

2019

ANNUAL REPORT

SLIGO

RAPE CRISIS
CENTRE

Sligo Rape Crisis Centre | 2019 Annual Report

Contents

Thank you	1
Company Overview	2
Vision, Mission, Principles and Values	3
Chairperson's report.....	4
Chief Executive Officer's report.....	5
Volunteers and Staff	6
Statistical Information.....	7
Finances	9
Appendix 1 Statistical Information	9
Appendix 2 Financial Information	30

Thank you

Our work would not be possible without the generous support we receive from our key funders TUSLA, represented by Mary Roche and Ann Ryan from the Department of Sexual and Gender-Based Violence (DSGBV) Team. It is important to acknowledge that the Irish Government funds and plays a vital role in supporting our core counselling services and helps provide our additional trauma recovery-informed treatment and prevention services.

The primary acknowledgement is to the work of the frontline volunteers and staff who provide high quality support services in the Sligo Rape Crisis Centre. This report shows the committed and consistent work that takes place day-in and day-out at our service locations in the region.

Special thanks is due to the Board of Directors, all of whom give their time and expertise voluntarily. They work away quietly and largely unseen, strategically directing and supporting the frontline workers, through a small centre staff team. The basis of this 2019 report is the dedicated and consistent work of the volunteers, staff and funders of the Sligo Rape Crisis Centre.

We compile and collate accurate data on all our activities and work with our clients. The information gathered ensures that our service activity can be used to highlight the important work taking place in how we support survivors of sexual violence and their supporters. It is also an important tool that measures how we use limited resources to best meet the areas of greatest need. This report outlines the work done across the range of specialist services we offer. These include our helpline, one to one counselling, information, advice, advocacy, and prevention work. Our services facilitate meaningful partnerships between service users, volunteers, counsellors and professionals with an increasing focus on trauma recovery. Government funds play a vital role in supporting our core counselling services to develop and provide additional trauma recovery informed services.

Finally, there were a number of individuals who gave their time and expertise.....

Carmel Mc Namee DVAS manager. Des Murrow at DM computing. Noel, Sylvia and Des at Noel Walsh Accounting. Jackie Locke, book-keeping services. Declan Jones at westward property. Elaine Coghill at Hickey Coghill Solicitors. Our good neighbours at Andersons bar and venue.

Company Overview

Directors:

- Chairman: Parvez Butt
- Secretary: Helen Barr
- Treasurer: Bernie Linnane
- Human Resources: Suzanne Donnelly
- Marketing: SORCHA O CARROLL

Auditors: Noel Walsh Certified Accountants, Sligo

Bankers: Bank of Ireland, Sligo

Solicitors: Hickey Coghill Solicitors, Sligo

Registered Office: Kempton House, Kempton Promenade, Sligo.

Company Registered Number: 256271

Registered Charity Number: 12194

Vision

- The Centre provides a safe, free, confidential space for survivors of child sexual abuse, rape and sexual assault, where adults and young people, male and female, can explore and access support with the legacy of issues resulting from their traumatic experiences.

Our Mission

- Our mission is to create a safe place for counselling those who have experienced sexual violence recently or in the past, and provide advocacy as required. We provide awareness and training to support other agencies who are working with survivors. We are committed to challenging the tolerance and existence of sexual violence.

Our Principles

- Sexual violence in all its forms is an abuse of human rights and should never be accepted.
- To provide a model of good practice in SRCC and for our clients.
- To ensure clients are treated with respect and dignity.
- To underpin our work with the following values: empowerment, equality, inclusiveness and mutual support.
- To take a proactive approach in the area of sexual violence; providing education on the dynamics behind sexual violence, the effects upon survivors and society's reactions.

Values

- Person-centred
Our services are focused on the needs of our clients. Our aim is to be empathetic and to offer a friendly and welcoming environment.
- Equality
We do not discriminate against anyone, treating everyone equally and value the input of everybody working for Living Life Counselling.
- Respect

Sligo Rape Crisis Centre is a non-judgemental service where all clients, volunteers and staff are treated with respect and dignity.

- Quality

We offer a professional, honest and transparent service with integrity based on best counselling standards.

Chairperson's report

Most people would agree that the ability to plan is a key factor in success. The role of the Board of Directors is to steer an organisation in the right direction, by strategically planning with care, to ensure the best outcome for the organisation. If we develop a plan, we plan to develop. 2019 has been about service development and change. With planning and development comes the responsibility to reflect as an organisation. Reflection has formed a key part of the strategic work we have done this year. We have kept a close eye on the vision, mission and the important values that have of person-centred services, equality, respect and quality. Our services are focused on the needs of our clients. The volunteers and staff support the clients, and the board support the management structure to do this.

The strategy we undertook this year, was the result of objective evaluation, reviewing the progress of the organisation, and looking at all the parts that make up Sligo Rape Crisis Centre. It involved the board and the organisation being involved in a process not dissimilar to the one our clients go through on a regular basis. We looked at our strengths and weaknesses, what would help us all grow and flourish. It was a challenge, holding opinions from opposite stand-points, often conflicting ideologies, to reach a common good that was sustainable with a view to finding a place we could move forward from and develop as an organisation. We observed what is happening in the service, we looked carefully at what might be holding us back. Then we were able to see the potential for our future growth and direction. For most organisations, ourselves included, this is a positive process of change.

As Chairman I was encouraged that the while the process of organisational development was taking place, client services continued smoothly even though difficult times. I would like to take this opportunity to thank the volunteers, staff, my colleagues on the board of Directors, and our loyal funders TUSLA for all showing their dedication and commitment to the Sligo Rape Crisis Centre. This has been especially evident during times of death, grief, upset, resignations, redundancy and retirement, the service to our clients never faltered.

I always think it is the sign of a resilient organisations that keeps going, providing a high quality services while undergoing significant structural and directional change. It has required a

safe pair of hands, experienced and steady leadership. This is one of the many benefits the Sligo Rape Crisis centre now has in its reconfigured board and new CEO.

As 2019 ends and 2020 begins, we have a clear set of governance principles that guide and inform our strategic and operational decisions. We have grounded values and principles which help review how we have been, monitor our progress and help set our sights on the future. Our mission, values, and principles are the guiding lights to our service, ever reminding us of our responsibilities to the clients we serve. Well done on another successful year at the Sligo Rape Crisis Centre.

Parvez Butt

Chairman
Sligo Rape Crisis Centre.

Chief Executive Officer's report

As I write report the Coronavirus has arrived on our shores. I need to thank our volunteers, counsellors, staff, board members, TUSLA, and business partners for being there for our organisation and the clients we support. Never before have we have we experienced times like these, where our ability to respond has been so important to our clients. Our focus is on providing the best possible continuity of service to our clients in this time of uncertainty. Like most public services we are balancing our client's needs with the need to maintain the greater public health. Our vision, mission and values are really coming into their own as we respond to the health crisis. I am really impressed how everyone is working together for the greater good.

We continue to do what we have done throughout all of 2019, we have provided a safe, confidential space for survivors underpinned by safe and effective client work. Our values of person-centredness, equality, respect and quality are the cornerstones of our service. They are concrete standards that apply every day between our volunteers, clients, staff members, and the board of directors. They are key to the work that we do, and the way that we relate to each other.

It is a privilege to be associated to with an organisation that does such important work for some of the most vulnerable and marginalised members of our community, and that does it to the highest ethical and professional standards.

I know the Sligo Rape Crisis Centre high standards for itself in terms of governance and service delivery and that in 2019, as in other years. With a new organisation restructure implemented in 2019, it has consistently risen to the challenge with a combination of confidence, efficiency, and integrity. It is an honour to be part of a team that works so well in the interests of those who need our services.

David Madden
Chief Executive Officer

Sligo Rape Crisis Centre

Volunteers and Staff

Sligo Rape Crisis Centre relies on the support and expertise of a very small number of employees (traditionally part-time), volunteers and paid counsellors. In 2019, the significant numbers were three staff, four volunteers, five counsellors and five volunteer board directors. Seventeen people were directly involved in helping the organisation provide its services to the local community.

Service Locations

We cover the Sligo, Leitrim, and West Cavan area. The offices at in Sligo are open from nine AM to five PM Monday to Friday. The offices in Carrick-On-Shannon are open five days a week, and are used for counselling on two of those days. The office in Manorhamilton is open for a half day per week. We offer counselling, helpline services, support and advocacy, and help raise awareness of the issues around sexual violence. Our small and dedicated team keeps the service running all day, every day. The three main areas of service are on-going clinical support to counsellors, day-to-day operations and administration.

Staff

In 2019 we had an unusual amount of changes in personnel over the year, particularly for a small organisation. In June the outgoing Chief Executive Officer (CEO), Trish Flynn resigned, and in July the new CEO, David Madden took up the post. In April the outgoing counselling co-ordinator Gilla Cornelius retired and in mid-July her successor Danielle Neely began to work in the role. In August the Administrator of the centre Elaine Hanson was made redundant after twenty years of dedication to the service.

Volunteers

The Centre is guided by a loyal and hard-working board of volunteer board member directors. Each member of the board brings a wealth of knowledge, from a diverse work and life experience, to the Sligo Rape Crisis Centre. Board members have expertise in areas ranging across accountancy, corporate governance, compliance, marketing and human resource skills. The Board met nine times in 2019 and there were additional meetings for the sub-committee on human resources and the AGM.

Board Volunteers

In 2019 we saw the departure of two valued members of the board. Kate Duke stepped down from the board in May after fifteen years dedicated service. Also in May Sharon Conway stepped down but continues to be involved in her counselling role. We had the privilege of having Helen Barr and Sorcha Carroll join as new board members in July.

Counsellors and Volunteers

The counselling services offered by the Centre are provided by volunteer counsellors and some paid therapists. In October, Suzanne Connolly stepped away from the organisation, having served on the board and worked as a counsellor for many years. In December counsellors

Ursula Devaney and Aideen Lavery handed in their notice after years of dedicated service. Our volunteer and sessional counsellors are all members of the major counselling and therapy accrediting bodies in Ireland, including the Irish Association for Counselling and Psychotherapy (IACP), the Irish Association for Humanistic and Integrative Psychotherapy (IAHIP), and the British Association of Counsellors and Psychotherapists (BACP).

Statistical Information

The information in this report is compiled from statistics gathered by our center throughout the year. Many thanks to Danielle Neely and Sylvia Farkasovska for compiling these figures, and many thanks to all the volunteers and counsellors who submitted their statistics on each client to make these possible.

Overall the figures for 2019 are slightly up on the 2018 figures, with some slight variations up and down throughout the range of detailed statistics presented.

Figure numbers: For a diagram illustration of figure numbers i.e. figure 1.1 please refer to Appendix 1 at the back of this annual report.

Face to face client information.

This information relates to figures from both survivors and supporters of survivors using our service.

