



# 2022 ANNUAL REPORT

SLIGO  
RAPE  
CRISIS  
CENTRE

*'I have made real progress since I came to counselling,  
my life has changed for the better' - SRCC Client*

# Sligo Rape Crisis Centre | 2022 Annual Report

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*‘I am so grateful for all the counselling and help I have got over the past year’ - SRCC Client*

# Company Overview

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Trustees 01.01.2022 - 31.12.2022:

- Chairman: Parvez Butt
- Secretary: Helen Barr
- Treasurer: Bernie Linnane
- Trustee: Suzanne Donnelly
- Trustee: Sorcha O Carroll

Auditors: Accontaxassit Accountants Ltd

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

*‘With the support from SRCC  
I’ve been able to rebuild my life  
and my confidence’ – SRCC Client*

# Vision, Mission, and Values

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## Vision

- The Centre provides a safe, free, confidential space for survivors of child sexual abuse, rape and sexual assault. It is a place where adults and young people, male and female, can explore and access support with the effects of sexual violence.

## 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.

## Values

- Support  
Our support is person-centred. That means the person who needs support is at the centre of what we do. Our services are focused on the needs of our clients.
- Recovery  
We believe that the effects of sexual violence can be safely and therapeutically worked through over time, that recovery is possible.
- Compassion  
Sligo Rape Crisis Centre is a non-judgemental service where all clients, volunteers and staff are treated with respect and dignity.
- Care  
We offer a caring, professional, honest and transparent service with integrity based on best counselling standards.

*‘I feel safe coming into the building.  
I know things are getting better now’ – SRCC Client*

# Chairperson's report

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2022 has been a significant year for Sligo Rape Crisis Centre (SRCC). The centre in various locations has been successfully delivering high-quality client-focused services now for over twenty-five years, 1997-2022.

In that time, the problem of sexual violence in our society has not been sufficiently addressed. The level of acceptance of these crimes still favors the perpetrators. This is evident in the lack of government-backed interventions in around prevention, particularly in the high-risk areas among young people at school and college. It is

also prevalent in the response to institutional childhood sexual abuse. Survivors often must 'go public' to raise the issue and find justice. There is also a lack of supports around the legal process, getting timely and fair trials that protects the victims and survivors, there are sentencing variants, and a general societal complicity with these heinous crimes evidenced in low conviction rates.

But the good work continues. Having come out of the pandemic, the organisation not only recovered well, but embraced the complete easing and end of restrictions with a celebration of the center's achievements over the past twenty-five years with a range of events. These included a new book called 'Memory' celebrating the history of the centre and publishing creative writing from clients and staff. It was a way to honor the clients who have attended the centre and the staff and volunteers who have supported them. The centre also had a launch of the Kempton House refurbishment, from top to toe, making the place safer and more therapeutic. We also had an 'open' evening in collaboration with 'culture night' and launched a new and updated version of the SRCC website. In addition to expert trauma-informed services to survivors, offering over two thousand appointments in 2022, SRCC also continues its vital work in schools delivering consent and disclosure training as part of its preventative remit. The feedback is very encouraging, with increased knowledge of the law, their rights and where to get help if it is needed, has been proven in over fifteen workshops in six schools.

2023 is looking to be another productive year, with new developments in Cavan, and consolidated services in Sligo and Leitrim, all pointing to a bright future for the centre and its vital services.

Parvez Butt

Chairman,

Sligo Rape Crisis Centre

# CEO's report

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In 2022 the demand for our services grew as the pandemic ended. This was particularly true for in-person face-to-face work. This is by far the most popular service we offer. Our clients talk about the real benefits of feeling safe and connected. This is a testament to the competence of our trained counsellors working in a safe, therapeutic environment where everyone is valued.

We have begun to address the balance of our on-line and telephone counselling offering in-person counselling, as our number one option. This is based on feedback and demand. We have continued to

develop our service offerings in two locations in Cavan. In 2022 we increased our presence in schools offering a 'Manuela-based' consent and disclosure training, offering workshop to over 250 students. We continued with our group work programme for clients, offering yoga and creative writing classes. When it comes to trauma services, in addition to highly competent psychotherapy used in the centre, there are significant health benefits associated with both these complementary therapeutic interventions. To cap it all off, we completed a lengthy and cost-effective refurbishment of our Sligo premises which were well overdue a facelift. This has made all the difference.

The overall level of service has begun to level off in terms of numbers, offering a longer, more supportive service as we adapt to the changing needs of the clients. The board of trustees has been incredibly supportive of all the changes implemented over the last number of years. The pace of change has slowed a bit now, to allow focus on the quality of service to bed in. All our staff and volunteers have increased their skills and training to become more expert in the centres' culture of being 'trauma-informed,' and also being on the path of 'life-long learning.' There are always new innovations and developments in the prevention and treatment of trauma, and ways of responding the effects of sexual violence.

In 2023 we are on target to keep delivering on the new strategic plan 2023-2026, by building on the success, not just of 2022, but on twenty-five years of consistent hard work from volunteers, counsellors and staff.

David Madden  
Chief Executive Officer  
Sligo Rape Crisis Centre

*'The counselling and support have been fantastic,  
thank you so much' – SRCC client*

# Volunteers and Staff

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Sligo Rape Crisis Centre relies on the support and expertise of a small number of employees, volunteers and sessional counsellors. In 2021, there were three staff, three volunteers, three students, twelve counsellors, and six volunteer board directors. Everyone has helped the organisation provide its services to the local community.

