselor. Although our services are free, duration is determined by individual need. Many clients return as needed in line with our 'revolving door' approach.

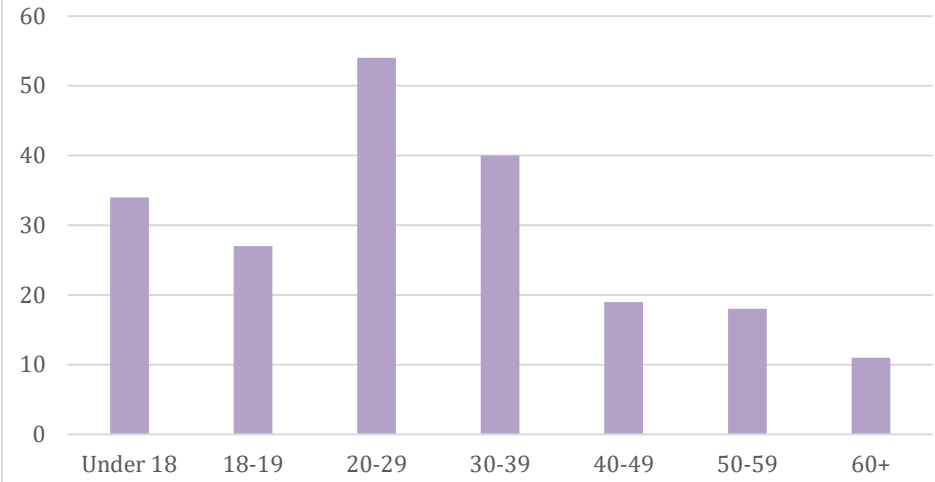
We catered to 272 clients in 2023

We scheduled 2449 appointments in 2023 out of which 1956 appointments were fulfilled; 395 appointments were cancelled and 89 DNA's

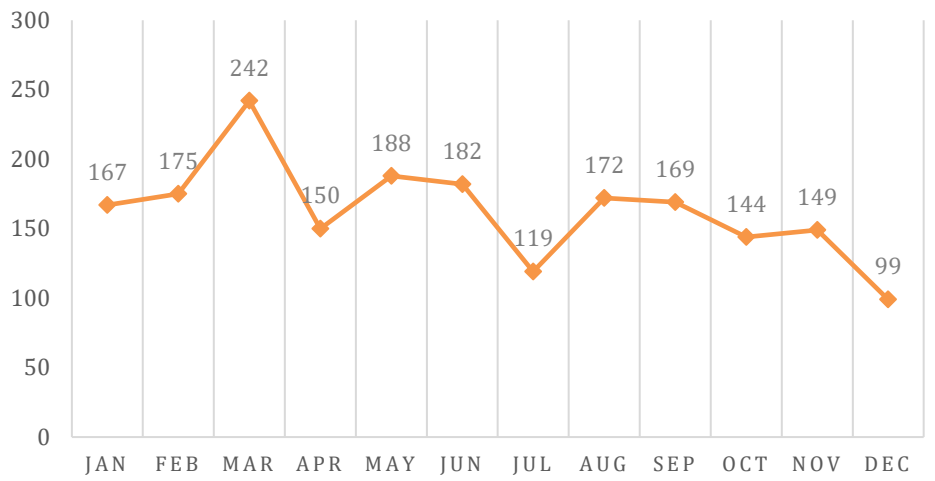
We had 12 new Child Service users in the year which brought the total of Child service users in 2023 up to 30



Age of Survivor



MONTHLY APPOINTMENTS 2023



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 2023 we supported

77

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 2023 we supported

10

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. We also liaise with other court accompaniment services at Rape Crisis Centers or VSAC if we are unable to provide services due to location of the court.

In 2023 we had



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 / voluntary 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.

We also took in 2 placements students this year which helped them get a deeper understanding of trauma and sexual violence, disclosure and consent.

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.

We restarted the Parent's Group in 2023 who met every month and have helped support parents to better understand the effects of Trauma as well as help them realize they are not going through this alone.