- Figure 1.1 The percentage of Supporters has slightly decreased to 11% compared with 13% in 2018, Survivors make up 89% of clients.
- Figure 1.2. There has been a slight decrease in the number of men availing of our service from 13% in 2018 to 9% in 2019. 91% female.
- 1.3 The percentage of clients seen by staff and volunteers remains similar to 2018. 75% staff, 25% volunteers.

Survivor Information

The following figures provide demographic information on the survivors accessing our face to face counselling services.

- Figure 2.1 Legal status. The percentages of client's legal status has remained similar to 2019. 63% Irish, the remainder EU and non-EU.
- Figure 2.2 Country of origin. The percentage of people engaging with the service from African and Non-EU countries has remained the same due to our specifically targeted group work programme during 2018. Place of origin 64% Irish.
- Figure 2.3 Age category. In 2019 5% of our clients were under 18, 49 % of our clients were over 18 and under 44, and 36% over 44, similar to previous years.

- Figure 2.4 Sexual orientation. Predominantly heterosexual. There was no substantial change in figures for 2019.
- Figure 2. Disability figures. 5 9% with chronic illness, 74% without disability. There was no substantial change in figures for 2019.
- Figure 2.6 Location of residence. In 2019 area of residence was 62% Sligo, 38% other neighbouring counties. The number of clients from Leitrim increased from 17% to 23%.
- Figure 2.7. Educational level. 41% third level educated, 14% third level, and 6% professional.
- Figure 2.8 Housing type. Figures 2.7 and 2.8 show that a wide cross section of our community uses our services from all educational and social economic backgrounds.
- Fig 2.9. Reports to the authorities. 40% of case are not reported, 19% are reported. Figures have remained the same in 2019.

Sexual Violence Information

- The following figures refer to the type of sexual violence experienced by the survivors availing of our face to face counselling and support services.
- Figure 3.1. Types of violence experienced. In 2019 39% of our clients had experienced adult sexual violence, 35% of our clients had experienced child sexual abuse.
- Figure 3.2 The percentage of survivors experiencing more than one form of violence remained at 70%, similar to 2018.
- Figure 3.3 Perpetrator profile. The gender profile of perpetrators remains 95% male, similar to previous years.
- Figure 3.4 Relationship of perpetrator to survivor- shows that 93% of perpetrators were known to the survivor this would mirror international statistics.

Service Information

The following figures refer to service statistics relating to how clients come to our face to face service and phone counselling, the types of services clients are using and the uptake of services in comparison with other years.

- Figure 4.1 There has been a slight increase of in the number of people attending for face to face counselling in 2019, from 145 in 2018 to 147 in 2019.
- Figure 4.2 There has been a significant increase in the number of attended counselling appointments in 2019 from 2049 in 2018 to 2356 in 2019.
- Figure 4.3 The Percentage of attended individual face to face appointments remains similar to previous years, with 85% attendance.
- 4.4 Type appointment offered. In 2019 2356 Counselling appointments were made.

- Figure 4.5 Waiting time. The waiting time for appointments has stabilised during 2019 at just over 2 months.
- Figure 4.6 Satellite centre counselling. The proportion of appointments attended in our outreach centres of Carrick on Shannon and Manor Hamilton is 10% of our overall work.
- Figure 4.7 Attended Satellite counselling appointments. There has been an increase in the number of counselling sessions attended in our Outreach Services from 312 in 2018 to 379 in 2019.
- Figure 4.8 Satellite counselling appointments by location. Showing the geographical location of attended counselling sessions within our Outreach Services.
- 4.9 Referral profile of survivors. The referral pattern to our service remains similar to previous years. Main referrers are self-referrals at 40%, with family and friends second at 10%.
- 5.0 Number and type of helpline calls. We have had increases in counselling and appointment calls from 1032 in 2018 to 1052 in 2019, and an increase in new callers from 98 in 2018 to 163 in 2019.

Finances

Directors' report (In full audited accounts)

Statement of directors' responsibilities (In full audited accounts)

Independent auditor's report (In full audited accounts)

Statement of financial activities (In full audited accounts)

Summary income and expenditure account (See appendix 2)

Balance Sheet (See appendix 2)

Cash flow statement (In full audited accounts)

Appendix 1 | Statistical Information

The information in this report is compiled using the statistics we collect from our initial assessment and each contact we have with our clients. Below is an illustration of our key areas of data collection. It gives a flavor of what we do, but not everything we do. The Main part of our counselling and helpline work is connecting with our clients in a therapeutic way, to help the healing process.

Face to face client information.

This information relates to figures from both survivors and supporters of survivors using our service.

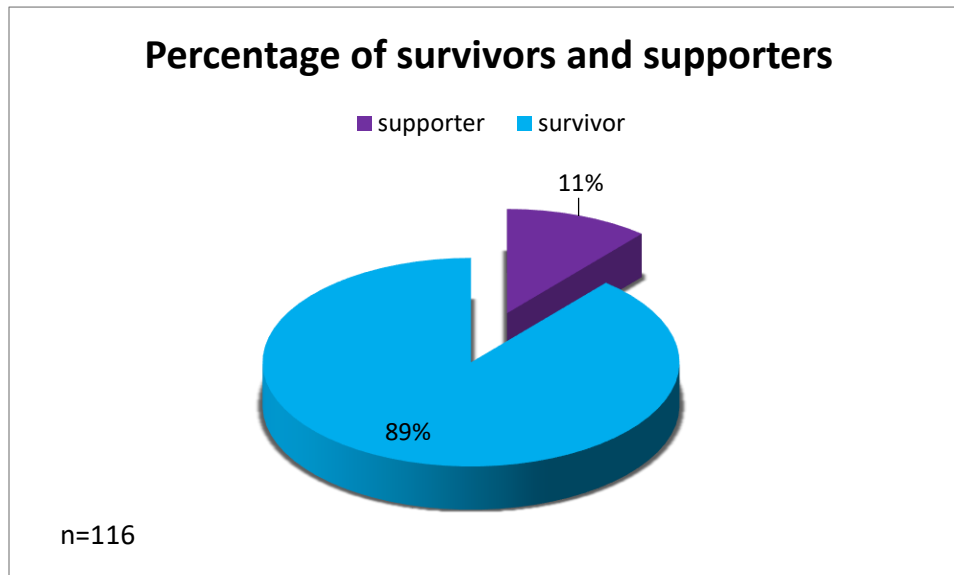


Figure 1.1 The percentage of Supporters has slightly decreased to 11% compared with 13% in 2018

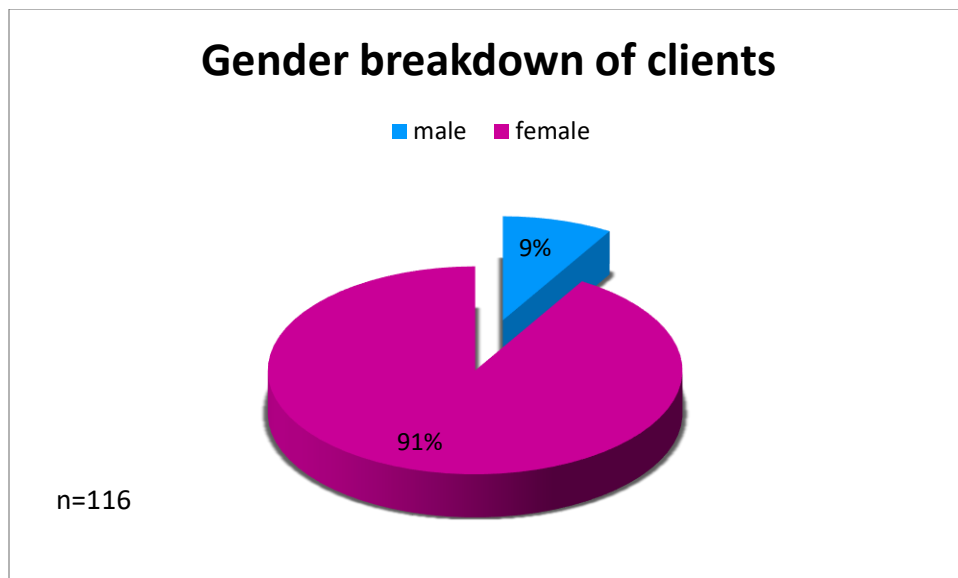


Figure 1.2. There has been a slight decrease in the number of men availing of our service from 13% in 2018 to 9% in 2019.



1.3 The percentage of clients seen by staff and volunteers remains similar to 2018.

Survivor Information

The following figures provide demographic information on the survivors accessing our face to face Services

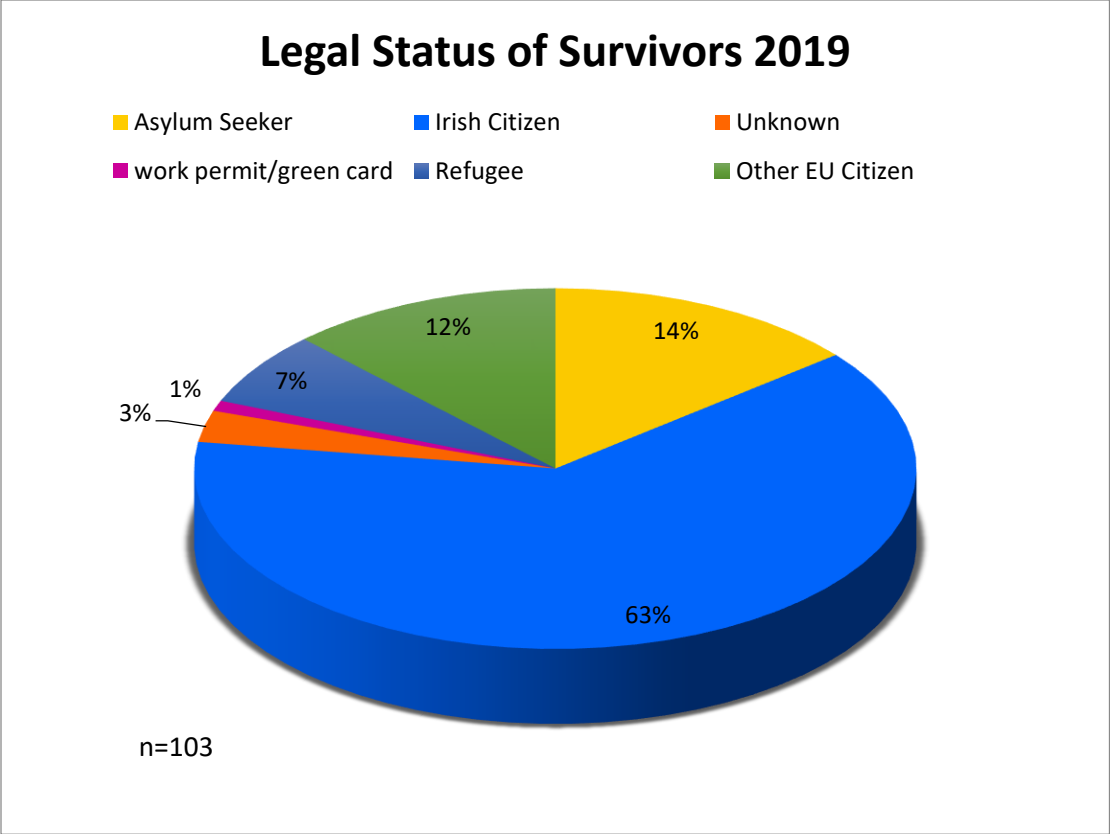


Figure 2.1 The percentages of client’s demographic information has remained similar to 2019

