

ANNUAL REPORT 2021



Listening, supporting and empowering



Charity No: 11256

Charities Authority Registered No: 20030421



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Mission Statement

Mayo Rape Crisis Centre exists to prevent and respond to the crimes of rape, sexual abuse and sexual violence.

Ethos & Principles

We achieve our mission through maintaining the highest levels of expertise in our provision of professional counselling, advocacy, support, specialist training and raising awareness to the reality of sexual violence.

We are an **independent**, expert, dedicated, community-based Non-Governmental Organisation (NGO) made up of staff, volunteers, our Board and supporters. We believe in:

- *The right of every child, woman and man to live free from sexual violence and the threat of sexual violence*
- *The right to free, confidential, accessible, safe, expert, trauma-based support for all survivors of any form of sexual violence*
- *Working in partnership with our service users, who have unique insights and are active participants in their survival and recovery*
- *We adhere to the Children's First Policy in Child Protection issues*
- *Accountability – our own, our funders, our statutory systems, our communities,*
- *Working in partnership with a range of community and statutory agencies to ensure informed, fit-for-purpose responses to survivors of sexual violence*
- *Continual learning regarding the nature of sexual violence crimes and best practice responses for victims, including continuing to learn through listening to survivors*
- *The valuable contribution of each volunteer, staff and board member and the shared responsibility for taking care of the impact of working with sexual violence.*

Mayo Rape Crisis Centre is a safe place where our expertise and dedication meets each survivors unlimited potential for healing and recovery, as we accompany them on their individual and unique journey.

Mayo Rape Crisis Centre gratefully acknowledges the funding received from and the support of Tusla (Child & Family Agency) throughout the year.

We can confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable sector in Ireland.

Chairpersons Introduction

As Chairperson of the Board of Directors with the Mayo Rape Crisis Centre CLG I have the honour of introducing the 2021 Annual Report. This report is a testament to the outstanding work carried out by Mayo Rape Crises Centre despite the ongoing challenges of managing the demand for the service during the ongoing pandemic.

We are extremely grateful to the wonderful team of staff and volunteers, lead by our experienced Director of Services Loretta McDonagh, who rose to the challenges asked of them in 2021 in continuing to offer the very best service they can to the clients of the centre and I commend them for this.

I would also like to acknowledge and thank my colleagues on the Board of Directors of Mayo RCC who are so willing and committed to supporting the work of the centre and who give of their time voluntary in this capacity.

Thomas Walsh

Chairperson

Board of Directors

Thomas Walsh, Justin Kerr, Anne Marie Flynn, Beverly Flynn, Margaret Prendergast.

We can confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable sector in Ireland.

Director's Forward

As I write this introduction to our 2021 Annual Report we continue to see how the challenges of the pandemic impacted the lives of clients and staff throughout 2021.

As has been said many times in the past couple of years the effect of this pandemic, as highlighted via the medium of data speaks to the resilience of a service which continues to strive to put the needs of the clients at the heart of how it operates. We continued to offer a blended model of service delivery in 2021 in an attempt to make counselling and support as accessible as possible to victims of sexual violence and as we have learned that the option of a remote service works really well for some clients in such a rural county as Mayo.

I would like to acknowledge and thank the support and work of our Board of Directors which has been of such value to me in my role but also to all of the team in the centre. The oversight and guidance they provide has a vital part to play in ensuring the policies and practices of the service are of the highest standard with the care of the staff and the clients at the centre of it.

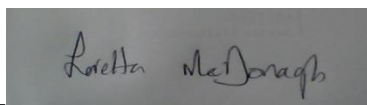
Sincere thanks to Tusla for ongoing funding and in particular to our Regional Co-Ordinator Ann Ryan for her ongoing support and guidance to me throughout the year.

I am so grateful that Mayo RCC has such a dedicated team, who continue to offer a very experienced, professional and dedicated response to clients. Thank you to each of you for the many ways you have supported me in my role as well in the past year.

My final acknowledgement goes to the clients of the centre who continued to avail of the service for their own healing and recovery from sexual violence and to trust the centre with their stories and their traumas. It is the overcoming of so many challenges that we witness daily in the lives of our clients that resource and encourage us to keep doing the work we do.... our deepest thanks go to each one of you for this.

