



Donegal Sexual Abuse & Rape Crisis Centre



Annual Report
2018

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Introduction

Welcome to Donegal Sexual Abuse and Rape Crisis Centre's Annual Report for 2018, we hope you find it informative as to our activities.

Chairperson's Letter

I would like to thank everyone connected to the Donegal Sexual Abuse and Rape Crisis Centre for contributing to the much needed service to the people of Donegal. This has been a busy year and the staff at the centre has been kept very busy. We are delighted to say that TUSLA have recognised the demand for the service and have decided to increase the funding for the centre.

I would like to thank all the people and businesses that donated money to the centre over the year and anyone who volunteered their time over the year.

Marina and the rest of the staff have been great over the year and the communication between them and the Board has been excellent throughout the year. We have a few members stepping down from the Board and I would like to thank them for their service and I would love to see new faces join us.

Thanks to my fellow board members for their commitment and dedication.

Bill Vaughan Chairperson

Manager's Letter

Welcome to the 2018 Annual Report of Donegal Sexual Abuse & Rape Crisis Centre!

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

I would like to begin by extending many thanks to our counsellors Julia Doogan, Paula Coyle and Nicola Mc Kee and our administrator Katrina Herron. Thank you all for your hard work, dedication and team spirit.

I would also like to thank our few but dedicated volunteers, Marie, Connie and Niamh! The professionalism and warmth with which our clients are treated by staff and volunteers alike is what makes the service what it is.

Unfortunately, Julia retired at the end of the year and shall be greatly missed by staff and clients alike.

We were also delighted to receive additional TUSLA funding which enabled additional counselling and managerial hours. We now have a full day outreach running in Buncrana.

I would also like to thank the providers of our other outreach locations: Solace Cancer Support Centre - Donegal town, Ardaravan Clinic –Buncrana and Dr Delap surgery, Bunbeg and Lifford Community Hospital. We could not provide outreach services to local communities without the generosity of local services.

2018 saw 151 clients accessing the service, with many attending for longer and 1446 appointments being fulfilled.

A Rape Crisis Centre cannot support those who need support without the support of other services and professionals. I would like to thank SATU, the various Gardai across the county, especially the team in Letterkenny SAIU, Adult mental health services, membership of the Rape Crisis Network of Ireland (RCNI) is invaluable for the support and information sharing and Ann Ryan TUSLA DSGBV Service has been a great support.

I would also like to thank everyone who donated, given prizes for quizzes and raffles and fundraised on behalf of the organisation.

We are governed by a small but very supportive and committed voluntary board of management. With the expertise of our board in the areas of sexual health, law, mental health, education and youth work we are connected to many other services which offer help to clients availing of counselling and support services. I would like to thank you all for your dedication and commitment to the organisation, staff and service users. Also, huge thanks to our Chairperson Bill Vaughan who has been a supportive Chairperson.

I look forward to seeing what developments 2019 bring.

Marina Porter, Manager

Background

The Donegal Sexual Abuse & Rape Crisis Centre provides a quality professional counselling, support, awareness and advocacy services for survivors of sexual violence.

We also work towards an end to cultural and societal tolerance of sexual violence.

The Centre was established in 1997 and has grown to become a full-time service in Co. Donegal.

Mission Statement

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

Vision Statement

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

Aim

To provide a professional counselling and support service, in a safe and caring environment, for survivors of rape and sexual abuse.

- To advocate and raise awareness to break the silence surrounding abuse and sexual violence in our community.
- To provide quality training to key individuals, groups and agencies throughout Co. Donegal.

Our Services

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

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

Board of the DSA & RCC

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

Chairperson:	Bill Vaughan
Vice Chairperson:	Seamus Murphy
Treasure:	Mick Keane
Secretary:	David Moore
Director:	Sinead Murray Lynch Connie McGilloway Mary Vernon

Staff

Manager:	Marina Porter
Counsellors:	Julia Doogan Paula Coyle Carberry Nicola McKee
Administrator:	Katrina Herron
SATU Co-Ordinator	Marie Morris