In 2021 we had a few changes in personnel over the year. One of our board members stood down, and another new trustee stepped up on to the board. We saw the departure of two volunteer counsellors, one in Leitrim and one in Sligo, who have both moved on to new opportunities. We took on two new counselling students, and a new volunteer project worker. We took on two new counsellors in Sligo and one in Cavan.

# The Board of Directors

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The Centre continues to be guided by committed, hard-working board of directors. They have collectively steered the organisation through the unprecedented times of a pandemic, into what we can now see as a newer less-troubled waters. Each member of the board brings personal and professional knowledge to the role within the Sligo Rape Crisis Centre. Board members have expertise across wide-ranging areas such as business, accountancy, corporate governance, compliance, marketing, education and human resources. The Board were able to conduct all their meetings in-person this year due to eased restrictions.

# Financial Summary

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The directors present their report and the audited financial statements for the fiscal year ended 31 December 2022 with the principal activity as meeting the needs of those who have suffered sexual abuse recently or in the past, providing crisis counselling, ongoing counselling, education and awareness raising. The Company is limited by guarantee not having a share capital. The financial results show a small surplus for the fiscal year after providing for depreciation.

At the end of the fiscal year, the company has assets of €00.00 (2020 - €97,374) and liabilities of €00.00 (2020 - €69,268). The net assets of the company have increased by €00.00. The income was 00.00, the expenditure was (00.00), Surplus for the fiscal year was 00.00. Please see additional audited financial accounts for detail and the financial report summary at the end of this report.

## Service locations

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We cover the Sligo, Leitrim, and Cavan. The offices at in Sligo are open from nine five Monday to Friday. The offices in Carrick-On-Shannon are open five days a week and are used for counselling on three of those days. The office in Manorhamilton is open for a half day per week. In Cavan, the offices in Cavan town and Killeshandra are open five days a week.

## Service Offering

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We offer counselling, helpline services, support, and advocacy, and we 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-today operations and administration.

- Counselling by accredited therapists to victims of sexual and childhood abuse
- Helpline
- Support calls
- Support to friends and family
- Support, advocacy and information to survivors, friends and family, and professionals
- Therapeutic survivor groupwork
- Prevention through training and education
- Public Awareness through our website, social media, and print media
- Court accompaniment of survivors whose cases are brought to court
- Garda Accompaniment of survivors who choose to report their experience
- Sexual Assault Treatment Units: survivors are supported to attend SATUs

# Service Statistics

<b>SRCC 2022</b>	<b>Location</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Total for Year</b>
<b>Number of Clients</b>		65	66	64	63	<b>114</b>
<b>Number of referrals</b>		40	25	32	35	<b>132</b>
<b>Assessments</b>		32	29	26	27	<b>114</b>
<b>Waiting Time in weeks</b>		6-12	12-16	16	24	<b>24</b>
<b>Number of Sessions per County</b>		422	506	395	432	<b>1755</b>
	Sligo	194	211	166	169	<b>740</b>
	Leitrim	62	71	29	74	<b>236</b>
	Cavan	23	52	46	41	<b>162</b>
	Killeshandra	35	32	29	20	<b>116</b>
	Online	108	103	125	128	<b>464</b>
<b>Number of Children</b>		7	8	8	6	<b>13</b>
<b>Appointments offered</b>		519	619	452	493	<b>2083</b>
	Sligo	264	265	201	246	<b>976</b>
	Leitrim	73	76	33	43	<b>225</b>
	Cavan	25	54	50	45	<b>174</b>
	Killeshandra	41	40	31	20	<b>132</b>
	Online	129	115	137	139	<b>520</b>
<b>Number of No Shows</b>		97	113	34	33	<b>277</b>
<b>Group Sessions</b>		0	12 Hours	3 hours	14 Hours	<b>29 Hours</b>

# Inter-agency work 2022

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As part of being a local and regional service, the organisation maintains close links with like-minded community organisations. These include the following groups.

- PPN (Public Participation Network) is a network that allows local authorities to connect with community groups around the country.
- FRC (Family Resource Centres). We maintain close links with these centres in three counties as we provide services to many of the same clients.
- DVAS (Domestic Violence Advocacy Services). We work with DVAS offering referrals to them and accepting referrals from them.
- NWRDTF (Northwest Regional Drugs Task Force). We currently sit on the local task force as a number of our clients are affected by addiction issues. Task Forces were set up under the National Drug Strategy 2001-2008 to co-ordinate responses to local needs.
- TUSLA: From time-to-time TUSLA coordinates committees to undertake specific pieces of work. We get involved when we can, depending on resources. A recent one is the 'consent-ed' project looking rolling out consent workshops to young people.
- CFSN (Child and Family Support Network) is attended as a way of staying connected with other agencies that may need our services. These meetings are mainly for TUSLA services for children and families.
- CYPSC (Children and Young People's Services Committee is attended to keep SRCC in the minds of local community organisations. Includes CYPSC Domestic Violence Subgroup. Domestic Violence and Young People Awareness Campaign (with Sligo Leader, subgroup of CYPSC DV group).
- IACP: Irish association of counsellors and psychotherapists. We keep a close eye on developments as a way of keeping in touch with developments in the counselling profession.
- SART (Sexual Assault Response Team) is attended with other similar agencies involved in dealing with sexual violence in particular those involved with the Sexual Assault Treatment Unit (SATU).
- Rape Crisis Forum: a loose affiliation of nine Rape Crisis Centres around the country, including the larger centres like Dublin, Cork, and Galway.
- RCNI (Rape Crisis Network of Ireland): We maintain close links with RCNI in terms of trainings, developments, and information sharing.
- VCS (Volunteer Centre Sligo): We maintain links with the centre around the employment of volunteers as needed.