May we all find ways to keep ourselves well as we continue to learn to live with the new challenges and opportunities in the year ahead.

With gratitude.



Loretta McDonagh MA SIAHIP RCNI

DIRECTOR OF SERVICES. June 2022

Headline Statistics

3047 Helpline Calls & Texts

2084 Counselling appointments

47 Support/Advocacy appointments

84 New Contacts

126 Active Clients

17% of survivors were abused by a partner or ex-partner

60.15% of survivors knew their abuser

27.06% of CSA survivors were abused by family member

20.3% of survivors had multiple episodes of abuse

8.3% of survivors were abused as both an adult and as a child

34.58% of survivors reported at the time

63.15% of survivors were raped

46.61% of survivors suffered from Psychological/Physical abuse

Services We Provide

Freephone Helpline

The helpline is provided by trained helpline staff and volunteers, who can give you support and information. The service provides support for men and women who have experienced rape, sexual assault or childhood sexual abuse. It doesn't matter if these experiences happened a long time ago or if they were reported to the Gardai. You are under no obligation to disclose to us what has happened to you, we can work with you on the issues and symptoms you have as a result of your experiences.

Counselling

We offer one to one counselling to both men and women who have experienced any form of sexual violence recently, or in the past. This continues to be the heart of the service with approximately 30-35 appointments weekly. Once again the demand for our counselling service in 2017 was such that we had an ongoing waiting list. As Mayo is such a large rural county our Outreach services in both North Mayo continued to experience a waiting list during 2018.

We believe that counselling provides a space to help survivors gain a clearer understanding of themselves and their situation. Every survivor is different as are their needs therefore the length of time they spend in therapy is client lead.

Crisis Counselling

We endeavor to respond as soon as possible to those clients that contact the Centre in crisis, whether due to a recent assault or the sudden recollection of sexual violence in the past. The helpline staff will respond within 24 hours and a face to face session will be offered within the week.

Advocacy and Accompaniment

This is an important and valuable part of the services that Mayo Rape Crisis Centre offers. A large number of clients need very basic help with their rights or safety issues. This can involve meeting with CWO, Social Workers, housing department etc. We also offer our experience and support to clients going through the legal system; accompany them to Gardai meetings, statement taking and Court.

Other Services

A Sexual Violence Awareness and Information Talk for Young People

The aim is to educate young people about all forms of sexual violence. Young people often struggle to name their unwanted sexual experiences as rape or sexual assault. Studies show that sexual violence is more likely to occur in a relationship or by someone known to the victim, which can often make it difficult for a young person to identify it as assault. Also, commonly held myths that include, sexual assault must include physical force, result in physical injury, or is perpetrated by strangers in dark places, can diminish how they view their experience.

The information given defines and explores the different kinds of sexual violence, how to identify it, and its effects. It explores in depth the areas of consent, alcohol and how our present culture influences our views on sexual violence. Alongside this, the aim is to provide greater access to services for young people who have experienced sexual assault or abuse or may do in the future.

Training for other Professionals

Disclosure Training

The Disclosure Training is for workers or individuals who may in their work or daily lives become recipients of a disclosure of sexual abuse or sexual violence. Or indeed may have a suspicion. The training is approximately four hours long and provides information on

- What do I do if someone discloses to me?
- How can I be supportive to a Survivor?
- When do I need to report the Information I have been given?
- Agency Roles.
- Looking after yourself in the event of such a disclosure.

We can provide to any group of individuals on the basis of 10 -12 people per workshop.

