



2023

SLIGO RAPE
CRISIS
CENTRE

ANNUAL
REPORT

Sligo Rape Crisis Centre 2023 | Annual Report

Contents

- Sligo Rape Crisis Centre.....2
- 2023 | Annual Report.....2
- Company Overview.....5
- Vision, Mission, and Values.....6
- Chairperson’s report.....8
- CEO’s report..... 10
- Volunteers and Staff..... 13
- The Board of Directors..... 13
- Financial Summary..... 13
- Service locations..... 14
- Service Offering..... 14
- How we do what we do..... 15
- Service Statistics 2023..... 18
- What our Clients say..... 20
- A year in pictures 2023..... 21
 - Staff Away days.....21
 - College Events.....21
 - Art Auction.....22
 - Inter-agency working.....23
 - National Promotion.....24
 - 2023 Service Statistics in numbers.....25
 -25

Schools work 2023	26
.....	28
Social Media in 2023.....	29
Why we use social media	29
How we use social media	29
Social Media Platforms.....	29
Examples of Campaign Posts	30
Social Media Followers.....	30
Facebook.....	31
Instagram.....	31
X.....	31
SRCC Podcast	32
Helpline & Support Calls.....	33
Group Work.....	34
Group Statistics.....	34
Prevention and Promotion Work.....	35
Helpline Statistics.....	35
Our Helpline is 1800 750 780	35
Financial Report summary 2023.....	36
Income and Expenditure account:.....	40
Financial year ended 31 December 2022	40
Detailed profit and loss account:.....	41
Financial year ended 31 December 2022	41
Balance sheet as of 31 December 2022	42
A big thank you	37

With grateful thanks, SRCC

My soul is battle scared
From life's cruel events
My heart is battle worn
From those closest to me
My head is befuddled
From adjusting my reality

Now my soul is gently healing
Viewing life a different way
And my heart is slowly warming
Supporting hands guiding me

My head sees clearly now
And who did the wrong
How it shaped my whole life
And the decisions I made
The roads I ran down
The wrong pathways I strayed

Now working to find
The person I would have been
And the life I could have had
Without the traumatic difficulties

Here's where you helped:
That listening, kind ear
Gave words of comfort
And quelled the fear
You saw past the now
And understood all that had been
And supported me through
With gentle compassion

And Yoga and poetry
Were balms to that heart
And my poor soul
Is no longer torn apart
All the work I have done
You were there to help me through
Coming to terms with the past
And create a way through

By Anonymous - *SRCC Client*

Company Overview

Trustees 01.01.2022 - 31.12.2022:

- Chairman: Parvez Butt
- Secretary: Ruth Maxwell
- Treasurer: Bernie Linnane
- Trustee: Sorcha O Carroll
- Trustee: Oonagh Monahan
- Trustee: Blaithin Monahan

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

“Really easy to access” – SRCC Client

Vision, Mission, and Values

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 found her voice, her attitude and everything so kind and supportive' (a quote about our support call counsellor Shauna Kelly) – SRCC Client

*The wound is the place
where the Light enters you*

Rumi (12th Century Muslim mystic)

Chairperson's report



Looking back on the year, the advancements made and difficulties met I feel it right to offer thanks to all those who have made the work of the centre shine through.

Firstly, the people who come through the doors and look for help and advice, continuing to vote with their feet for high quality, evidence-based trauma treatment. Sexual violence is everywhere, but it is hidden, in distorted thoughts and actions, then covered up by societal collusion in the form of

minimising, discrimination, denial, blaming and institutionalised behaviours.

It is the hard work of the board of trustees, the volunteers and staff of the centre that address these biases in the form of high professional standards, common kindness and a deep compassion for those affected by sexual violence.

The organisational mission of SRCC is evident in every aspect of the service, since the organisation began in 1996, over 25 years ago. It is one where staff create a safe place for anyone who comes to us for help, and the staff are committed to challenging the tolerance and existence of sexual violence. This is borne out in the staff belief that being affected by sexual violence, recovery is possible. At SRCC we know, that all too often, the survivors and their loved ones are left to 'pick up the pieces'. We believe that everyone should be able to access the support they deserve in a safe and supported environment.

I have noticed in recent times, that the gender-wars, where people strive to assert their preferences, orientations and rights have put basic equality for all into second place. These debates can hi-jacked by divisive interests, at the price of genuine equality. At SRCC we strive to provide universal equality, not just one portion of the population, in an open and equal service to all. We do this regardless of sexual orientation, gender, age, nationality, colour or race, religion, belief, or background.

I think it is important to note this work is supported by our clients, staff volunteers and very importantly our long-time supporters TUSLA, and more recently CUAN, who have worked together to support us.