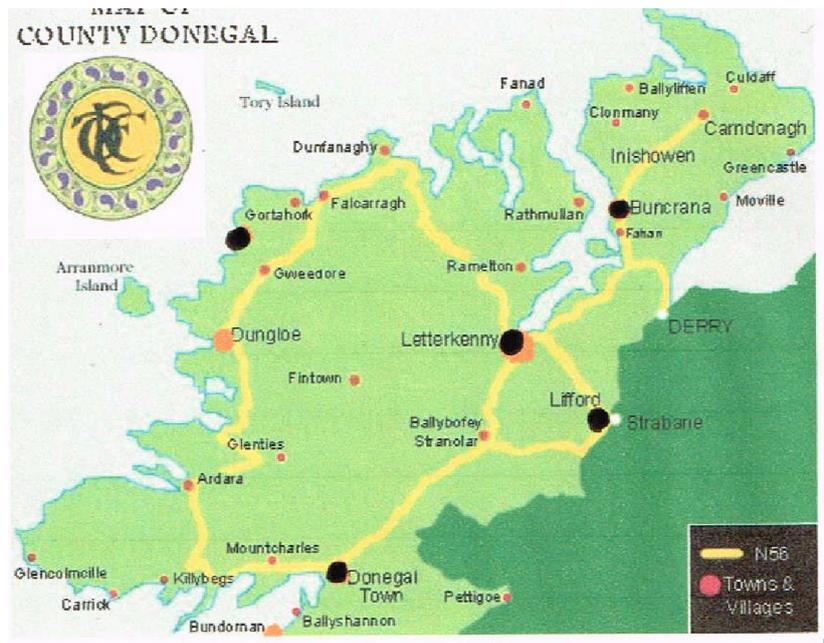
Volunteers -

The work of Donegal Sexual Abuse and Rape Crisis Centre would not be possible without our team of dedicated volunteers who provide SATU Psychological Support, Court Accompaniment and office support. Many thanks to:

Marie Morris
Niamh Brogan
Connie Lynch

Where to find us

(Centres marked in black)



In 2011 the population in Co. Donegal reached 160,927 citizens living in the county which is an increase of 9.3%.

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

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

We are based in Letterkenny with 4 Outreach Centres:

- Donegal Town (*Monday Mornings*)
- Buncrana (*Friday all day*)
- Lifford (*Wednesday Mornings*)
- Derrybeg (*Friday Mornings*)

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

Solus Cancer Care Centre, Donegal Town

Ardaravan Medical Centre, Buncrana

Lifford Community Hospital, Lifford

Bunbeg Medical Centre, Gweedore

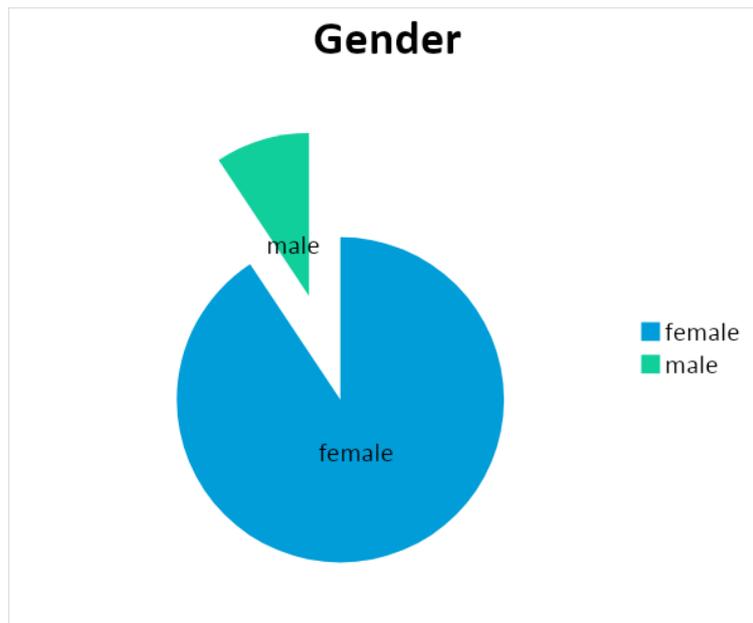
Extended Opening Hours

We extended our opening hours to help meet the needs of service users. We offer late opening in Letterkenny on Thursdays until 7pm.

Referral Sources:

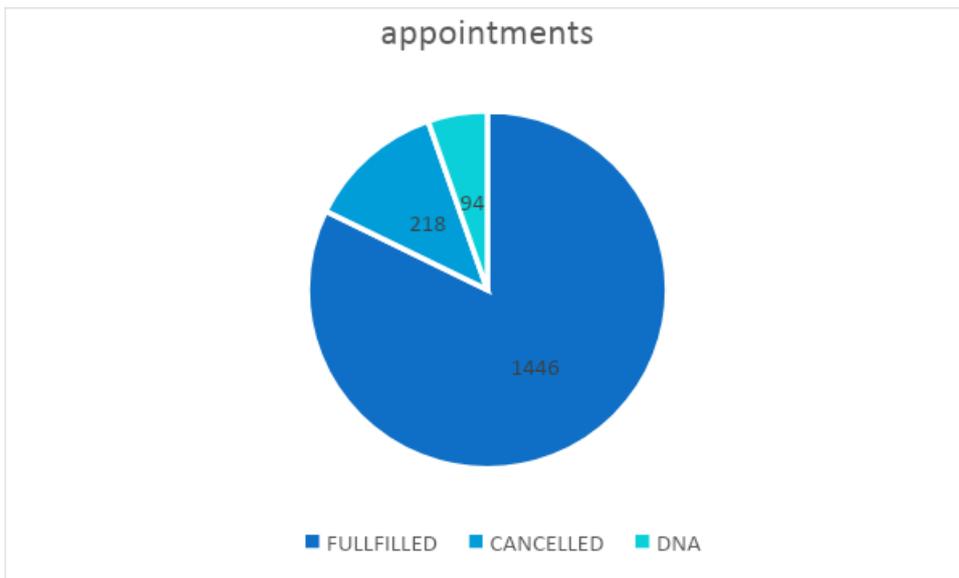
Health	Justice	Community & NGO	Family/friends	Teacher/ youth worker	Other
Counsellor	Gardaí	Other voluntary organisation	Friends/relations	Teacher	Clergy
GP	Refugee legal services	Refugee		Youth worker	Hostel
Hospital		Samaritans			Media
Psychologist		Women's Aid			Other
SATU					
Social worker					
Psychiatrist					