# What our Clients say

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Every year we ask for feedback from our clients. Some quotes from our 2022 client survey.

## About Shauna (Project Worker)

- 'I was offered a support call. I found Shauna's voice, her attitude and everything so kind and supportive'

## About Danielle (Counselling Coordinator)

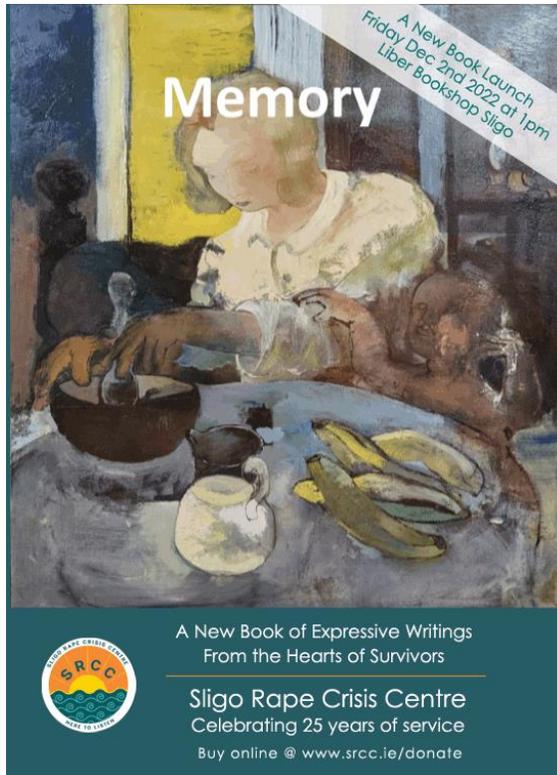
- 'I found Danielle so welcoming and supportive from the first time we spoke'

## About the service

- 'I was so anxious about going but I was put at ease as soon as I walked through the door'
- 'I felt a lot of hope restored by the consideration and support you give'
- 'The staff in the SRCC was very supportive, efficient and professional'
- 'I am very happy with my overall experience'
- 'Incredibly supportive'
- The overall experience with the SRCC has been a *"Great experience"* - 70% of our clients gave us a 10 out of 10 satisfaction rating

# 25 Year celebrations

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Sligo rape Crisis Centre opened its doors for the first time in 1997. Back then it was based in the Methodist church building on Wine St in Sligo. After that it moved to Castle St, and around 2015 moved to its current location in Kempton Parade. Since then, over twenty-five years ago it has been a beacon of hope and support for people affected by sexual violence.

The twenty-five years were marked by a book, a new website, an open-evening, and a complete refurbishment of the centre in Sligo.

To mark the twenty-fifth anniversary the book published was dedicated to the survivors of sexual violence. The book is called 'Memory' marking the time passed since the centre opened, but also containing recollections people have had of how it got started. It contains over fifty original poems and writing by clients and staff of the centre, first-hand stories of the founders, five founder stories, and a brief history of the centre from its beginnings.

The expressive writing came out of a year-long series of creative writing workshops facilitated by the centre for clients. The workshops were facilitated by Ger Campbell, a psychotherapist and accredited poetry therapist. Some of the work produced in the workshops found its way into the book. Some staff and volunteers also contributed to the expressive writing, making the book a testament to the power of creative expression and positive change.

In 2021 and 2022 we used the time of restrictions and social distancing imposed on the nation to refurbish the entire centre at Kempton House in Sligo. We threw out all the threadbare carpets and chairs that had served the centre well and replaced them with new clean flooring and better furniture. We painted the entire building, improved the heating and lighting, and even got a new kitchen put in. It all makes the centre more inviting, feel safer and more conducive to therapy.