Here, I think it is also right to acknowledge the invaluable support and strategic guidance of the board of Trustees. In 2023 two dedicated trustees stood down, Secretary Helen Barr and long-serving Trustee Suzanne Donnelly who have contributed immeasurably to the success of the organisation in recent years. They have been succeeded by our new

Secretary Ruth Maxwell, Oonagh Monahan, and Blaithin Gallagher, who bring a new set of skills and abilities to the board.

We have been fortunate to receive unprecedented help locally from statutory agencies, corporate supporters and private individuals. All these people and agencies make our work possible, for which we are very grateful. All the support given, donations made, and money given has gone towards the highest possible quality, trauma-led services, for people in the Sligo, Leitrim, Cavan regions and beyond.

A handwritten signature in black ink, appearing to read 'Dr. Parvez Butt', with a long horizontal line extending to the right and a small flourish at the end.

Dr. Parvez Butt
Chairman, Sligo Rape Crisis Centre

CEO's report



In 2023 CEO's Report

In 2023 Sligo Rape Crises Centre has directly affected the lives of hundreds of people, including clients directly affected by the inter-personal trauma of sexual violence, friends and family member affected, professionals, children at school receiving consent workshops, students and staff at a range of colleges.

At SRCC, our motto is 'Here to listen'. We did that in many innovative ways, over the telephone, zoom, in-person, offering counselling, group work, information and advice to anyone and everyone who approached us looking for help. We were also fortunate to be able to take organisations up on their requests to come into their schools, colleges and workplaces, to understand more about keeping everyone safe from the effects of sexual violence.

No one expects to be affected by sexual violence, or suffer the trauma that comes with it, but when it does, that is when we are there, to listen, to understand, and to validate experience. Inter-personal trauma can shake the fundamental beliefs of survivors, victims and their loved-ones. It is with this in mind we address the huge impact of violence has on individuals. In a following section I address how we do this under the heading 'how we do what we do'. We have been here providing, among the best trauma-led, services since 1997 and thanks to our local and national supporters are here into the future.

....

In 2023 we offered over 2000 appointments and then delivered over 1900 counselling sessions. This tells is testament to our ability to offer specialist front-line support for anyone affected by sexual violence. The main reasons for referral were sexual assault, childhood sexual abuse, and recent harassment. Our counsellors are trained to deal with a range of single-incident big-T trauma, and long-term complex, or patterned trauma, as well as additional issues. In addition to being adversely affected by sexual violence, many of our clients were experiencing relationship problems, addictive behaviours, and suicidal ideation, and other mental health difficulties. These are all symptomatic of deeper unresolved trauma that have not been sufficiently, or therapeutically, processed over time. So, our work is becoming more complex, needing more expertise, and more time. The net result is a more holistic, many-faceted service, offering a more intensive specialised treatment over a longer period.

Over the course of 2023, we provided high-quality evidence-based psychotherapy to our clients. We offered slightly less counselling in 2023 than we did in 2022, in part, because of difficulties hiring quality, trained trauma therapists.

However, despite losing three valued therapists, who moved on to develop their private practice, we took on five new therapists.

In terms of what our clients are bringing to the service, about a third of our clients had been raped or assaulted in the last six months before coming to us, with the remaining majority leaving it longer than six months, and sometimes years before coming for help, particularly in the case of child sexual abuse.

During 2023, we continued to offer a substantial schools programme to the local community, offering consent and disclosure workshops to local organisation, secondary schools. And third level colleges in the area.

We continue to work closely with allied services support needed after sexual violence, like the Garda National Protective Services Bureau (GNPSB) and the Sexual Assault Treatment Unit (SATU). We have provided information and psychological support to those accessing these services, and supported family and friends with advice and emotional support during the difficult time supporting their loved-one. Part of the counselling service includes psychological help with navigating the justice system, from deciding to report, to not report, or to wait, and the consequences that flow from these decisions.



David Madden
Chief Executive Officer
Sligo Rape Crisis Centre

'Brilliant service' – SRCC client

Volunteers and Staff

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

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

The directors signed off on the audited financial statements for the fiscal year ended 31 December 2023 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 raising awareness. 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 income was just over €380,00, and surplus for the fiscal year was over €27,000. Please see additional audited financial accounts for detail and the financial report summary at the end of this report.

Service locations

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 when needed. In Cavan, the offices in Cavan town and Killeshandra are open five days a week.

Service Offering

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

How we do what we do

Safety is key. As an organisation, when we consider how it is that we do the work we do, what approaches we use and why we use them, safety is always a key consideration. There are many definitions and treatments for trauma. In my experience of working with a range of trauma the key to recovery is to consider the whole person. There are a range of self-management ways a good therapist can help someone to use. By that I mean, incorporating all aspects of a person, the way any of us, like might to consider ourselves as a combination of body, mind, and soul. How we find a connection to life, how our connections with others and the world affect us, where we go, how we spend our time, and how we express ourselves. Maximising our whole life experience is critical to recovery.