Information sessions & Collaboration:

There were many events held by us in 2023. We also participated in events, information stands, talks, etc. in collaboration with the community and with voluntary organization's as under:

- ✚ Attended numerous Men's mental health workshops
- ✚ Attendance at DSGBV meetings
- ✚ Attendance at SART meetings
- ✚ Attendance at National SATU Conference
- ✚ Training attended in suicide signposting
- ✚ Creating pocket guides for people affected by Sexual Violence and distributed them at the events
- ✚ Organised and facilitated a Cathy Malcody workshop on creative therapies
- ✚ Multiple radio interviews with Highland Radio
- ✚ Attendance at Sexual Violence & Harassment talks
- ✚ Sexual Violence awareness info stand at the Atlantic Technological University
- ✚ Cyber security training held for staff
- ✚ Delivered consent training to schools and young people
- ✚ Took part in cultural diversity training so that we can provide better services to our clients
- ✚ Attended at the 1 million stars event by the Women's Collective in Loreto secondary school
- ✚ Attendance at women in solidarity
- ✚ Delivered Disclosure Training to community organisations
- ✚ SART victimology lecture
- ✚ Attended and walked in the parade at the 1st Pride day in Letterkenny
- ✚ Participated in a film by oath Studios about the centre
- ✚ Contributing to the new database systems restructured by the RCNI and in collaboration with all member rape crisis centres

Art Exhibition 'Journeys to Healing ctd.... HOPE'



This year's annual art exhibition was held by the DSARCC in Letterkenny at the Reginal Cultural Center which ran from the 22nd to the 30th of September 2023. Our exhibition was a huge success in that it invited all people to advocate community inclusion. We approached the conversation of awareness through the exhibition & to promote mental health and the empowerment of survivors of sexual abuse. The theme for the exhibition was HOPE, and it is the clients hope to change their lives for the better that shone through their depiction which became beautiful pieces of art.

<https://www.donegalwoman.ie/2023/09/23/hope-shines-through-in-art-exhibition-by-donegal-rape-crisis-centre/?sfnsn=wa>

Achievements and Challenges Faced

Achievements:

Managed to restructure our organizational structure and streamline workflow and secure funding for a new role of Client Support Worker with the Department of Justice to better serve our clients

To increase funding to provide more services to clients and reduce waiting lists. This helped us reduce waiting lists from the previous.

Reinstated the much-needed Parent's group support meetings with our counsellors.

Through the hard work and dedication from the board and staff we attained full compliance with the Charity Regulator's Governance code.

Challenges:

Due to changes in legislation lack of much needed funding for our School's consent programme we had to pause our much-needed workshops and hope to resume in the near future due to high demand from schools and organisation connected with young people.

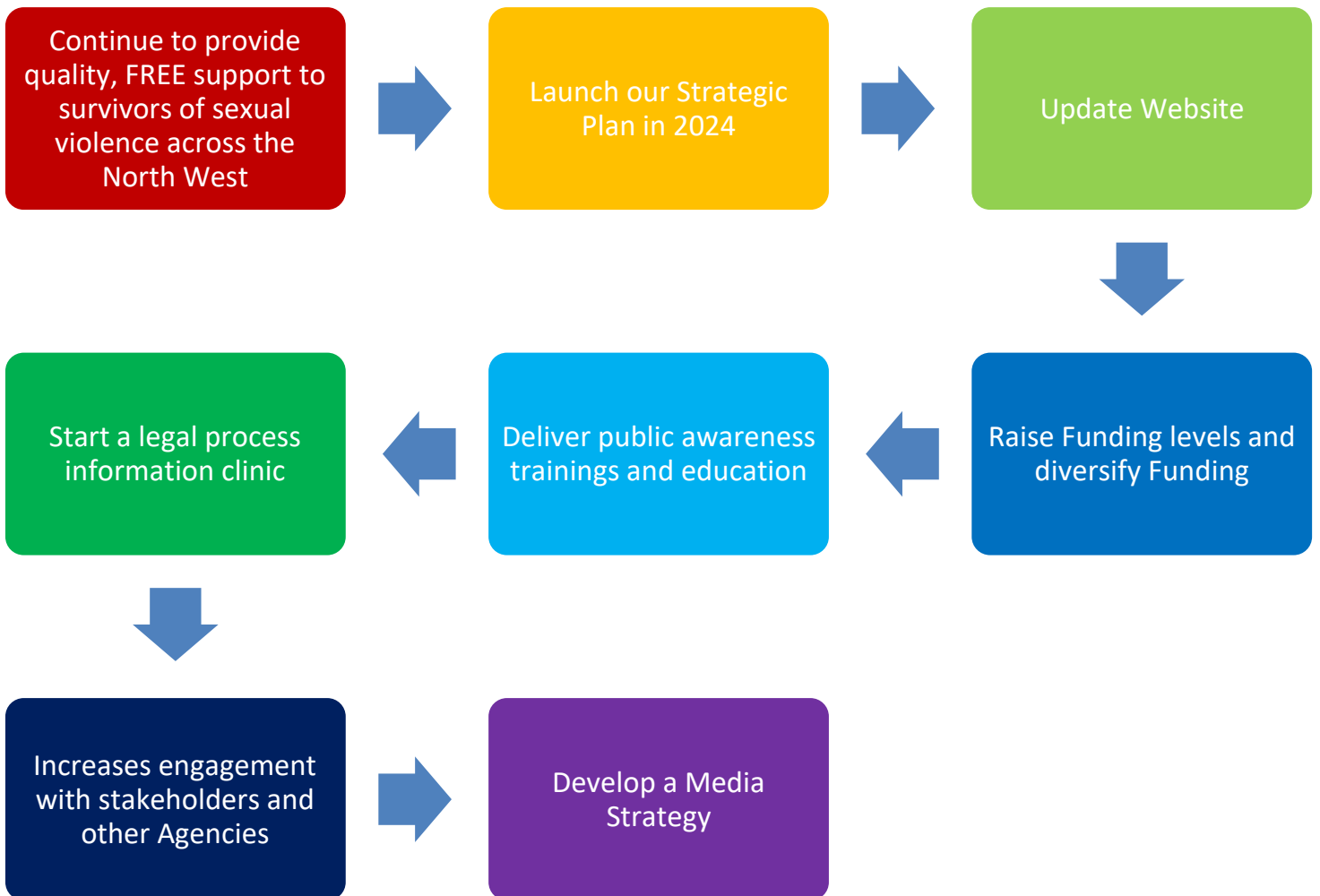
One of our ongoing challenges that are faced every year are the lack of access to unrestricted funding to help cater to expenses not covered by grants, eg. Administrative expenses, expenses for general maintenance of the organisation, capital funding etc.