Awareness Raising

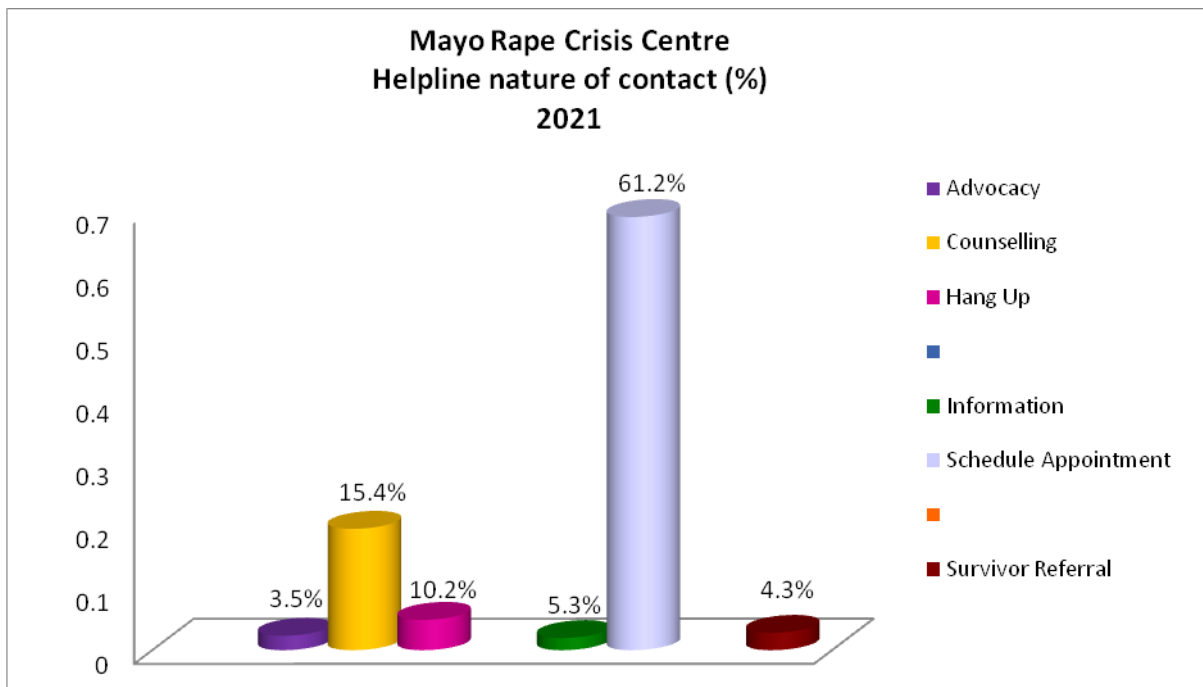
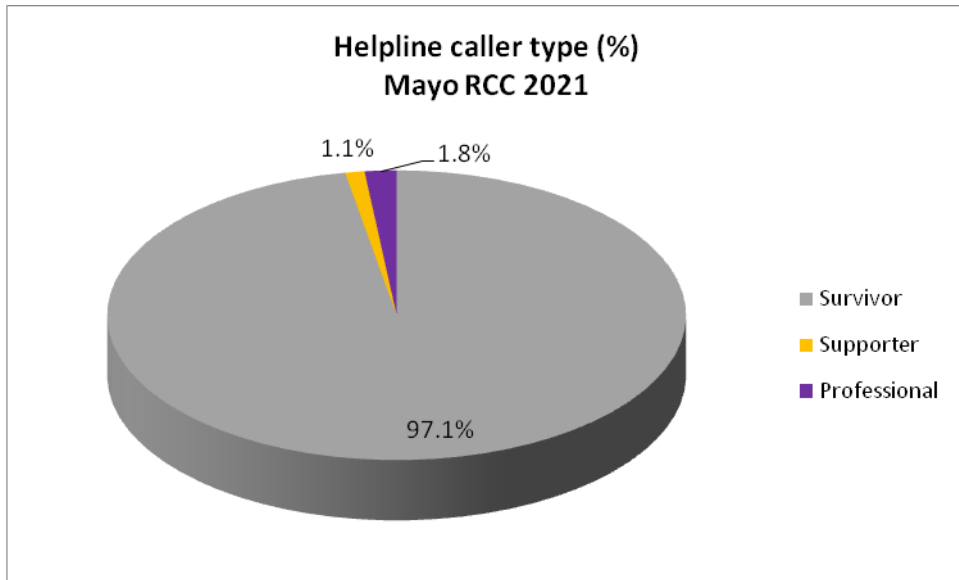
We take every opportunity to raise awareness and challenge perceptions about the causes and impact of sexual violence through talks and public events and our social media platforms.