# A year in pictures 2022



Statistics and Trends 2022



***STATISTICS AND TRENDS***

**2022**

# 2022 IN NUMBERS - OVERVIEW

\*since 2021

139

NO. CLIENTS

114

2189

APPOINTMENTS OFFERED

2083

AVG WAITING LIST TIME

6 MONTHS

3 MONTHS

HOURS OF GROUP WORK

29

23

-13%

Clients aged under 18

15 -> 13

+16%

Number of referrals

114 -> 132

-8%

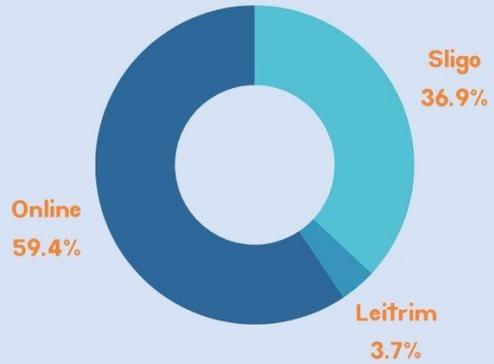
Online sessions

502 -> 464

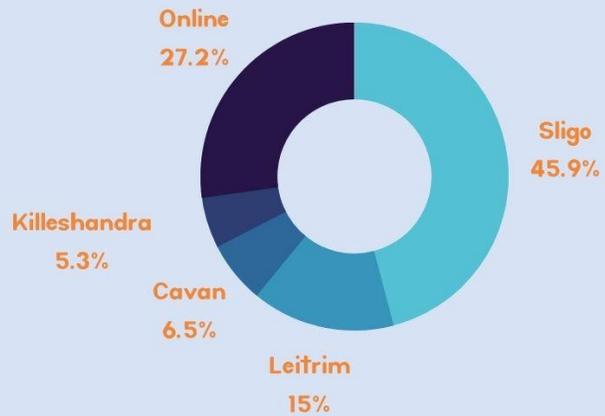
# BY LOCATION

No. sessions per county

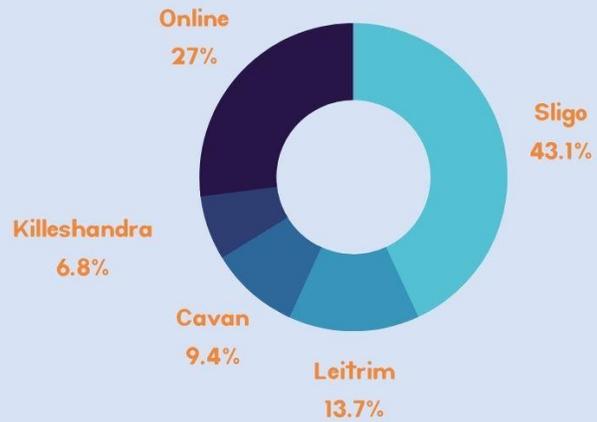
2020



2021



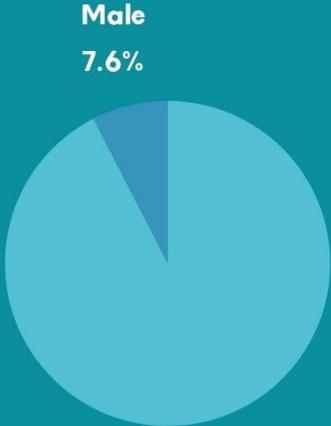
2022



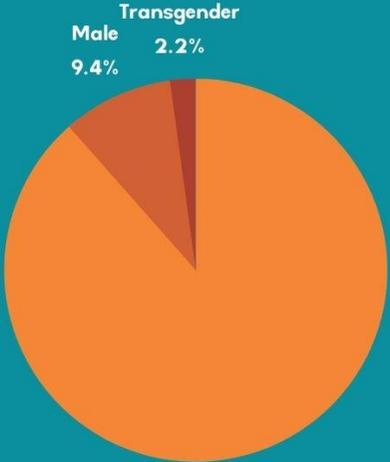
# WHO IS USING SRCC?

## Gender

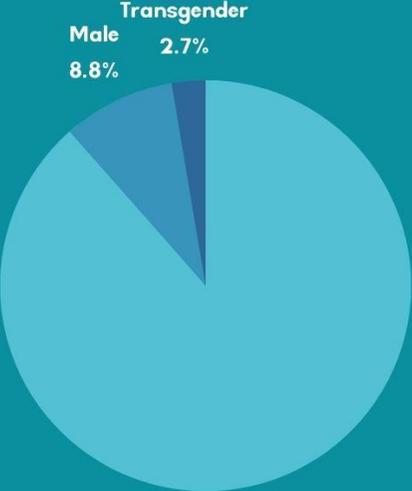
2020



2021

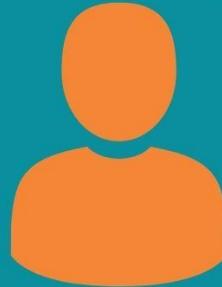


2022



# Ethnicity

2020



102 White Irish

5 Black

1 Asian

8 prefer not to say

In 2022, 50% more Travellers were seen than in 2021

2021



125 White Irish

2 Black

1 Roma

7 prefer not to say

2022



85 White Irish

2 Black

1 Roma

10 prefer not to say

In 2022, 3 in 4 clients were White Irish

## FROM OUR SURVEY...



**MORE THAN 2/3**  
clients rated their experience  
with SRCC **10 out of 10**

**MORE THAN 2/3**  
clients said they were  
"extremely happy" with their counselling

### Number of counsellors

**16**  
2021



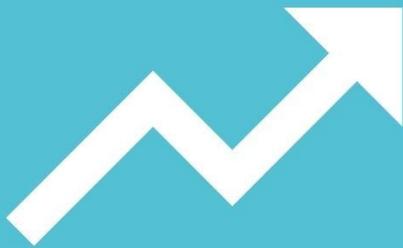
**15**  
2022



**10** worked face-to-face  
**4** worked online/by phone  
**1** worked both ways

## ***THE FUTURE***

We hope to deliver  
**3 out of 4** sessions  
in person in 2023



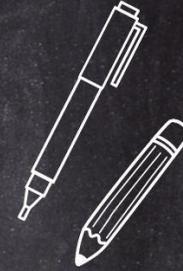
We are aiming to **increase**  
our presence in Cavan by  
**30%** over the next 2 years

We aim to have **2** group  
activities for clients  
every quarter in 2023





# Schools Statistics



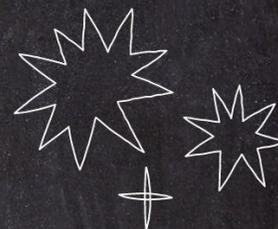
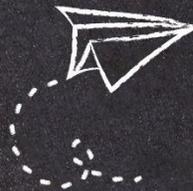
## After our consent workshop...