We have also identified a lack of funding available for organisation to fundraise for reserves.

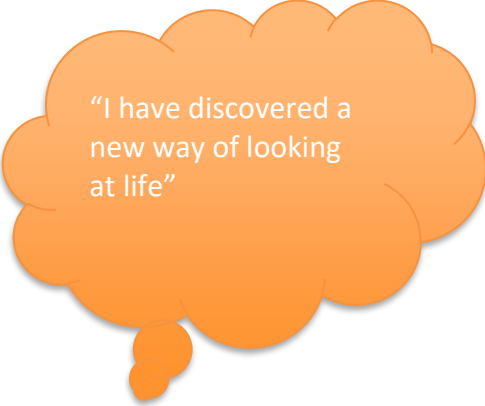
Another challenge we face is the retention of good, highly skilled and trained staff due to lower wages paid by the voluntary sector and high competition as well as high wages from HSE, TUSLA & other sectors.



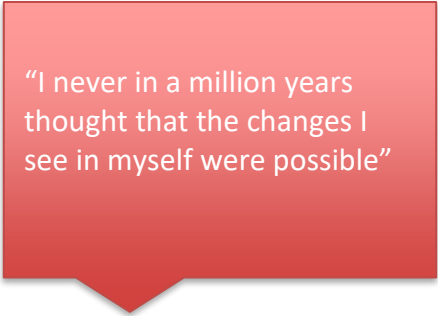
Plans for the Future



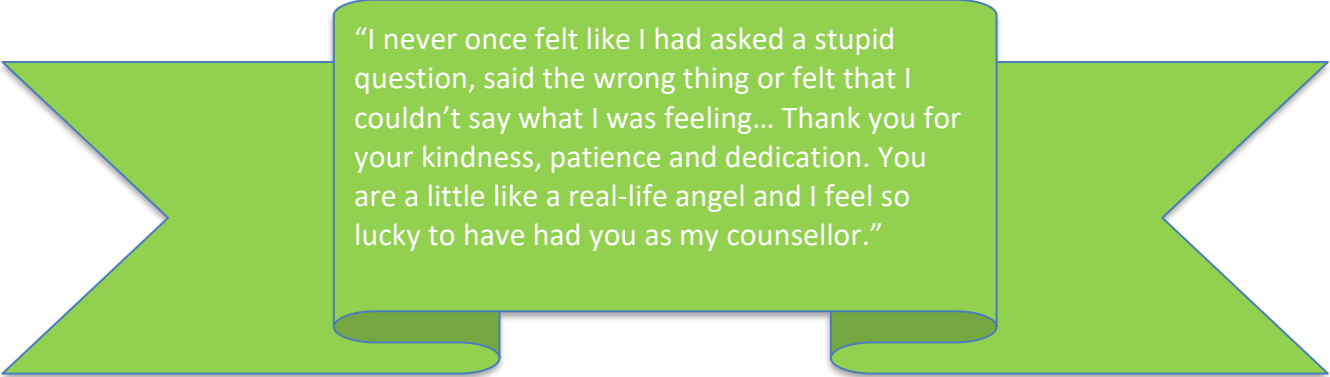
Testimonials




"I have discovered a new way of looking at life"