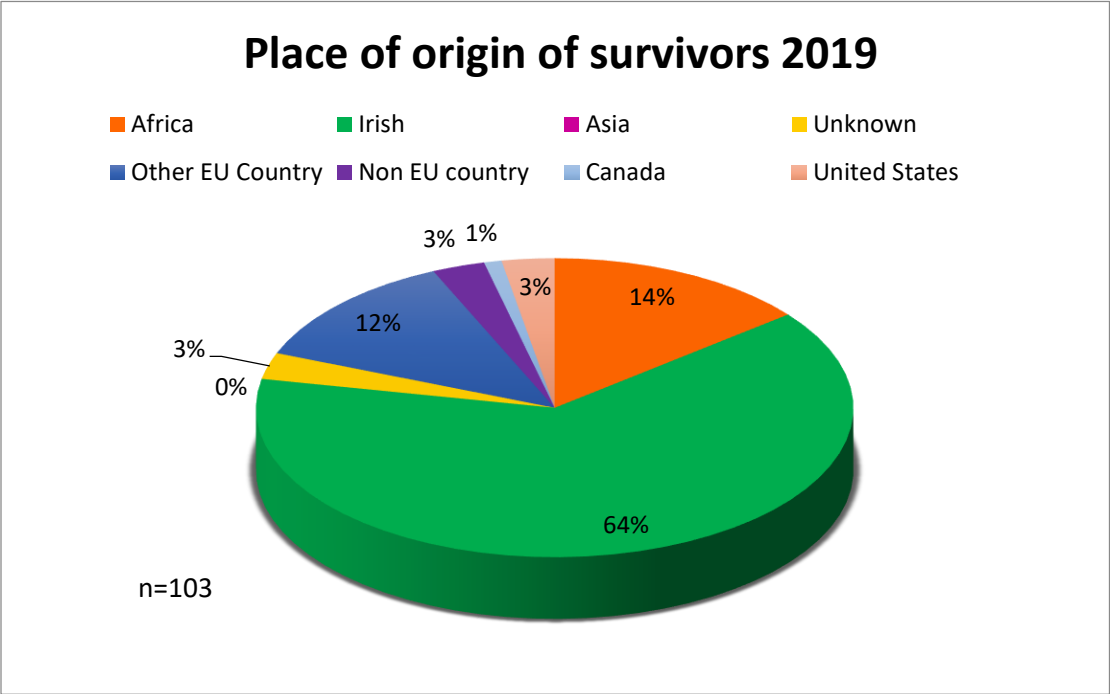


Figure 2.2 The percentage of people engaging with the service from African and Non-EU countries has remained the same due to our specifically targeted group work programme during 2018

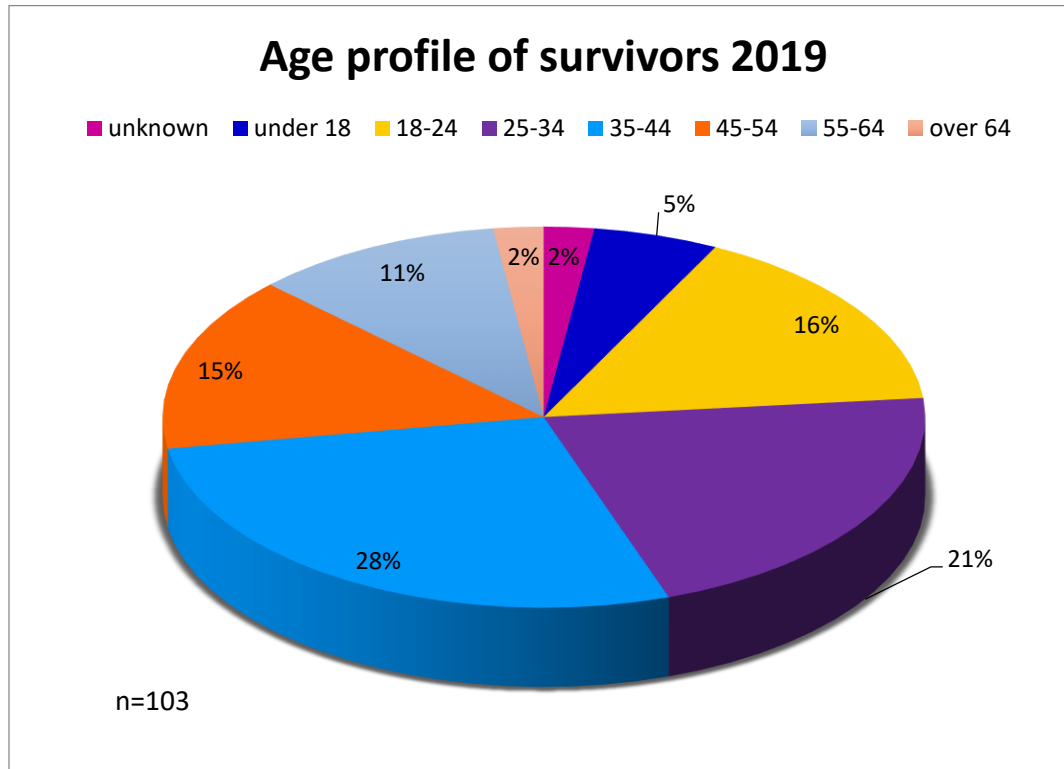


Figure 2.3 In 2019 28 % of our clients were under 44, similar to previous years.