.....

"Listening is a form of spiritual hospitality
by which you invite strangers to become friends,
to get to know their inner selves more fully,
and even to dare to be silent with you."

~ Henri Nouwen

.....

There are few evidence-based treatments that work for the majority of traumatised people. Research in this area, on mainstream treatments that work on a variety of trauma experienced; have only been researched in any depth over the last fifty years. That's not long in the history of people being traumatised. Take the history of any nation, any people or any family, how far it all goes back, and it's not long before you uncover trauma. So what works? Some say medication helps a little, other say a lot. It's certainly not a long-term solution for the majority of people, but it is for some. There are a number of proven evidence-led psychotherapy approaches. The primary structure we use, is based on Judith Herman's structured tri-phasic model. This sets out three main phases, simply put: safety and stabilisation, trauma processing, and integration.

One type of psychotherapy, among many, we use in SRCC is EMDR (Eye Movement Desensitisation and Reprocessing). EMDR is an integrative psychotherapy (comprised of thought-out components). EMDR is an eclectic mix of much tried-and-tested psychotherapy. It contains elements of Somatic Psychology (Wilhelm Reich's Body-Mind Connection), Relational and Psycho-Dynamic Psychotherapy (Sigmund Freud), Parts Work Therapy

(a method pioneered by Charles Tebbetts), Cognitive Behavioural Therapy or CBT (developed by Aaron Beck), and easily integrates these and other approaches and tools like Mindfulness Based Stress Reduction (MBSR, Jon Kabat-Zinn), sensorimotor- focused psychotherapy (Pat Ogden), Somatic Experiencing, or SE (Peter Levine), Porges' Neuroception (feelings of safety). All these influences and approaches compliment traditional and alternative medicines. There is no one-size-fits-all approach, only a range of evidence-based interventions and approaches that are recommended.

.....

'Trauma is a chronic disruption of connectedness'.
Professor Stephen Porges.

.....

How we live our lives, and help our clients live their lives, that make all the difference. With help, most people get to breathe properly for the first time in a long time; they regulate themselves better, regain stability, become resilient, and improve. It begins with the body, learning to observe symptoms that cause distress and what easing them. It is well known, but not always obvious, that how we think about things has a direct impact on our body. Negative beliefs can be corrosive, but can countered by positive beliefs. Finding meaning is also important for physical and mental health. Leaving behind what doesn't work, and taking control of what does work is empowering.

David Madden, CEO, Psychotherapist.

Service Statistics 2023

Detail	Location	Q1	Q2	Q3	Q4	Total average
Clients	Overall	83	79	73	71	76
Referrals	Overall	31	15	22	27	95
Assessments	Overall	32	13	17	20	82
Weeks waiting	Overall	20	16	12	12	15
Sessions	In total	499	459	464	495	1917
	Sligo	227	229	263	266	985
	Leitrim	34	48	26	12	120
	Cavan	68	66	56	77	267
	Killeshandra	41	32	44	48	165
	Online	129	84	75	92	380
Under 18's	Overall	7	6	6	4	23
Appointments	Offered in total	571	538	572	563	2244
	Sligo	270	277	321	316	1184
	Leitrim	39	53	45	12	149
	Cavan	78	86	70	88	322
	Killeshandra	44	32	47	48	171
	Online	140	90	89	99	418
No Shows	Overall	51	58	69	53	231
Group Sessions	Overall	7	4	8	4	23

Inter-agency work 2023

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 (HSE Family Services): From time-to-time TUSLA coordinates committees to undertake specific pieces of work. We get involved when we can, depending on resources.
- 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. Most of our counsellors are members of IACP.
- 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).
- SATU (Sexual Assault Treatment Unit): We liaise closely with our nearest unit in Letterkenny.
- RCF (Rape Crisis Forum): We attend 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

Every year we ask for feedback from our clients. Some quotes from our 2023 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