ALMOST ALL (96%) students said they would know where to get non-judgemental help for themselves or a friend



MOST (92%) students said they would talk about consent with their partner or friends

ALMOST ALL (95%) students said they would know what to do if someone told them they had experienced sexual assault



## Social Media in 2022

SRCC are currently active on three social media channels: Instagram (@sligorcc), Twitter (@rccsligo) and Facebook (Sligo Rape Crisis Centre). Throughout 2022, we saw an increase in followers on all accounts.

## Why we use social media

Like many other organisations, SRCC uses social media as a way to raise awareness of our service. This awareness raising is aimed towards survivors who may be seeking support for themselves, and also towards the general public to ensure that people are aware that our service exists if they are ever confronted with the need to contact us, whether for themselves, a loved one, or in a professional capacity.

We also use our social media as a tool for educating the public on issues relevant to our service, such as consent, disclosure and other services that are available to support survivors such as Sexual Assault Treatment Units and the national rape crisis helpline. During 2022, we ran a number of campaigns to educate the public around the issues of consent and disclosure among other issues.

Social media can also be extremely useful when it comes to advertising events and products that are linked to the centre. Examples of this include the release of the book *Memory* celebrating 25 years of SRCC and the launch held for the book. Posting about *Memory* and its launch event on social media was an opportunity to both raise awareness of our service as well as awareness of the book itself.

## How we use social media

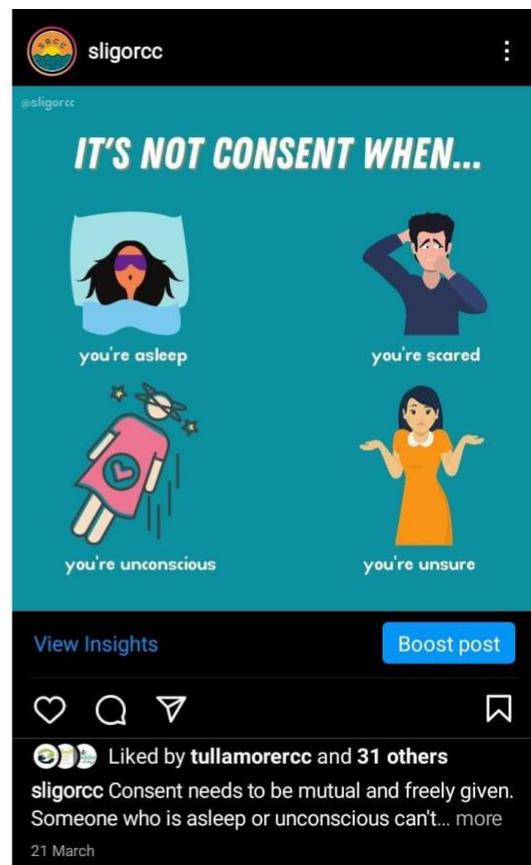
As mentioned earlier, SRCC are currently active on three social media platforms: Facebook, Twitter, and Instagram. Each account has been in use for a number of years and various types of content are posted on the accounts. This includes both original content and content sourced from other relevant social media accounts or websites. Original content is created as a collaboration between SRCC team members, and these ideas are then developed into visual content e.g., images using graphic design tools such as Canva. Other relevant content is also shared on our social media accounts from accounts including rape crisis centres, domestic violence services, consent education accounts etc.

# 2022 Campaign Overview

SRCC ran three campaigns on social media throughout 2022.

## #ConsentSRCC

This was a month-long campaign featuring daily content (images and videos) posted across SRCC social media accounts on the theme of consent. These included specific themes such as “Power and Consent” and “The Law and Consent” as well as tackling myths around consent and awareness raising on what consent is and is not. The posts for this campaign performed very well, with posts receiving numerous “likes” as well as being shared/retweeted.



# #WellnessWednesday

This campaign was focused on positive affirmations that people could reflect on during difficult times. The affirmations were developed collaboratively and then images were created based on these. Affirmations for posted weekly on Wednesdays throughout the end of Q1 and Q2. Posts received a reasonable level of engagement on our social media channels



# #DisclosureMythsAndTips

This campaign was introduced in Q3 and focused on the theme of disclosure. This was done by posting one image with myths around disclosure and then a second image challenging those myths. These posts performed well on social media

The image shows a screenshot of a Twitter thread from the Sligo Rape Crisis Centre (@RccSligo). The main tweet, posted on September 19, 2022, at 12:44, contains the following text:

Over the next while, we will be posting some of the common myths out there about sexual violence and disclosure, and sharing a tip on how to challenge these myths [#DisclosureMythsAndTips](#)