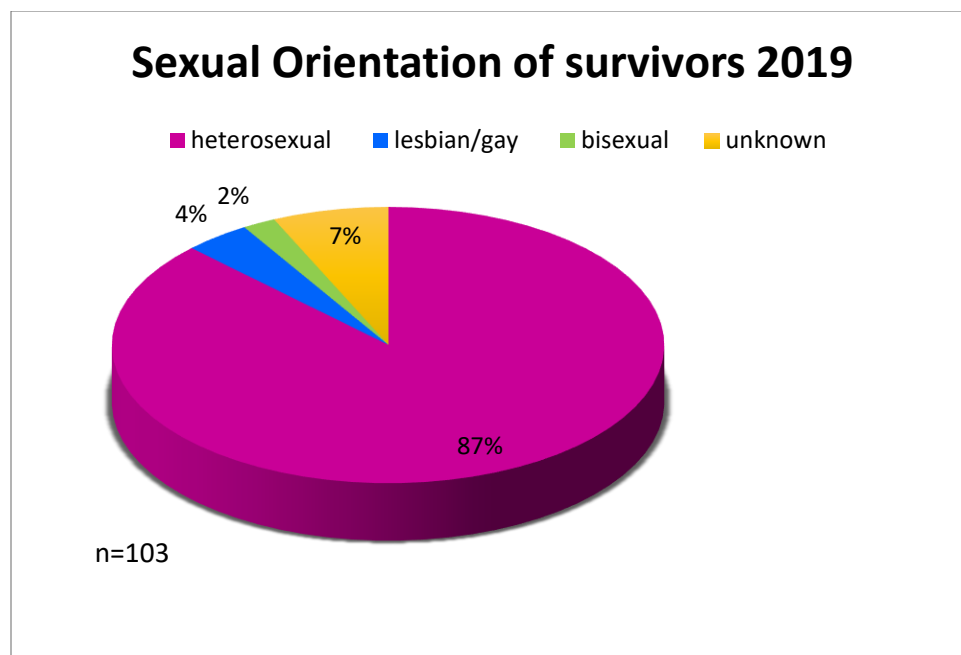


Figure 2.4 There was no substantial change in figures for 2019

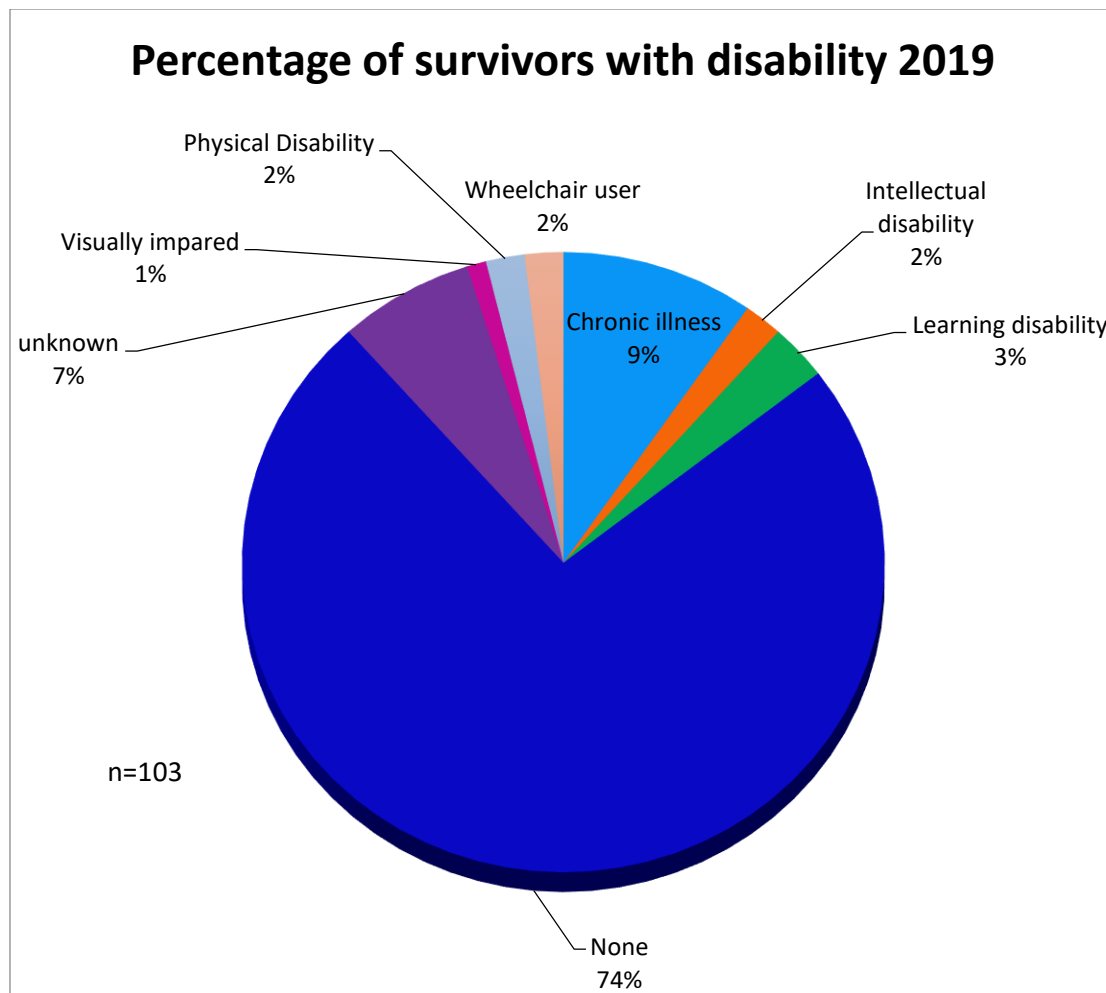


Figure 2.5 There was no substantial change in figures for 2019

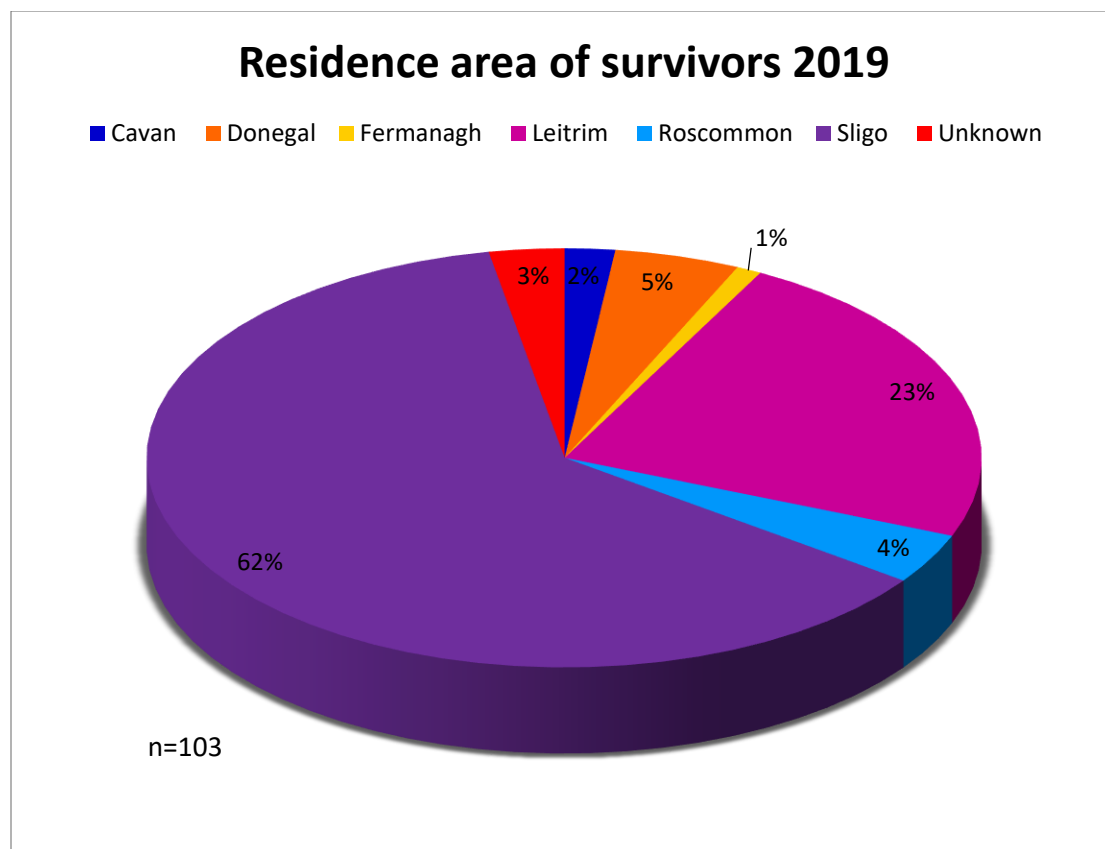


Figure 2.6 In 2019 the number of clients from Leitrim increased from 17% to 23%.

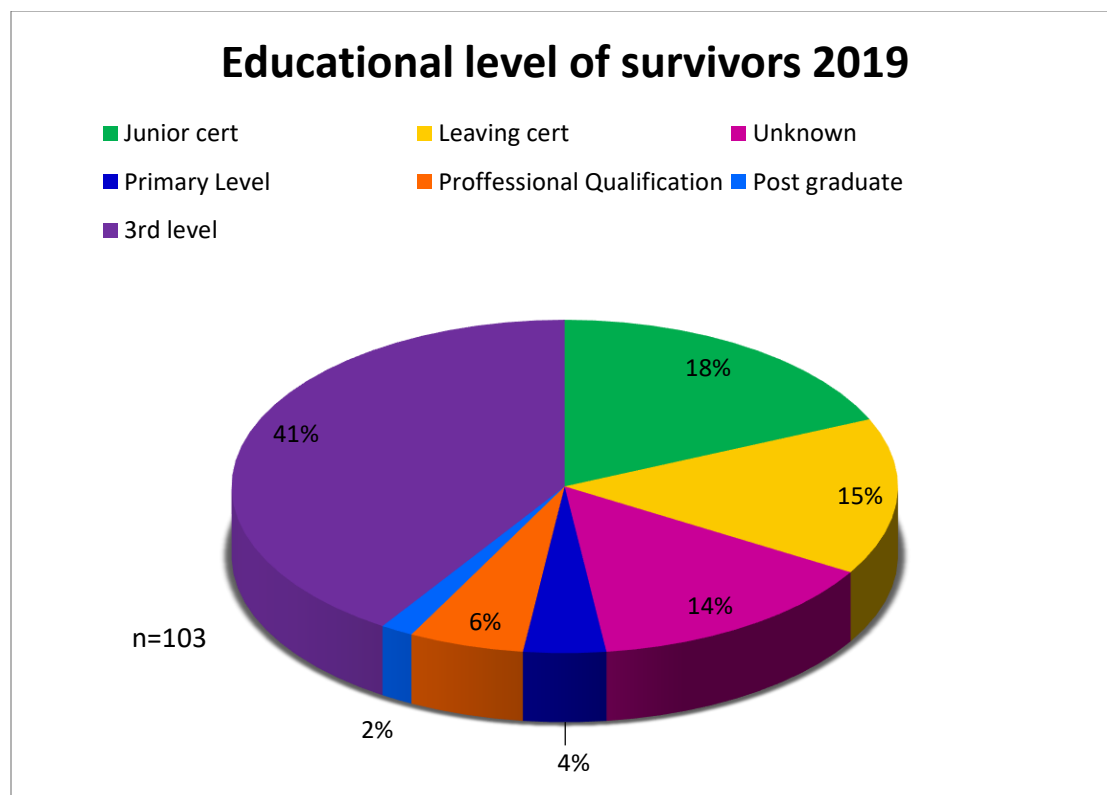


Figure 2.7

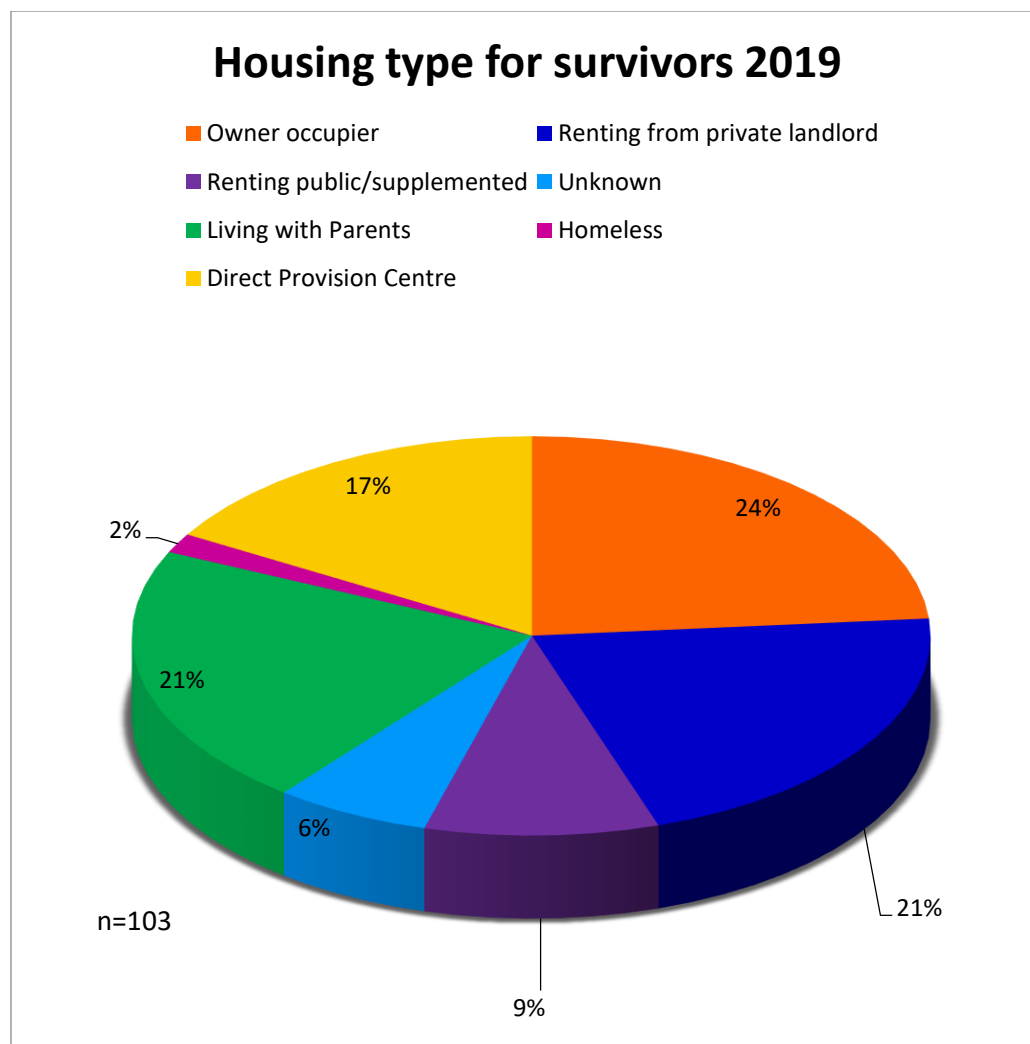


Figure 2.8 Figures 2.7 and 2.8 show that a wide cross section of our community uses our services from all educational and social economic backgrounds