A year in pictures 2023

Staff Away days



College Events



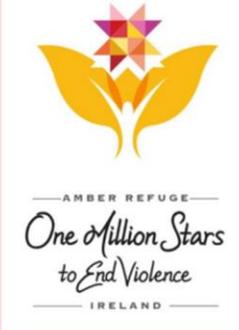
Art Auction



Inter-agency working



The poster is a vertical rectangular graphic with a light pink background. At the top left is the logo for 'One of a Million Stars to End Violence Ireland', featuring a stylized yellow and orange flower-like shape. To its right, the title 'Festival of Stars' is written in a large, dark blue font. Below the title, the text '16 Days of Activism to End Violence Against Women.' is in a smaller, pink font. The date 'Saturday Dec 2nd' is prominently displayed in a large, orange font, with the location 'The Model, The Mall, Sligo' in a smaller, blue font below it. The time '10.30am - 3pm' is in an orange font. The main content is organized into five rounded rectangular boxes, each with a title in bold blue text and a description. Each box is decorated with a small, colorful star icon. The first box is 'EXHIBITION OF STARS', the second is 'MUSIC, FOOD AND FUN', the third is 'WE-CONSENT - FREE WORKSHOP', the fourth is 'CHILDREN'S ACTIVITIES', and the fifth is 'For more info email miffy@mentalhealthireland.ie OR Text/Call 0870918586'. At the bottom, there are five logos: Clár Éire Iddínach Creative Ireland Programme, DVAS (Domestic Violence Advocacy Services), Sligo Rape Crisis Centre (SRCC) Here to Listen, and Mental Health Ireland. A dashed line with arrows winds through the poster, connecting the star icons.

**'Festival of Stars'**
16 Days of Activism to End Violence Against Women.
Saturday Dec 2nd
The Model, The Mall, Sligo
10.30am - 3pm

EXHIBITION OF STARS
Display of 2,500+ stars woven across Sligo & Leitrim this year. Plus a chance to weave your own stars.

MUSIC, FOOD AND FUN
There will be local singers and musicians performing, tea/coffee and a light lunch.

WE-CONSENT - FREE WORKSHOP
Learn more about consent and how to talk about it with friends, family, partners, or anyone. [Register here](#)

CHILDREN'S ACTIVITIES
A workshop for children to weave stars and create collage to add to the exhibition.

For more info email miffy@mentalhealthireland.ie OR
Text/Call 0870918586

SRCC - DEALING WITH DISCLOSURES

SLIGO RAPE CRISIS CENTRE UPDATES

Dealing With Disclosures

Would you like to know more about how to deal with a disclosure of sexual violence? The latest episode of the SRCC Podcast features advice and information from SRCC staff on how you can support someone after a disclosure. Previous episodes of the podcast include interviews with professionals from An Garda Síochána Divisional Protective Services Unit and the HSE Sexual Assault Treatment Unit, which provide in depth information on the services available to survivors. All episodes of the SRCC Podcast are available on the SRCC website: srcc.ie/podcasts

Training and Education

SRCC delivers training and educational workshops on issues such as consent and disclosure, with a specific consent programme aimed at Transition Year students. If you are interested in booking a workshop or training, please contact SRCC on 071 9171188 or info@srcc.ie

Information for Professionals Working with Survivors

As well as supporting survivors of sexual violence and their loved ones, we also provide information and support to professionals who work with survivors as part of their role. If you have any questions or would like to speak to a member of SRCC staff, please contact our helpline on 1800 750 780.

Counselling & Support Service

Sligo Rape Crisis Centre provides counselling and support services across Sligo, Leitrim and Cavan for survivors of sexual violence, as well as their friends and family. We work with survivors of all genders over the age of 14. Services include specialist trauma counselling, accompaniment services and groups for clients such as yoga and creative writing. For more information on our services, please call 1800 750 780, email info@srcc.ie or visit our website - [click here](#).



Dealing With Disclosures

The latest episode of the
SRCC Podcast

Available on srcc.ie/podcasts



2023 Service Statistics in numbers

SRCC 2023 IN NUMBERS



1917

COUNSELLING
SESSIONS



727

CALLS TO OUR
HELPLINE



34

HOURS OF
GROUP WORK
WITH CLIENTS



95

NEW CLIENTS
REFERRED TO
OUR SERVICE



19

CONSENT
WORKSHOPS IN
SECONDARY
SCHOOLS



552

COUNSELLING
SESSIONS IN
OUTREACH
LOCATIONS

Schools work 2023

In 2023, we delivered **19 workshops in 8 schools:**

- St Patrick's College, Cavan Town
- Mercy College, Sligo
- St Attracta's Community School, Tubbercurry
- Youthreach, Sligo Town
- Ursuline College
- St Clare's, Manorhamilton
- Coláiste Iascaigh
- Elphin Community College