Support for Families and Friends

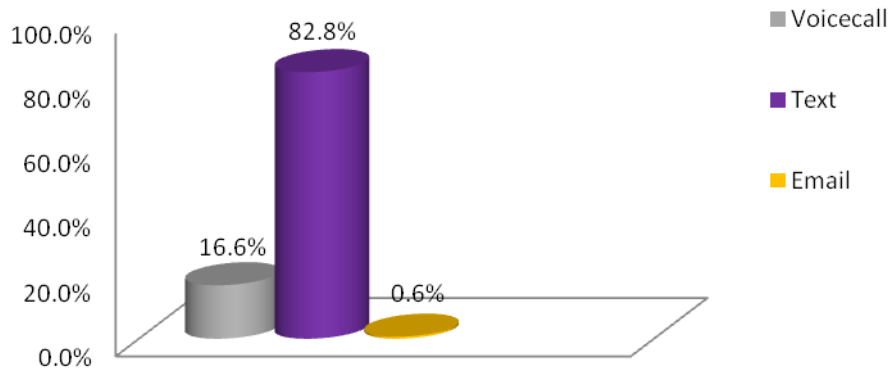
We at the Mayo Rape Crisis Centre know that sexual violence does not just affect the victim/survivor but also those around them. Because of this we offer information and support sessions for partners, family members and friends so that they may better support survivors.

Statistics 2021

Helpline

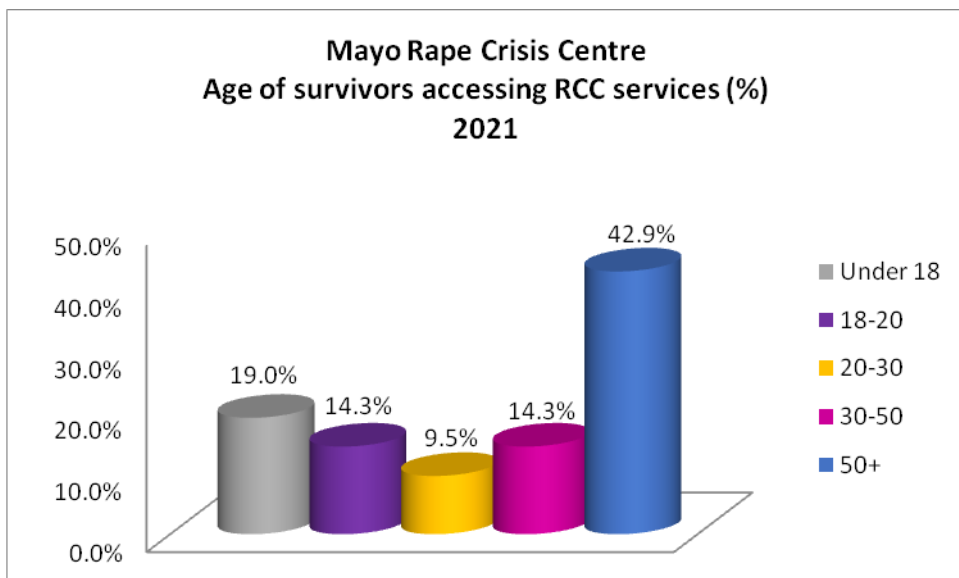
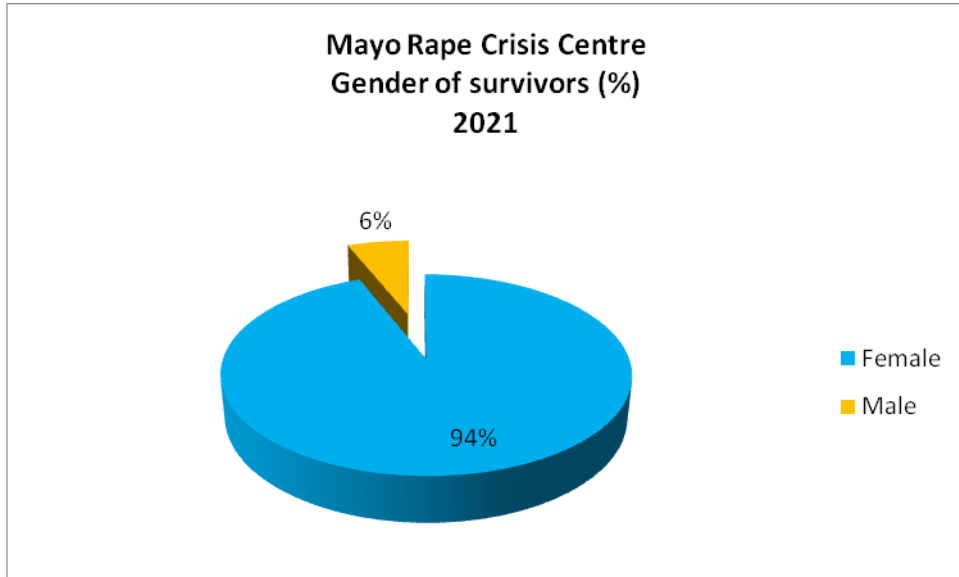