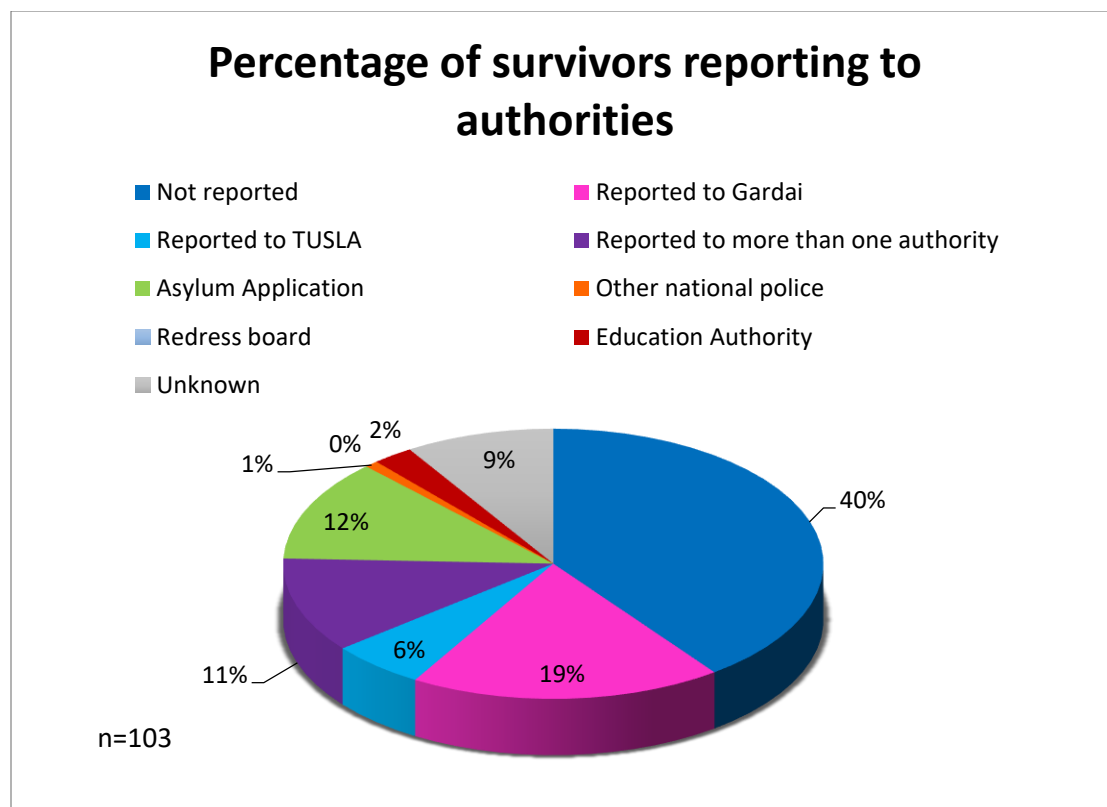


Fig 2.9 Figures have remained the same in 2019

Sexual Violence Information

The following figures refer to the type of sexual violence experienced by the survivors availing of our face to face counselling and support services

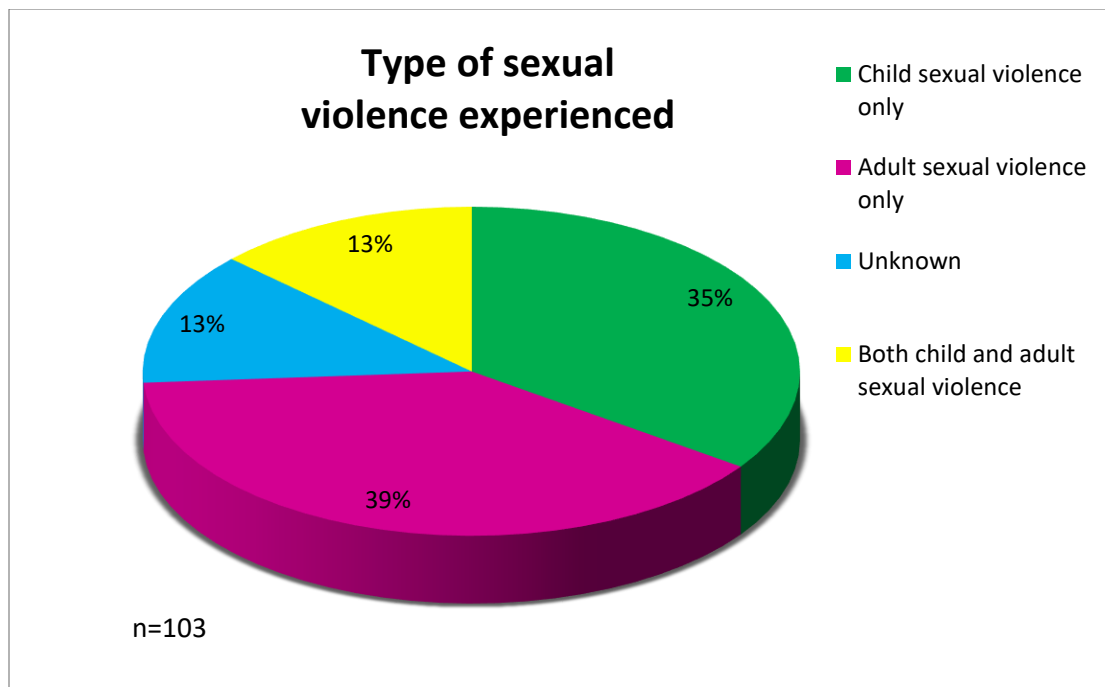


Figure 3.1 In 2019 35% of our clients had experienced child sexual abuse.

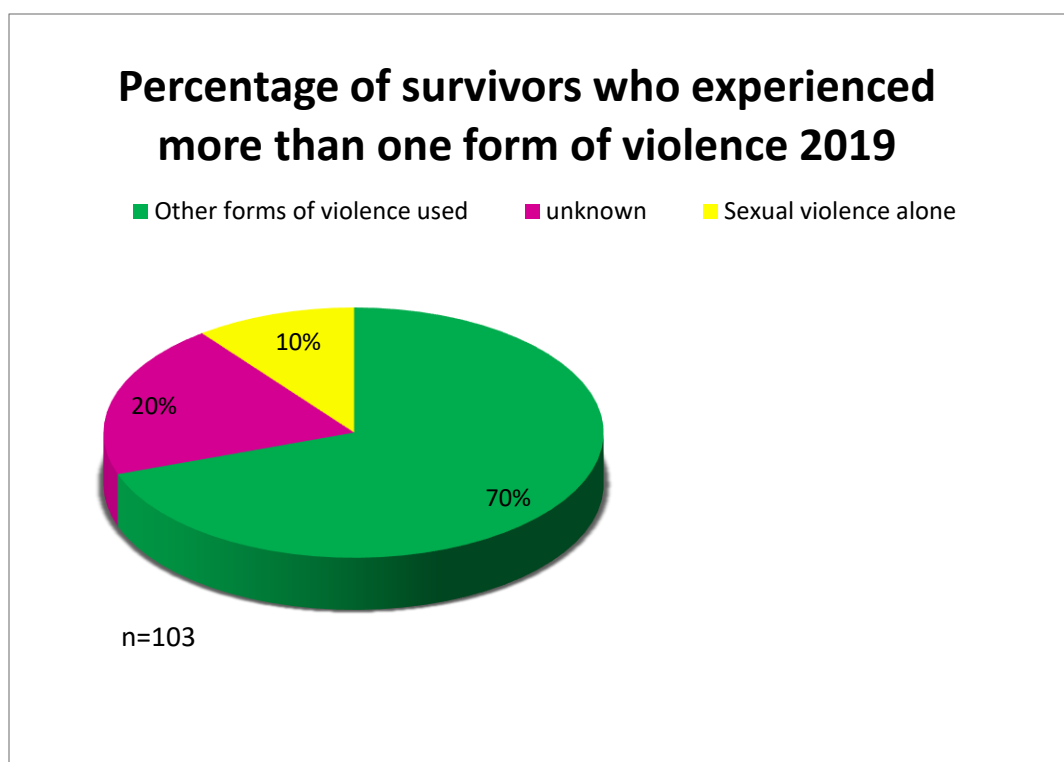


Figure 3.2 The percentage of survivors experiencing more than one form of violence remained similar to the previous year.