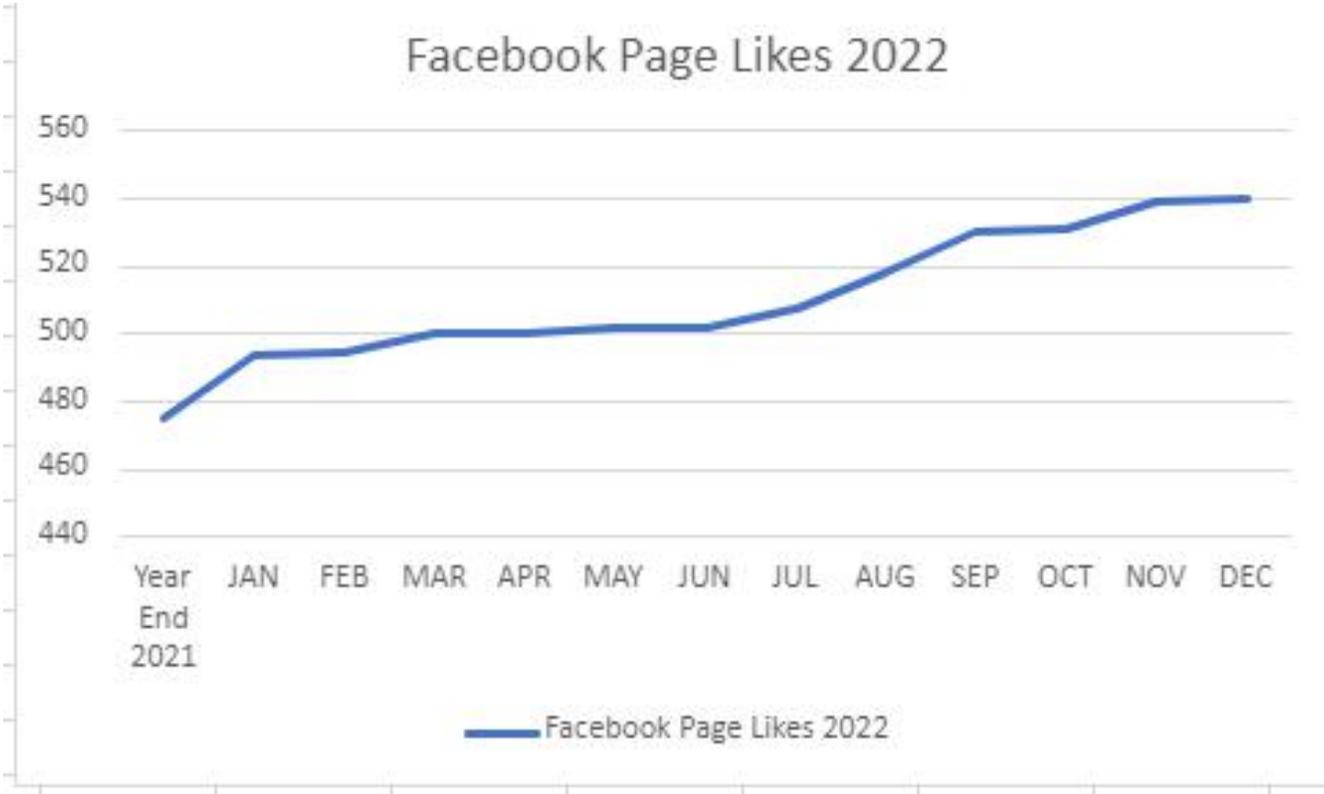
1800 750 780 - [info@srcc.ie](mailto:info@srcc.ie) - [srcc.ie](http://srcc.ie)

The tweet includes two images: a 'MYTH' card and a 'TIP' card. The 'MYTH' card states: "I'm in a relationship, it can't be rape" and "Rape is non-consensual sex. It can happen in any relationship". The 'TIP' card states: "Survivors can experience a 'freeze response' during an assault, and may be unable to move or speak".

Below the main tweet are two screenshots of the 'MYTH' and 'TIP' cards respectively, each with a detailed caption. The 'MYTH' card caption reads: "You may have heard of the 'fight or flight' response, but 'freeze' is another response that a person may experience during an assault. This is one of the brain and body's ways of keeping us safe during a traumatic event and is a totally normal reaction to an distressing situation #DisclosureMythsAndTips". The 'TIP' card caption reads: "You may have heard of the 'fight or flight' response, but 'freeze' is another response that a person may experience during an assault. This is one of the brain and body's ways of keeping us safe during a traumatic event and is a totally normal reaction to an distressing situation #DisclosureMythsAndTips".