358 students, between 15 and 19 years attended. Out of those students,

- 120 were male
- 233 were female
- 5 were nonbinary

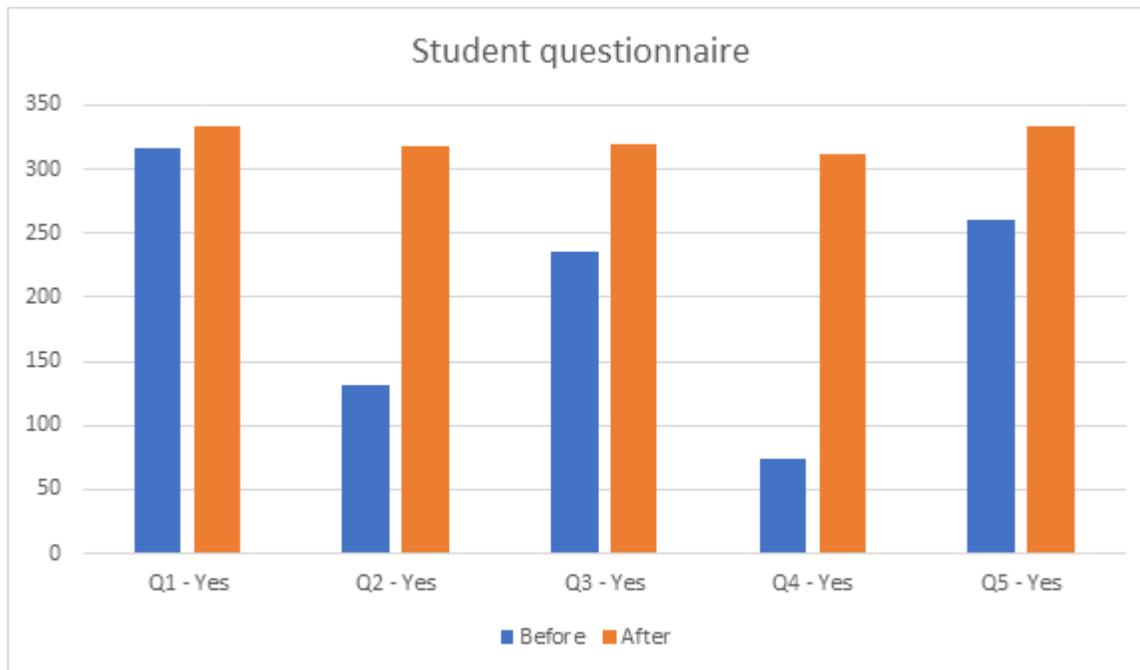
Sample of feedback for workshops delivered in 2023:

- I really learned about how to respond to disclosure/support people. Thank you. - female student, 16
- I enjoyed it. Have learned a lot about giving and getting consent and certain scenarios – male student 16
- Made me think it isn't shameful to get help – female student, 15
- Good information and communication. Very helpful and interesting – female student, 15
- It was very informative and entertaining as well. Thank you so much for the effort <3 😊 - female student, 17
- Very informative & felt safe during workshop – female student, 15

Key Findings from the student questionnaire:

- After the workshop, **99% students** knew the age of consent
- In 2023, **5% more students said they would discuss consent** with a partner or friends than in 2022
- After the workshop, students were **over 4 times more likely** to know how what to do if someone told them they had experienced sexual assault.

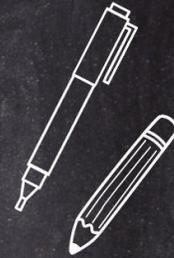
335 questionnaires were fully completed by participants.



ALL STUDENTS (335)	Before	After
Q1. Do you know what consent is?	Yes 95% (n=317)	Yes 99% (n=333)
Q2. Would you know where to get non-judgemental help for yourself or a friend?	Yes 39% (n=132)	Yes 95% (n=318)
Q3. I would talk about consent with my partner or friends	Yes 70% (n=236)	Yes 95% (n=319)
Q4. Would you know what to do if someone had told you they had experienced sexual assault?	Yes 22% (n=74)	Yes 93% (n=312)
Q5. What is the age of consent in Ireland	Age 17 78% (n=260)	Age 17 99% (n=333)



Schools Statistics



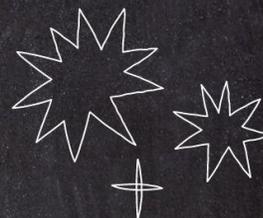
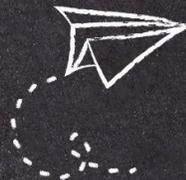
After our consent workshop...

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 2023

SRCC are currently active on three social media channels: Instagram (@sligorcc), Twitter (@rccsligo) and Facebook (Sligo Rape Crisis Centre). Throughout 2023, 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 2023, we ran a number of campaigns to educate the public around the issues of consent and disclosure among other issues.