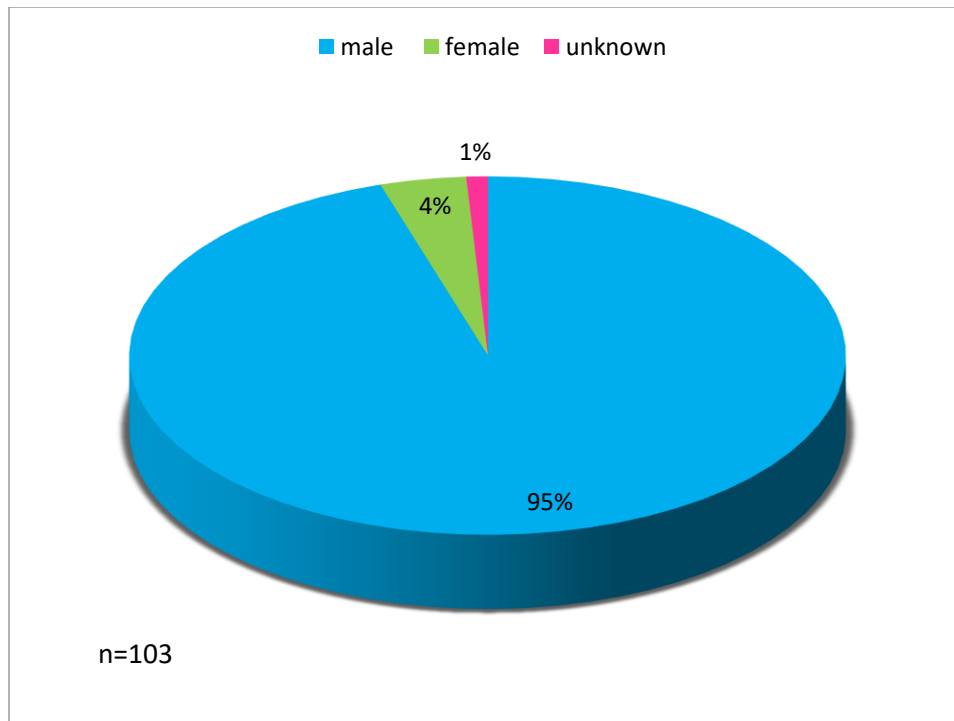


Figure 3.3 The gender profile of perpetrators remains similar to previous years

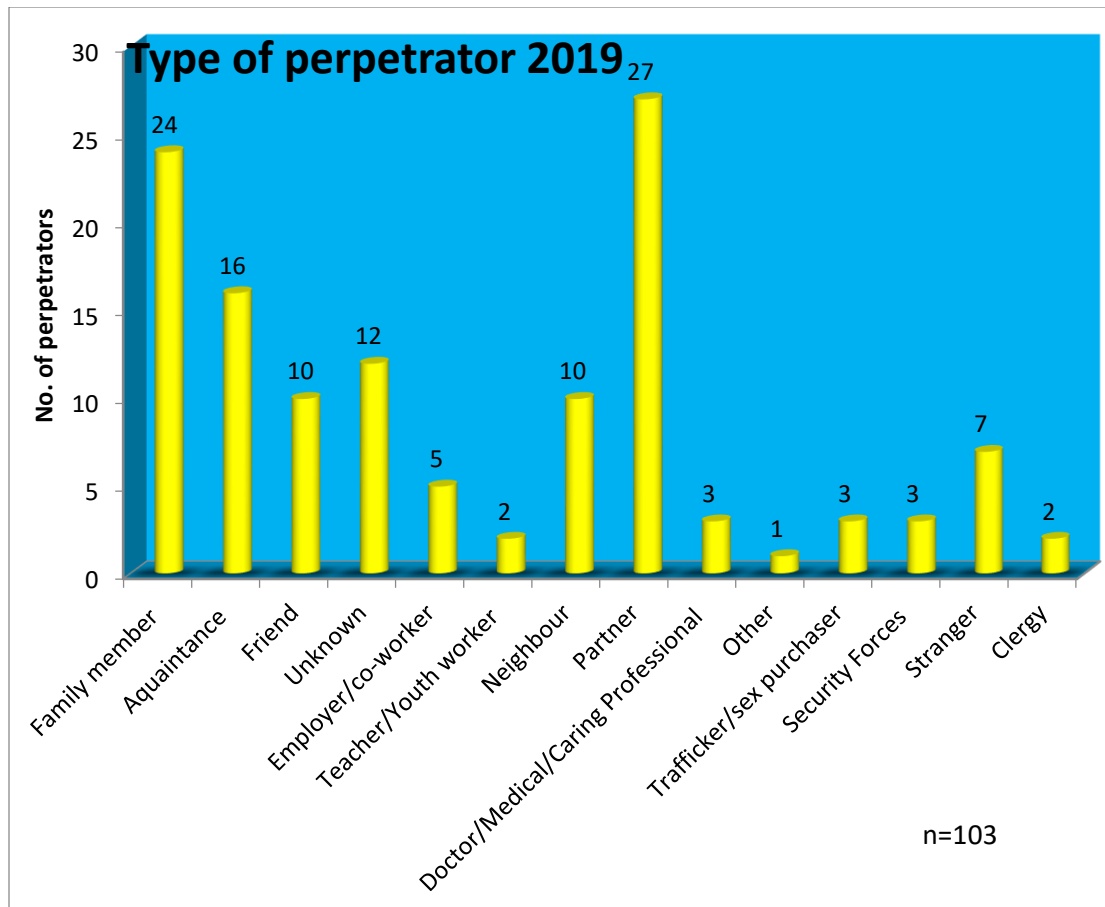


Figure 3.4 Relationship of perpetrator to survivor- shows that 93% of perpetrators were known to the survivor this would mirror international statistics.

Service Information

The following figures refer to service statistics relating to how clients come to our face to face service and phone counselling, the types of services clients are using and the uptake of services in comparison with other years

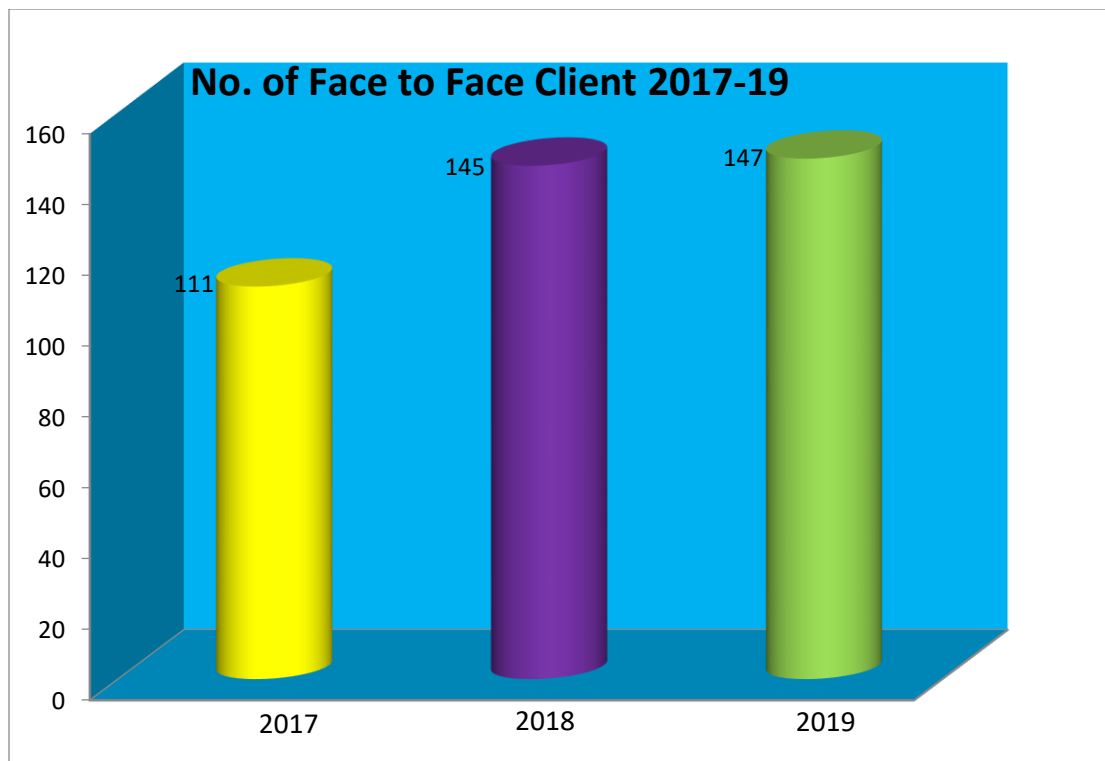


Figure 4.1 There has been a slight increase of in the number of people attending for face to face counselling in 2019

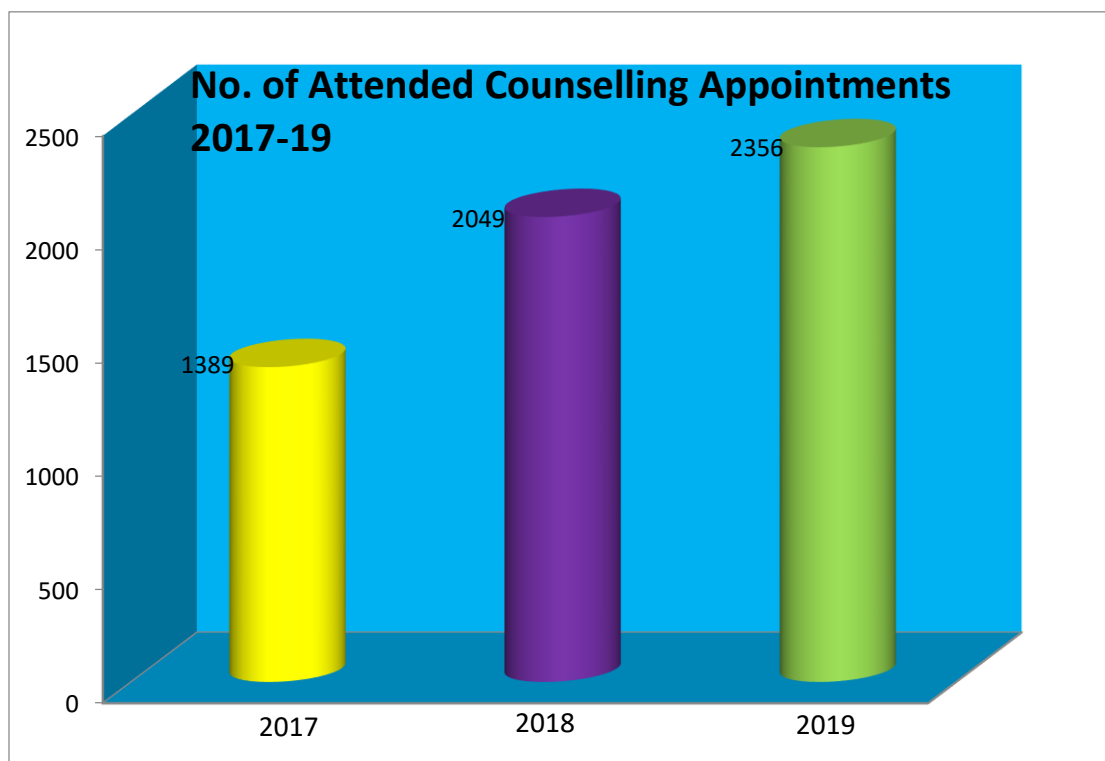


Figure 4.2 There has been a significant increase in the number of attended counselling appointments in 2019

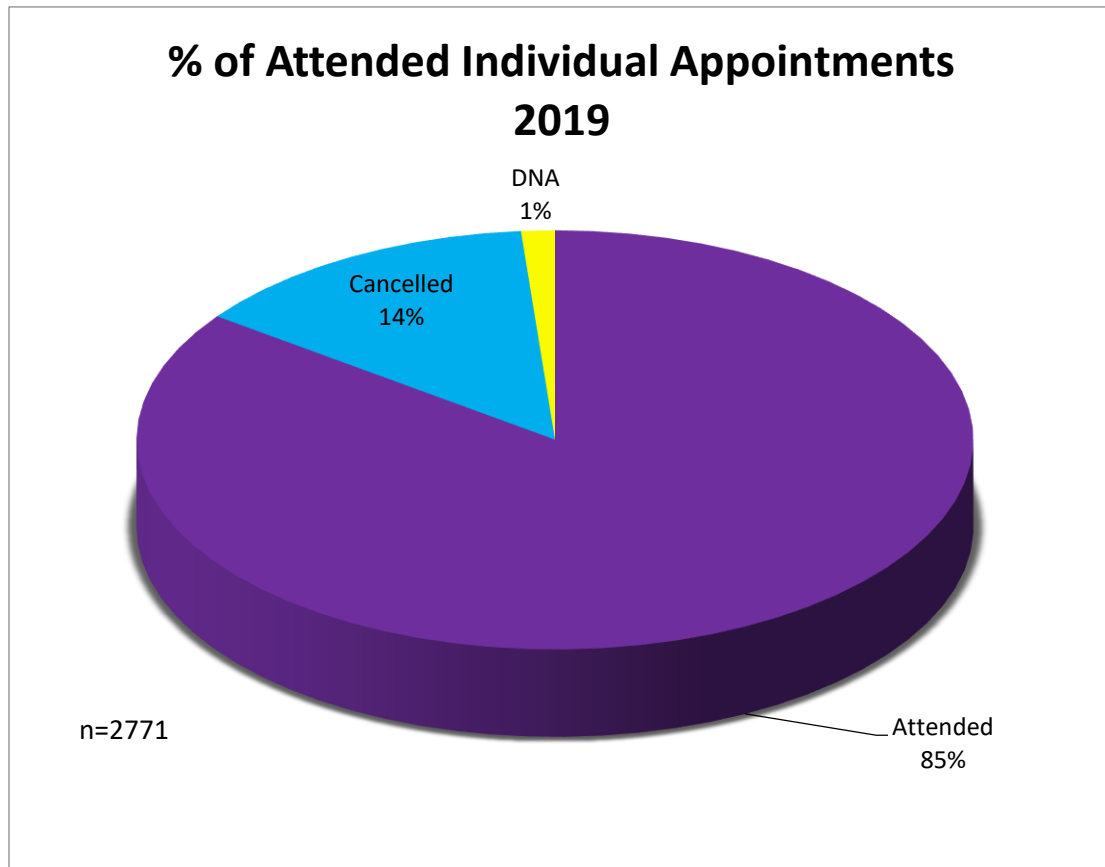


Figure 4.3 The Percentage of attended individual face to face appointments remains similar to previous years.