"I never in a million years thought that the changes I see in myself were possible"



"I never once felt like I had asked a stupid question, said the wrong thing or felt that I couldn't say what I was feeling... Thank you for your kindness, patience and dedication. You are a little like a real-life angel and I feel so lucky to have had you as my counsellor."



"Thank you so much for everything, you helped me appreciate the smallest things in life"



"Thank you so much for all your help over the months, it really made a difference and really

Funders

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



TÚISLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

 The Community
Foundation for Ireland



An Roinn Dlí agus Cirt
Department of Justice

 pobal
government supporting communities



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Comhairle Contae
Dhún na nGall
Donegal County Council

 National
Lottery

 Connecting for Life Donegal

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 deposit account.
2. DASRCC is dependent on government funding from TUSLA. In the year ending 31st December 2023, the grant in aid amounted to €331,576 which equaled 81.61% 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 organization's funding is also dependent on other Grants which amounted to €62,151 which equaled 15.30% of our Total Income as well as Sundry Donations and Fund-Raising Activities which have contributed to generating €8,466 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 in 2024-2025.
5. At present we only have an SLA to cover costs under TUSLA till 31/12/2024 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 were 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 2023:

| Statement of Financial Accounts as at 31st December 2023 | | | | | |
|--|--------------------|------------------|-----------------|----------------|--------------------------|
| Particulars | Unrestricted Funds | Restricted Funds | Endowment funds | Total Funds | Prior Period Total funds |
| | € | € | € | € | € |
| Income and endowments: | | | | | |
| Grants/Donations | 8,466 | 393,727 | | 402,193 | 353,109 |
| Earned from charitable activities | | | | | |
| Earned from other activities | | | | | |
| Other income | 4,080 | | | 4,080 | 9,655 |
| Total | 12,546 | 393,727 | | 406,273 | 362,764 |
| Expenditure: | | | | | |
| Cost of raising funds | | | | | |
| Expenditure on charitable activities | | 397,672 | | 397,672 | 335,006 |
| Other expenditure | 7,378 | | | 7,378 | 13,153 |
| Total | 7,378 | 397,672 | | 405,050 | 348,159 |

Balance Sheet as at 31st December 2023

| Particulars | Total funds 2023 | Prior year funds 2022 |
|--|------------------|--------------------------|
| | € | € |
| Fixed assets: | | |
| Tangible assets | 7,279 | 6,539 |
| Total fixed assets | 7,279 | 6,539 |
| Current assets: | | |
| Debtors | 3,814 | 4,209 |
| Cash at bank and in hand | 138,157 | 115,330 |
| Total current assets | 141,971 | 119,539 |
| Liabilities: | | |
| Creditors: Amounts falling due within one year | 90,567 | 77,863 |
| Net current assets or liabilities | 51,404 | 41,676 |
| Total assets less current liabilities | 58,683 | 48,215 |
| Provisions for liabilities and charges. | 5,811 | 3,378 |
| Total net assets or liabilities | 52,872 | 44,837 |

The Funds of the Charity

| | | |
|----------------------------|---------------|---------------|
| Retained Reserves | 52,872 | 44,837 |
| Total unrestricted funds | 52,872 | 44,837 |
| Total charity funds | 52,872 | 44,837 |

Cash Flow Extract as at 31st December 2023

| Particulars | Total funds 2023 |
|--|------------------|
| | € |
| Cash inflows from operating activities: | |
| Grants Received | 398,150 |
| Sundry Donations / Fundraising Income | 8,466 |
| Other Income | 4,080 |
| Total Inflow | 410,696 |
| Add: Cash/ Bank balance as on 01/01/2023 | 115,330 |
| | 526,026 |
| Total cash Outflow for 2023 | 387,869 |
| Cash/ Bank balance as on 31/12/2023 | 138,157 |



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.