How we use social media

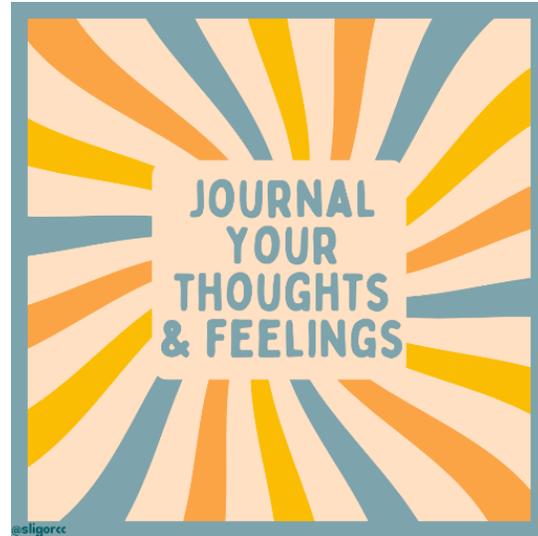
As mentioned earlier, SRCC are currently active on three social media platforms: Facebook, Twitter, and Instagram. Each account has been in use for a number of years and various types of content are posted on the accounts. This includes both original content and content sourced from other relevant social 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.

Social Media Platforms

- SRCC have three social media accounts – Facebook, Instagram and X (formerly Twitter). Each account is updated regularly with relevant content. Content posted include information on SRCC services, other helpful services (SATU, national helpline) and topics such as self-care and consent.

- Campaigns run on SRCC social media in 2023 include a campaign on self-care ideas and regular updates about the SRCC Podcast.

Examples of Campaign Posts



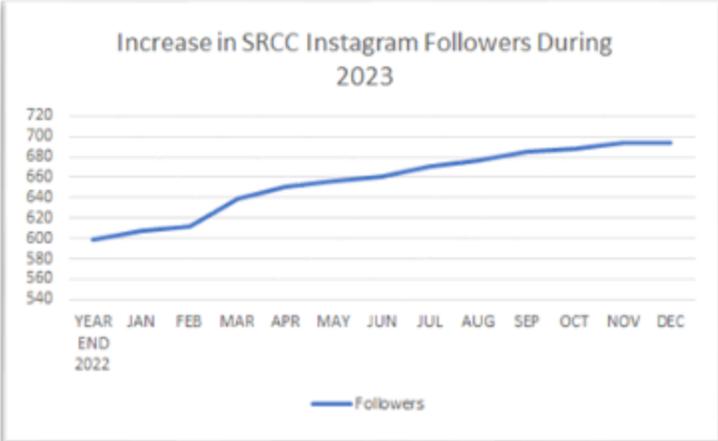
Social Media Followers

SRCC Social Media Followers			
	<i>Facebook</i>	<i>X/Twitter</i>	<i>Instagram</i>
End of 2022	540	241	599
End of 2023	607	289	693
Percentage Increase	12%	20%	16%

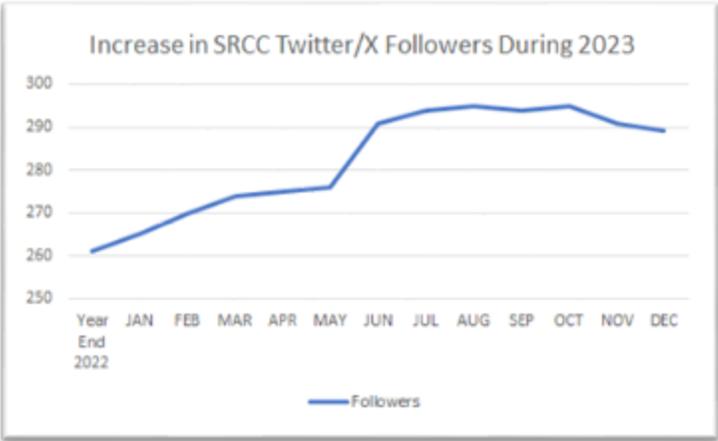
Facebook



Instagram



X



SRCC Podcast

- The trailer for the SRCC Podcast was launched in January 2023.
- 11 episodes were released throughout 2023
- Each episode is uploaded to Soundcloud and Youtube. The podcasts are also available to listen to on the "Podcasts" page on the SRCC website.

Episode 1: About Us

Episode 2: Frequently Asked Questions

Episode 3: Interview with Parvez Butt, Chairperson SRCC Board of Trustees

Episode 4: Interview with David Madden, SRCC CEO

Episode 5: Interview with Danielle Neely, SRCC Counselling Coordinator

Episode 6: Interview with Margaret McGoldrick, SRCC Counsellor

Episode 7: Interview with Detective Sergeant Suzanne Gilmore, Sligo/Leitrim Garda Divisional Protective Services Unit

Episode 8: Interview with Connie McGilloway, Advanced Nurse Practitioner & Forensic Clinical Examiner, Letterkenny Sexual Assault Treatment Unit