4.4 Type of Counselling appointment offered in 2019. Our group work decreased in 2019.

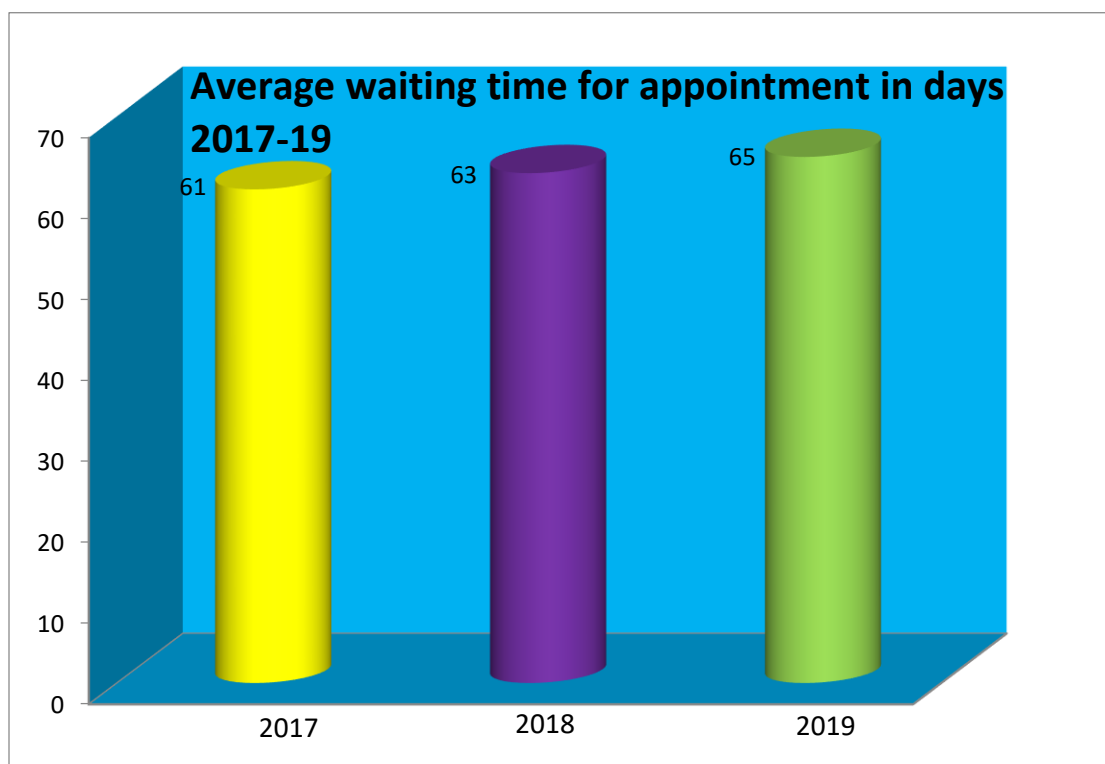


Figure 4.5 The waiting time for appointments has stabilised during 2019 at just over 2 months.

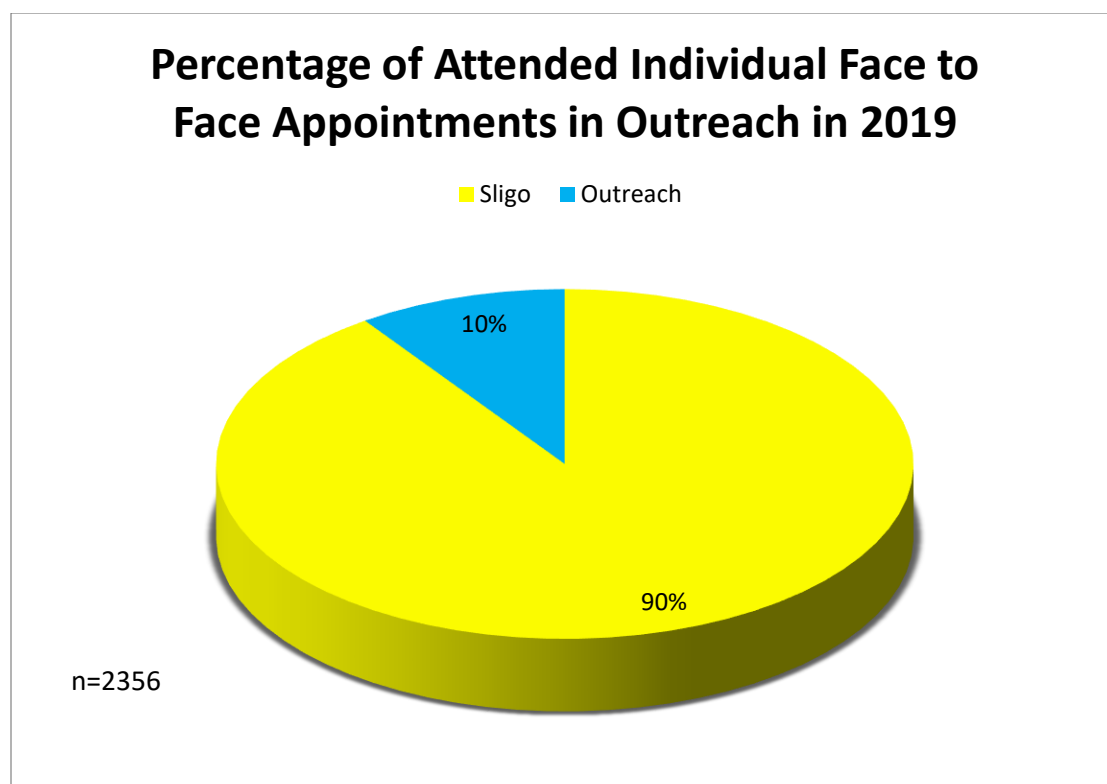


Figure 4.6 The proportion of appointments attended in our outreach centres has slightly decreased in 2019

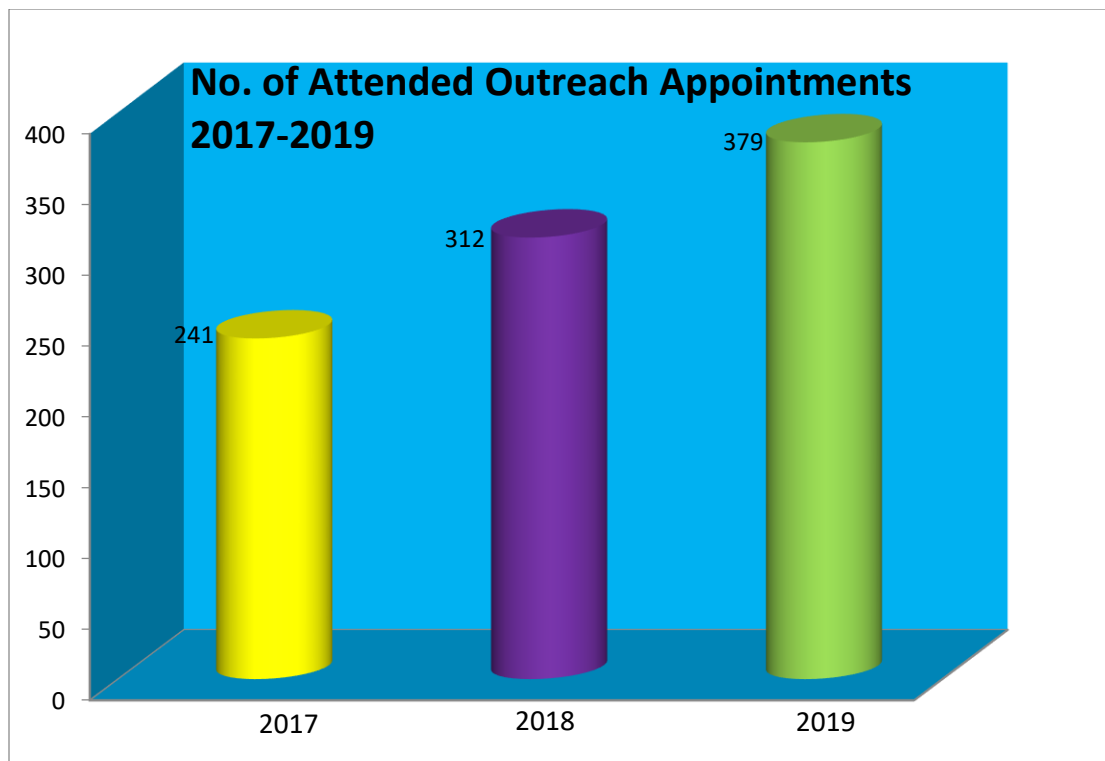


Figure 4.7 There has been a significant increase in the number of counselling sessions attended in our Outreach Services from 2017-19.