**Mayo Rape Crisis Centre
Helpline method of contact (%)
2021**

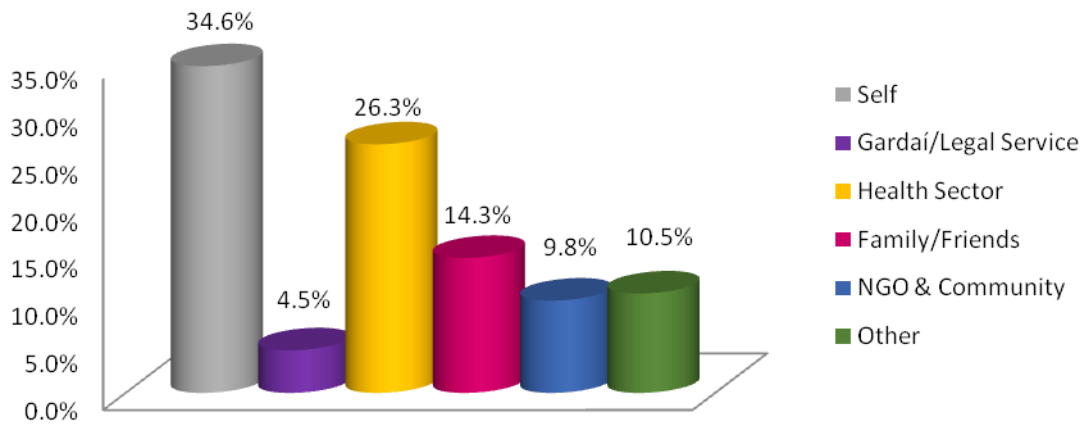


Statistics 2021

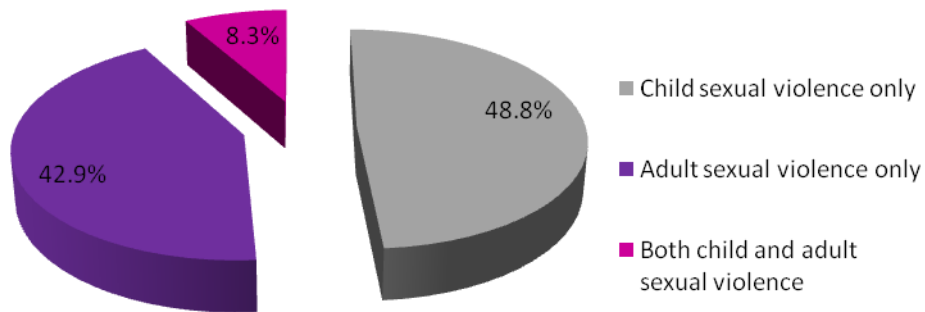
Counselling and Support



**Mayo Rape Crisis Centre
Survivors referred to RCC by (%)
2021**



**Mayo Rape Crisis Centre
When the sexual violence was perpetrated (%)
2021**



Financial Summary 2021

Mayo Rape Crisis Centre CLG. A Company Limited by Guarantee and not having a Share Capital.

Income and Expenditure 2020

Annual Statutory Funding	2021	2020
Child & Family Agency (Tusla)	€208,339.92	€224,572
Donations & Fundraising	€16,993.94	€23,018
Other Grants & Social Welfare	€1,992	€1,867
Amortisation of Government Grants	€232	€716
Total Income	€227,557.86	€237,761
Administrative Expenses	€238,748	€225,259
Interest Payable Bank Interest	€604	€724
Net profit for the Year	€10,900	€24,190

We can confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable sector in Ireland.