Episode 9: Consent

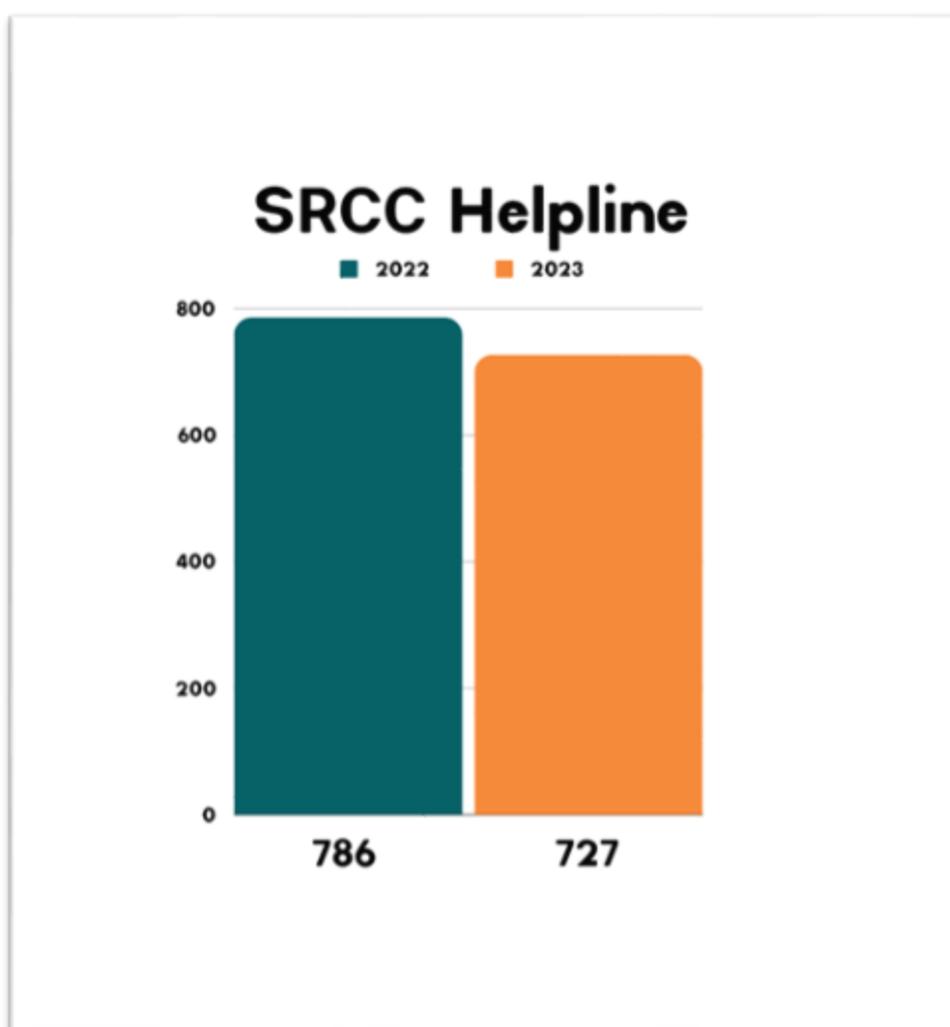
Episode 10: Disclosures

Episode 11: Interview with Geraldine Campbell, Poetry Therapy Practitioner

SRCC Podcast Listenership Statistics			
Year	Sound cloud	YouTube	Total Listens
2023	106	300	406

Helpline & Support Calls

- Weekly support calls were provided to 10 clients throughout 2022. This was an increase of 3 from 2022, where 7 clients availed of support calls. The average amount of support calls per client in 2023 was 4.
- The number of helpline calls regarding information and support in 2023 was 727, a reduction of 8% on 2022 where there were 786 helpline calls.



Group Work

- There were two groups offered to clients in 2023. These were a writing group facilitated by Geraldine Campbell and trauma informed yoga facilitated by Maxine Gilmartin.
- Each group was offered once each quarter, with 4 sessions of the writing groups being held in 2023 and 2 sessions of the yoga classes. Yoga classes were not held in two quarters due to insufficient number of interested participants.
- Each writing group session is 1.5-2 hours and each yoga class is 1 hour. Overall there was 34 hours of group work held in 2023.

Group Statistics

Group Work Statistics				
2023	Writing		Yoga	
Q1	4 sessions	5 participants	4 sessions	6 participants
Q2	4 sessions	5 participants	Break	
Q3	4 sessions	3 participants	4 sessions	5 participants
Q4	3 sessions	4 participants	Break	
Overall	11 sessions	17 participants	8 sessions	11 participants