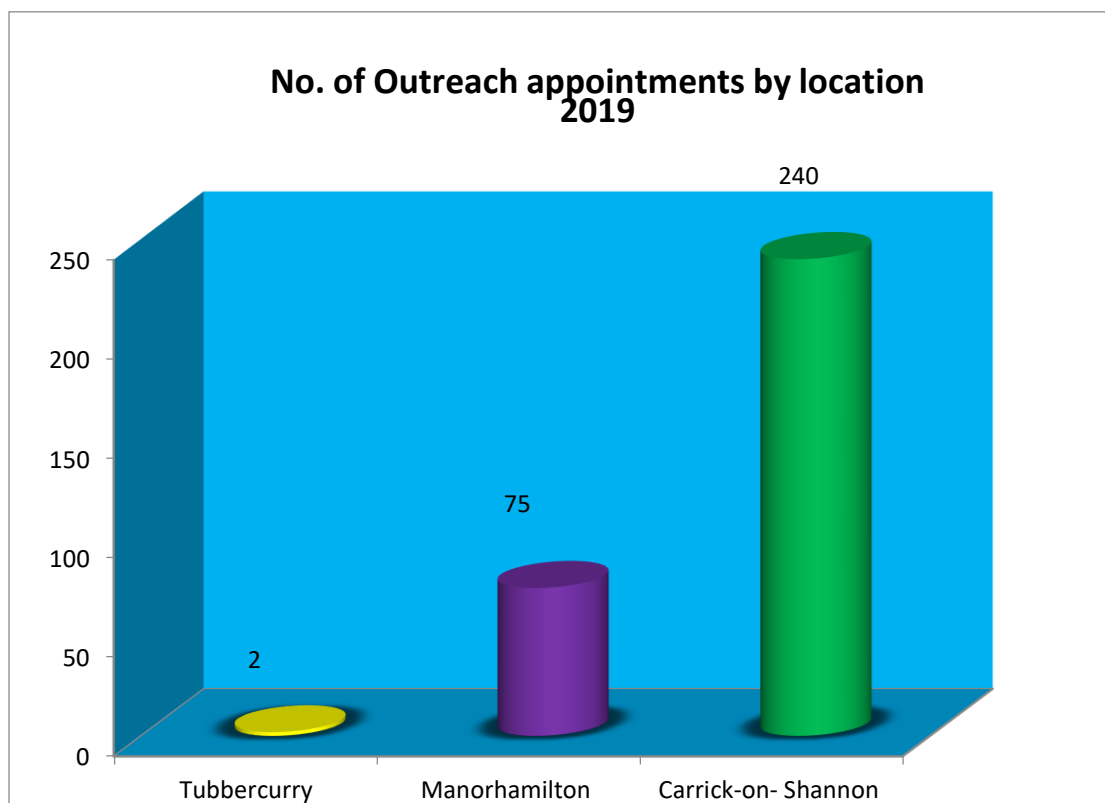
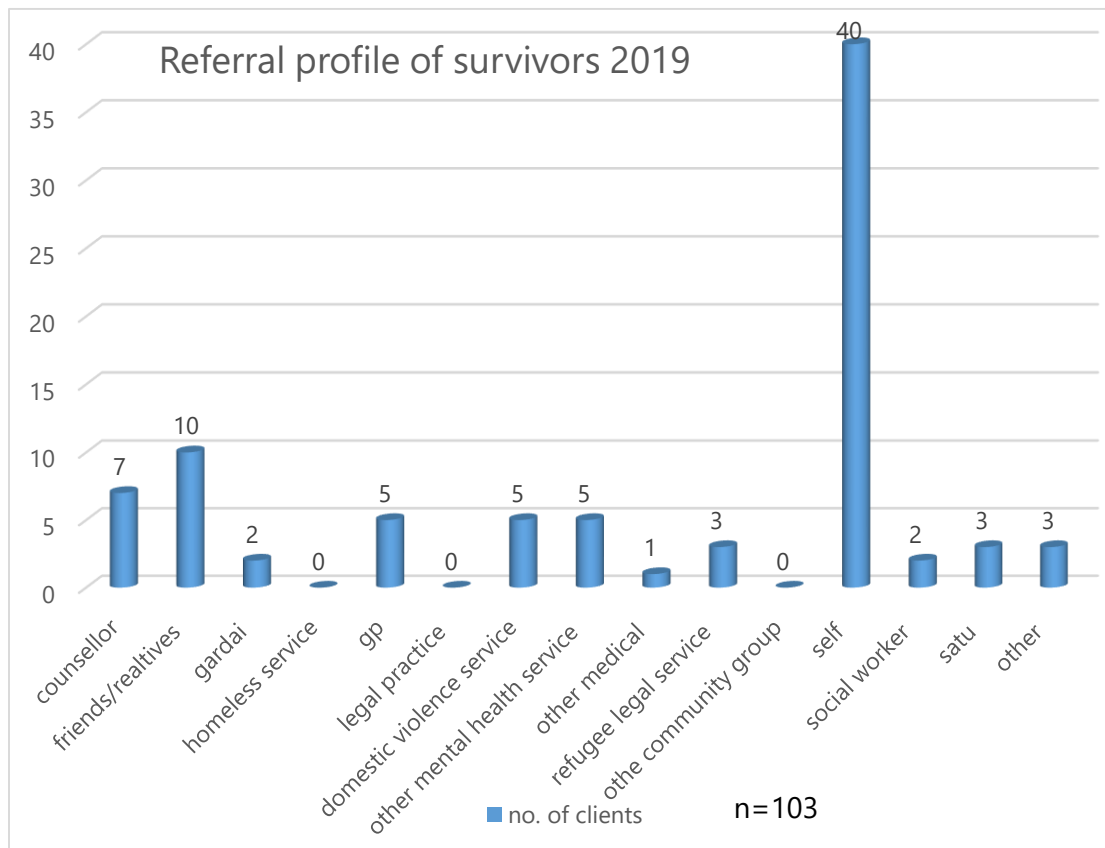
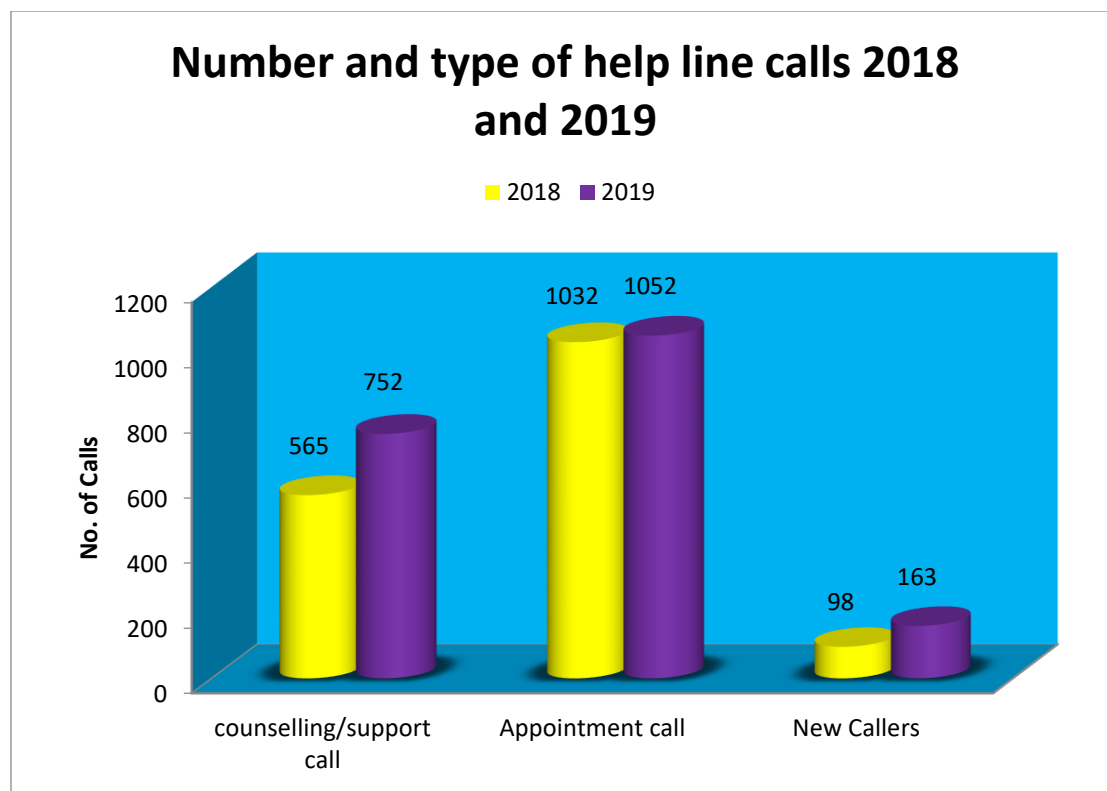


Figure 4.8 Showing the geographical location of attended counselling sessions within out Outreach Services



4.9 The referral pattern to our service remains similar to previous years.



5.0 We have had increases in counselling and appointment calls in 2019.

List of Figures

Figure 1.1 Percentage of Survivors and Supporters

Figure 1.2 Gender Breakdown of Clients

Figure 1.3 Percentage of Clients seen by Staff/Volunteers

Figure 2.1 Legal Status of Survivors

Figure 2.2 Country of Origin of Survivors

Figure 2.3 Age Profile of Survivors

Figure 2.4 Sexual Orientation of Survivors

Figure 2.5 Percentage of Survivors with Disability

Figure 2.6 Residence Area of Survivors

Figure 2.7 Educational Level of Survivors

Figure 2.8 Housing Type for Survivors

Figure 2.9 Percentage of Survivors Reporting to Authorities

Figure 3.1 Type of Sexual Violence Experienced

Figure 3.2 Percentage of Survivors who Experienced more than one form of Violence

Figure 3.3 Gender of Perpetrator

Figure 3.4 Relationship of perpetrator to survivor

Figure 4.1 No. of Face to Face Clients

Figure 4.2 No. of Attended Counselling Sessions

Figure 4.3 Percentage of Attended Appointments

Figure 4.4 Type of counselling appointment offered

Figure 4.5 Waiting Times for Appointments

Figure 4.6 Percentage of attended appointments in outreach centres.

Figure 4.7 No. of attended appointments in outreach centres.

Figure 4.8 Geographical location of attended Outreach appointments

Figure 4.9 Referral Profile of Survivors

Figure 5.0 Number and Type of Help Line Calls

Appendix 2 | Financial Information

Rape Crisis and Sexual Abuse Counselling Centre (Sligo, Leitrim & Cavan West) CLG.

INCOME AND EXPENDITURE ACCOUNT for the financial year ended 31 December 2019

Income 335,672 219,666

Expenditure (317,605) (246,333)

Surplus/(deficit) for the financial year 18,067 (26,667)

Total comprehensive income 18,067 (26,667)

Approved by the board on 4 June 2020 and signed on its behalf by:
Parvez Butt, Director.
Helen Barr, Director.

BALANCE SHEET

At 31 December 2019

2019

Fixed Assets

Tangible assets **6 18,417**

Current Assets

Debtors **7 3,803**

Cash and cash equivalents **53,638**

57,441

Creditors: Amounts falling due within one year 8 (65,412)

Net Current Liabilities (7,971)

Total Assets less Current Liabilities 10,446

Reserves

Income and expenditure account **10,446**

Members' Funds/(Deficit) 10,446

The financial statements have been prepared in accordance with the small companies' regime.

Approved by the board on 4 June 2020 and signed on its behalf by:

Parvez Butt, Director.

Helen Barr, Director.