Gender of Survivor



female	131
male	20
Total	151

Client Appointments

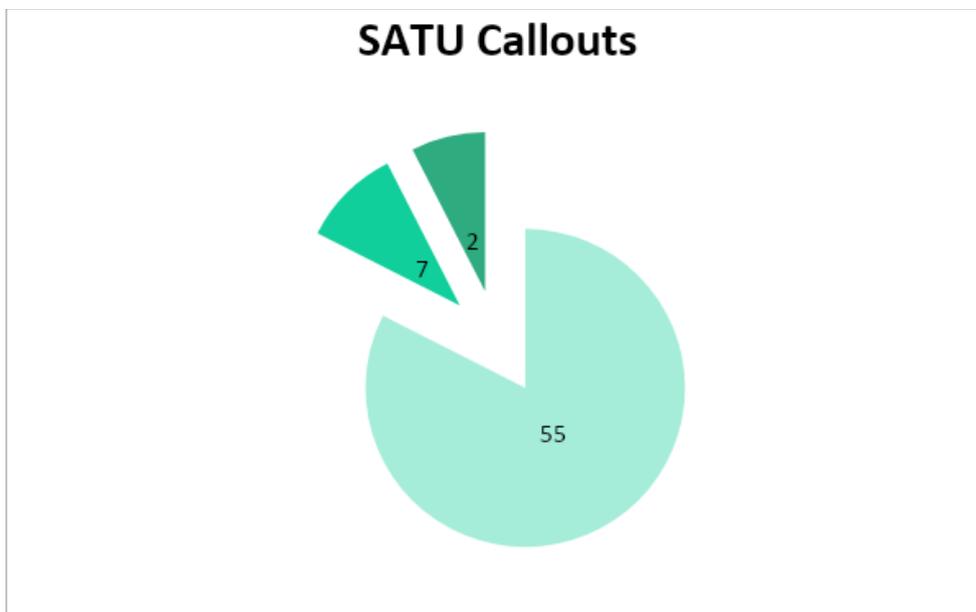


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Fulfilled		1446
Cancelled		218
DNA		94
Total		1758

1758 appointments were offered in our main office in Letterkenny and our four outreach centres and 1446 appointments were taken. We acknowledge this is a huge number of appointments to be supported by 3-part time counsellors. We have increased the appointments in 2018 by 83 extra appointments although the figures show we have 20 fewer clients in 2018 – they have stayed with the service for longer, these extra appointments were due to the extra funding from TUSLA and the fundraising in 2017 from NW10K.

SATU CALLOUTS



		Actual values in dataset
No. of callouts supported by DSARCC		55
No. of callouts unsupported by DSARCC		7
Total SATU Callouts		62

No of SATU no shows

2

We acknowledge our Statistics and that of SATU may differ. Due to lack of resources the DSA+RCC did not always have Psychological support available and therefore was not contacted by SATU. We therefore have not included this in our statistics.

Raising Awareness

We are committed to raising awareness about sexual violence, its' effects, how to access available supports and information of socialising safely to our community. This takes the form of workshops and information presentations to second level schools, training facilities, youth and community projects and third level institutions. We also host information stands at community events to reach a wider audience.

3rd Level Talks

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

Fundraising

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

We ran a quiz in October and had a raffle at Christmas.

Fundraising on our behalf

We are fortunate to receive support from our community. In 2018 we were the recipients of funds from:

Service users and their families for which we are grateful.

Donation box

Tusla Domestic, Sexual and Gender Based Violence Services			
Finance Reporting Form 2018			
Income and Expenditure Account		Period: Jan - Dec 2018	
Name of Group/Organisation:			
INCOME	Amount €	EXPENDITURE	Amount €
<i>Opening Balance</i>			
		Salaries & Wages (Gross) incl Premium	180,109.00
Tusla funding	230000.00		
		Overheads	
Donations + fundraising	4949.00	Travel & Subsistence	4,185.00
RCNI court + Garda Accompaniment	7400.00	Transport	
		Insurance	3,061.00
		Rent	17,194.00
		Heat, Power and Light	1,984.00
		Maintenance & Repairs	691.00
		Telephone+ Internet	3,020.00
		Printing & Stationery + postage	2,584.00
		Training	1,470.00
		Advertising + subscriptions	1,538.00
		Bank Charges	380.00
		Supervision	2,210.00
		Professional Fees	3,790.00
		Other Expenses	828.00
		Charitable Donations	200.00
		Depreciation	1,431.00
TOTAL INCOME	242,349.000	TOTAL EXPENDITURE	224,675.00
		CLOSING BALANCE	17,674.00

Contact Details

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

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

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

Website: www.donegalrapecrisis.ie