Prevention and Promotion Work

- **Art Auction:** this was the big promotional event this year is to raise awareness of our services and raise money held on the 22nd of September in Kempton house. All support was welcomed for the planning and running the event especially with getting artwork for the auction.
- **CYPSC:** SRCC is a member of the CYPSC Safe & Protected from Harm Subgroup. There were 6 meetings of the subgroup in 2023. SRCC attended 4 of the 6 meetings held.
- **International Women's Day:** SRCC were involved in an International Women's Day event held in the Clayton Hotel on March 8th.
- **Akidwa Health Event:** SRCC were invited to give a talk at an event in February 2023 focused on health and wellness by Akidwa, an organisation supporting migrant women in Ireland.
- **One Million Stars:** SRCC were involved in the "One Million Stars" project throughout 2023. This included attending star-weaving workshops held in Sligo and Leitrim and organisation of a "Festival of Stars" event held in The Model art gallery during the 16 Days of Activism Against Violence Against Women in December 2023.
- **ATU Sligo:** SRCC were invited to hold information stands in ATU Sligo in September and November of 2023. SRCC also delivered a talk to students in ATU St Angela's College in October 2023

Helpline Statistics

- In 2022 there were 786, and in 2023 a small decrease to 727
- We had, on average, 60 calls per month.
- The average call length was 20 minutes.
- The gender breakdown of callers in 2023 was 70% female, 30% male
- The statistics clearly show that sexual violence affects everyone.

Our Helpline is 1800 750 780

Financial Report summary 2023

Rape Crisis and Sexual Abuse Counselling Centre CLG
(A Company Limited by Guarantee and not having Share Capital)

Detailed income and expenditure account
Financial year ended 31 December 2023

	2023	2022
	€	€
TUSLA		
Income		
TUSLA Child and Family Agency	382,512	331,958
Expenditure		
Wages and salaries	(156,849)	(145,024)
Staff pension costs - defined contribution	(8,069)	(7,944)
Other staff costs	-	(505)
Staff training	(10,146)	(1,153)
Rent payable	(35,517)	(27,992)
Sessional counselling	(84,646)	(68,729)
Supervision	(4,307)	(3,576)
Insurance	(2,483)	(2,104)
Volunteer expenses	(492)	(632)
Light and heat	(10,738)	(10,374)
Cleaning	(2,160)	(2,040)
Repairs and maintenance	(3,447)	(5,202)
Membership and subscriptions	(2,321)	(978)
Printing, postage and stationery	(5,348)	(9,496)
Advertising	(1,521)	(426)
Telephone	(2,659)	(1,857)
Computer costs	(1,826)	(6,716)
Recruitment	(180)	-
Travel and subsistence	(10,096)	(6,119)
Legal and professional	(1,125)	(1,950)
Bookkeeping and payroll costs	(600)	(1,005)
Auditors remuneration	(1,619)	(923)
Bank charges	(212)	(219)
General expenses	(2,410)	(1,295)
Security systems	(2,731)	(973)
Water rates	-	(213)
Depreciation	(8,956)	(9,676)
	<u>(360,458)</u>	<u>(317,121)</u>
Other operating income		
Other income	5,573	-
	<u>5,573</u>	<u>-</u>
Net surplus	<u>27,627</u>	<u>14,837</u>
Other Income		
Fundraising & Donations	6,597	5,261
RCNI - Court, Garda Accompaniment	640	-
Training Income	800	3,000
	<u>8,037</u>	<u>8,261</u>
Other operating income		
Other income	5,573	-
	<u>5,573</u>	<u>-</u>
Net surplus	<u>8,037</u>	<u>8,261</u>

A big thank you

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 students and volunteers

A significant proportion of our work would not happen if it wasn't for unpaid volunteer help and support from counselling students and pre-accredited counsellors. We had 3 student counsellors Jessica Gallagher, Shauna Dunleavy and Laura Mc Hugh who were able to complement their hours for college with us, and progress onwards. We took on three new counsellors, Arina Suld, Charlotte McCloat and Paula Mc Mahon. The volunteer and student work 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. From Shauna Kelly with her work on our helpline, support calls, schools programme and social media, to Ruth Clinton and her work on presentations, art work, schools and admin, and to Mary Muztagh helping us with the finance and admin. To Danielle Neely our counselling coordinator, holding the client-counsellor relationship in good hands in the centre, doing a great job managing the day-to-day service, assessments and waiting list.

The work of our counsellors is key to the recovery on offer at SRCC. And to the counsellors I'd like to thank, Brid McGee, Kay O'Connor, Laura McHugh, Mary Cullivan, Mary Casey, Mary Dowd, Rosaleen Kilgannon, Pat Gillivan, Patricia Murray, Tess Dermody, Niall Greene, Josephine Duffy, Joanne Barry, and Margaret McGoldrick. And a special good bye after five years of counselling and previously on the board for a time, Sharon Conway. And five years of dedicated work to SRCC, to Gina Gaffney who had been our rock in Leitrim. Thank you all.

To our Trustees

Every year the board of trustees attends 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, current Secretary Ruth Maxwell, and Treasurer: Bernie Linnane, outgoing 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 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 others to mention.

End