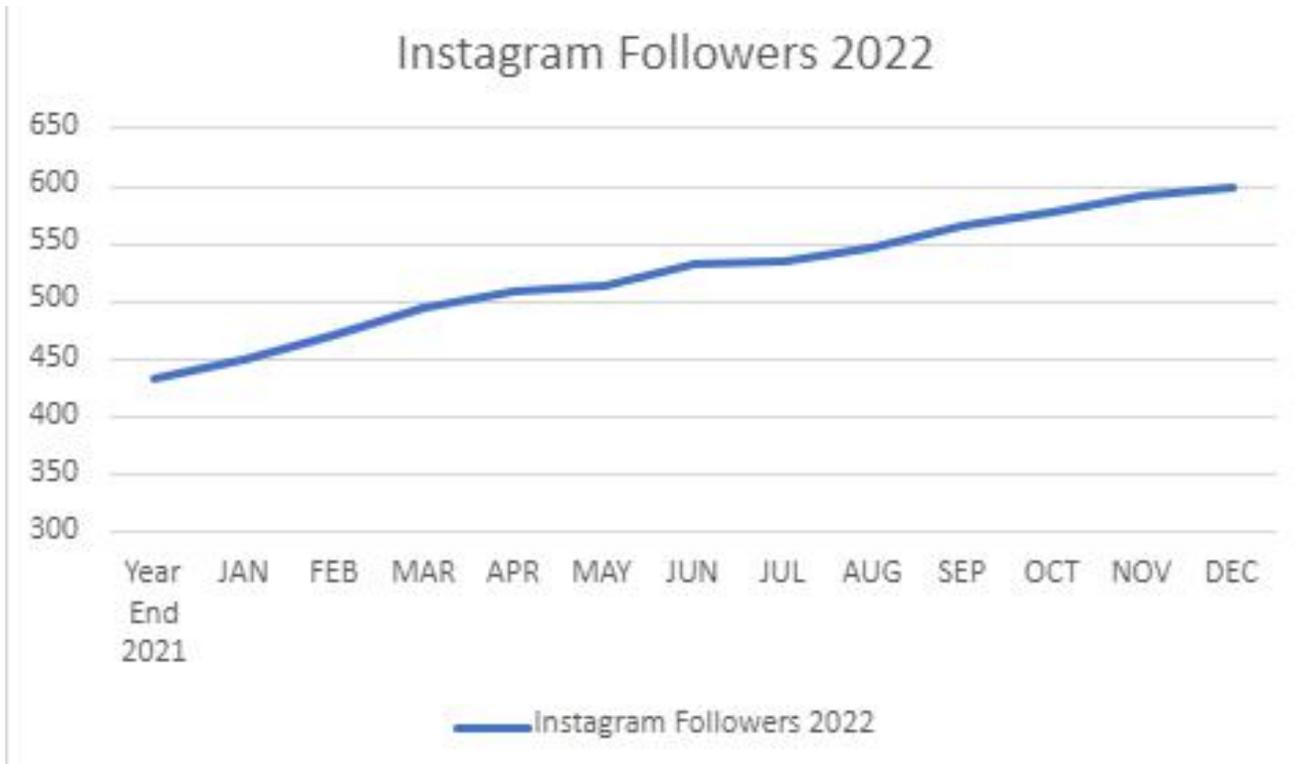
# Facebook

SRCC Facebook page likes increased from 475 to 540 throughout 2022. This is an increase of 14%



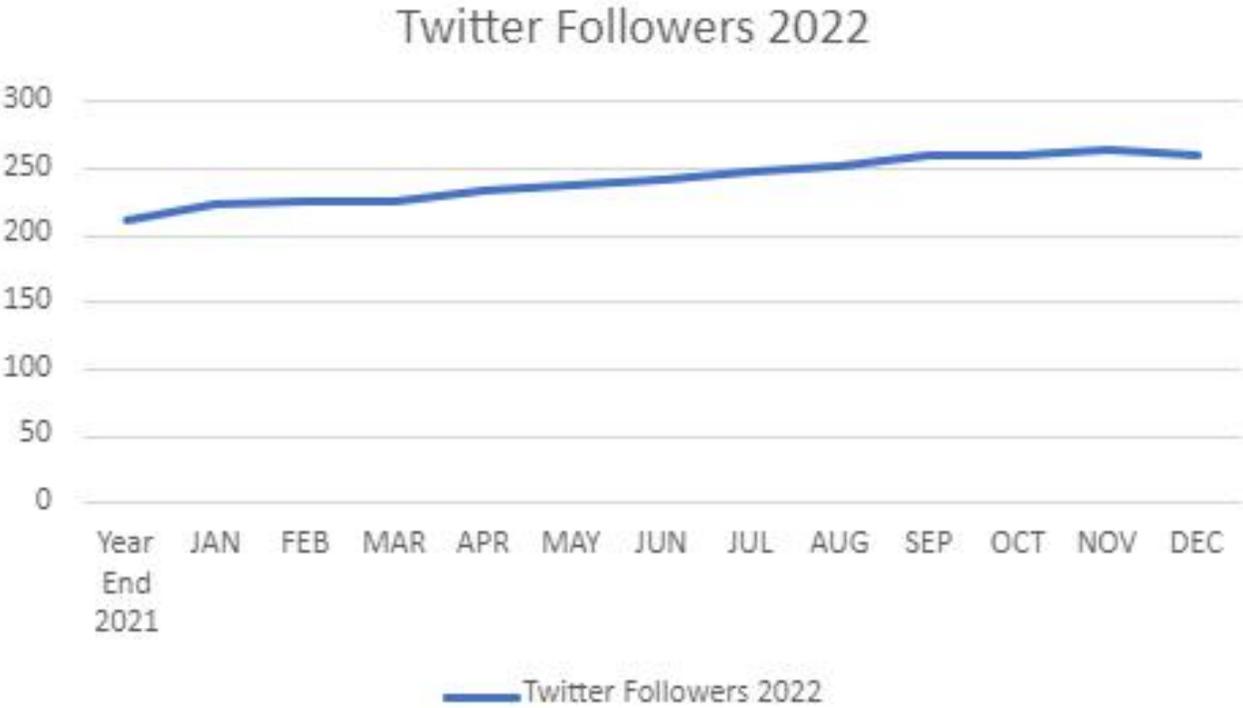
# Instagram

The number of followers of the SRCC Instagram account increased from 433 to 599



# Twitter

SRCC Twitter followers increased in 2022 from 217 to 261, which is an increase of 23%.



## Social media Aims for 2023

- To continue increasing followers on the three accounts we are active on – Facebook, Twitter, and Instagram
- To run a number of campaigns throughout the year to raise awareness of issues relevant to our service
- Use social media to advertise SRCC events and projects e.g., SRCC podcast

# Our Helpline 1800 750 780

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- There were 450 calls to the helpline in 2022 – an average of 9 a week. This was a small increase on 4090 in 2021.
- The average call length was 25 minutes. Twenty percent up on previous years.
- The gender breakdown of callers stayed the same as 2021 at 65% female, 35% male

## Did you Know?

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10 things you might not know about SRCC in 2022

1. SRCC was 25-year-old in 2022.
2. We did nearly 30 hours of therapeutic group work in 2022
3. Our level of referral went up by 16%
4. We offer services in five locations in three countries, Sligo, Leitrim, and Cavan
5. Our Instagram followers went up by 38%
6. Twenty-seven percent of our counselling was online and phone
7. Eighty-eight percent of our clients identify as female
8. Seventy-five percent of our clients rate us as ten out of ten!
9. We launched a book called 'Memory' in December 2022
10. We offer two types of therapeutic workshops for client's yoga and creative writing

# Financial Report summary 2022

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Income and Expenditure account:

Financial year ended 31 December 2022

		<b>2022</b>	2021
	<b>Note</b>	<b>€</b>	<b>€</b>
<b>Income</b>	<b>5</b>	330,219	345,289
Expenditure		(317,121)	(316,790)
		—————	—————
<b>Surplus before tax</b>		13,098	28,499
Other interest receivable and similar income	<b>7</b>	17	11
Interest payable and similar expenses		(408)	(681)
Tax on surplus		-	-
		—————	—————
<b>Surplus for the financial year and total comprehensive income</b>		12,707	27,829
		=====	=====

## Detailed profit and loss account:

Financial year ended 31 December 2022

	<b>2022</b>	2021
	€	€
<b>Income</b>		
TUSLA Child and Family Agency	321,958	331,430
Fundraising & Donations	5,261	13,559
RCNI - Court, Garda Accompaniment	-	300
Training Income	<u>3,000</u>	<u>-</u>
	<u><b>330,219</b></u>	<u><b>345,289</b></u>
<b>Expenditure</b>		
Wages and salaries	(145,024)	(141,552)
Staff pension costs - defined contribution	(7,944)	(7,725)
Other staff costs	(505)	(3,203)
Staff training	(1,153)	(1,820)
Recruitment expenses	-	(1,590)
Rent payable	(27,992)	(31,976)
Sessional counselling	(68,729)	(65,893)
Supervision	(3,576)	(3,477)
Insurance	(2,104)	(1,990)
Volunteer expenses	(632)	(146)
Light and heat	(10,374)	(4,211)
Cleaning	(2,040)	(3,339)
Repairs and maintenance	(5,202)	(14,064)
Membership and subscriptions	(978)	(862)
Printing, postage and stationery	(9,496)	(3,548)
Advertising	(426)	(1,645)
Telephone	(1,857)	(3,262)
Computer costs	(6,716)	(5,127)
Travel and subsistence	(6,119)	(3,393)
Legal and professional	(1,950)	(158)
Bookkeeping and payroll costs	(1,005)	(1,679)
Auditors' remuneration	(923)	(2,276)
Bank charges	(219)	(222)
General expenses	(1,295)	(1,145)
Security systems	(973)	(1,037)
Water rates	(213)	(1,172)
Depreciation	(9,676)	(10,278)

(317,121)      (316,790)

**Net surplus**

13,098

28,499

## Balance sheet as of 31 December 2022

	<b>Note</b>	<b>2022</b>		2021	
		€	€	€	€
<b>Fixed assets</b>					
Tangible assets	<b>9</b>	15,694		24,736	
		—————		—————	
			15,694		24,736
<b>Current assets</b>					
Debtors	<b>10</b>	4,846		4,452	
Cash at bank and in hand		75,864		78,618	
		—————		—————	
			80,710		83,070
<b>Creditors: amounts falling due within one year</b>	<b>12</b>	(27,762)		(46,630)	
		—————		—————	
<b>Net current assets</b>			52,948		36,440
			—————		—————
<b>Total assets less current liabilities</b>			68,642		61,176
<b>Creditors: amounts falling due after more than one year</b>			-		(5,241)

<b>Net assets</b>	<u>68,642</u>	<u>55,935</u>
<b>Capital and reserves</b>		
Income and expenditure account	68,642	55,935
<b>Members funds</b>	<u>68,642</u>	<u>55,935</u>

# A big thank you

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## **To our clients**

Every year hundreds of people contact us for information, advice, and help. We would like to thank each and every one of you for putting your trust in us to help you. Sometimes these calls are for yourself, a loved-one, someone you know or some you work with. We appreciate your trust in us to keep your information and identity safe and protected, and that you know we are 'here to listen'.

## **To our Trustees**

Every year the board of trustees attend board meetings, meeting outside the board meetings when needed, doing a range of supportive and complimentary work to support the organisation. It is all done without payment, on a voluntary basis. They quietly guide the organisation through the good times and the challenging times, working away in the background without thanks.

I would like to publicly thank each and every trustee: Chairman: Parvez Butt, Secretary: Helen Barr, Treasurer: Bernie Linnane, Trustee: Suzanne Donnelly, and Trustee: Sorcha O Carroll.

Without their steady hand on the wheel, the organisation would not succeed. A special thanks to you on behalf of our clients, volunteers, counsellors, staff, and funders, from the CEO David Madden.

## **To our students and volunteers**

A significant proportion of our work would not happen if it wasn't for unpaid help and support. This makes a huge difference to our clients and local communities every year. It means we can do a lot more than we are funded to do and make every euro we get from funders and donations, go that little bit further. For this we are very grateful.

## **To our staff and counsellors**

The day-to-day work done at SRCC is tremendous, the commitment from all our staff and counsellors is a testament to their dedication and support for what we do. The level of safety provided for our clients, professional therapy and psychological support is second to none, thank you.

## **To everyone in the background**

Our long-standing supporters and main funder TUSLA and the DSGBV team. Our legal support from Elaine Coghill, I.T. support from Des Murrow, printing from Printfix, our tenancy from Westward Properties, and fundraisers like Alexandra Van Tuyl and too many other to mention.

End