



Annual Report 2020



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Chairperson's Foreword



It is with immense pride that I put pen to paper as Chairperson of WRC to summarise what an exciting year 2020 has been for our organisation.

2020 saw the realization of our dreams of relocating to a state of the art, purpose built, new premises at the Rocks, Wexford town. Thanks is due to County Manager, Tom Enright and all the County councillors who unanimously voted to lease us the site for €100 p.a. for 99 years. Shay Howell, Sean Savage and their team in Wexford Co County turned the blank site into a well-planned design that was fit for purpose. Geraldine and Fred Karlsson made the dream a reality with their very generous contribution of €140,000 and AIB Bank sanctioned a €100,000 loan which allowed us engage Anthony Neville Homes to build the premises, at cost. The building commenced in July and was completed in November. Remarkable.

Johnny Moylan, Engineer, Anne Doyle, Page Interiors and our Premises committee all volunteered long hours to the project. They ensured the building was lots more than bricks and mortar. Their professionalism ensured the new premises was fully completed and fitted out to 5-star standard of excellence befitting our staff, clients and people of Maudlintown who now enjoy its presence. During the build, our Manager, Clare and our therapists had to develop a new way of counselling, new health and safety guidelines and restrictions, and relocating from Clifford St to home! Telehealth Doxy became our technical modus operandi. Everyone adapted to meet the needs of our clients. As you will read from our client's profiles of Sophie, Margaret and Client C their flexibility was rewarded by grateful clients. Despite a decrease in new referrals in 2020 there were other challenges to face.

Adolescent counselling hours grew and parental support became a new focus for Siobhain. As the designated counselling service for the Women's refuge we mirrored the national increase in domestic violence cases. Extra funding was found for Parental Support and Support for the Refuge. Meanwhile our counsellors tackled the waiting list as months of restrictions kept us on Doxy calls or video sessions.

2020 saw funding cease for the educational Manuela Riedo programme. However we secured funding locally through Children and Young Peoples services Committees (CYPSC) to employ Carolyn one day per week to develop our own Consent programme for secondary school roll-out. Clare and Carolyn's work with the Riedo programme was applauded nationally and there are talks to see if a new programme could be rolled out nationally in 2021.

The board of WRC gave even more of their time in 2020, due to the demands of the new build and the pandemic. John's contribution to Governance, Kate's and Breda's to the premises, Laura's to fundraising, Moira's to medical regulation matters, and Damien's to all legal issues all made a huge contribution to the overall picture last year.

As well as keeping Carolyn on the team it was great to welcome Ann to our administration team, and Emma to our social media/PR team. Felicity completed her term as Clinical supervisor and we now welcome Gerry's expertise, all great additions to our hugely motivated team in WRC. To Clare, Catherine, Jessica, Siobhain, Ann, Carolyn, Bernadette, Ciara, Ann, Emma and our volunteer Freda, thank you one and all for adjusting so quickly to all that 2020 brought and adapting so quickly to our new needs.

Tusla are our main funders. They have believed in WRC as a successful product from day one and wholly endorsed our dream and aspiration to relocate. We are hugely grateful for their donation towards our purpose-built Child and Adolescent counselling room which incorporates special storage for Therapy aids, a colourful step out courtyard with a calming water feature and garden furniture. Anita and Mary, thank you. Míle buíochas to everyone who has played a part, whether large or small, in the ever-evolving success story of WRC.

The year is one that is etched in many of our minds as the most memorable year to date since WRC's inception in 1995. Special thanks for Clare Williams for managing to run the centre during a pandemic whilst also wearing a hard hat and ensuring our new building arrived on time and on budget. Here's to 2021, we are looking forward to seeing everyone again, face to face, in our new surroundings. Please call in and say hello!

Comhghairdeas!

Máiréad Sinnott

Manager's Report

2020 was a landmark year in the history of Wexford Rape Crisis (WRC). Over 25 years ago, the service began providing support services to survivors of Sexual Violence from a modest premises in George's Street and from there moved to Clifford Street for over 25 years. In 2020, Wexford Rape Crisis began and completed construction of its brand-new premises at The Rocks, in Maudlintown. This amazing project would not have been completed without the drive and vision of Tom Enright (CEO Wexford County Council) and his team, namely Shay Howell and Sean Savage. We are indebted to them for their commitment over the past numbers of years to bring this project to fruition.

Wexford Rape Crisis' new state of the art building would also not have been completed to the quality and design it is without long hours of hard work and dedication from Johnny Moylan (Structural Civil Engineer) who volunteered years of his time to oversee and manage the project.

Anne Doyle (pagelinteriors.ie) was also hugely significant in realising the organisation's dream for the interior of the building. She volunteered over 6-months of her time to create a warm, therapeutic, and modern interior that will ultimately create an environment for our clients to heal.



March 2020 Covid-19 arrived in our country and changed our lives in every respect. For Wexford Rape Crisis this meant adapting our support service to continue meeting the needs of our clients. Remote working, and tele-health became the norm, and our team found a new way of supporting our clients who were affected by domestic, sexual and gender-based violence. This new way of working continues into 2021 and we look forward to the day that we can welcome our clients into our new centre for face-to-face work.

Statistics from 2020 show that there was an overall decrease in new referrals to WRC for counselling. We believe that this was due to the impact of Covid-19 on potential clients and dealing with job losses, childcare and home-schooling etc. However, the service saw an increase in clients presenting with domestic violence issues. Many clients report how difficult it has been to be isolated in the home place with on-going abuse from a partner. We envisage a surge in new referrals once the spread of Covid-19 has eased and the population are vaccinated.

WRC continued the development of the Child & Adolescent Counselling Service with the provision of 3 full days per week for the service. In December 2020, WRC Manager and Counsellor presented at a national Tusla Webinar on WRC's decision to distinguish between Adult and Adolescent Counselling. WRC foresaw the need to respond to the needs of young people. This was confirmed by the recommendations of the research study carried out by Dublin City University 'It makes you feel a little less heavy'. Review of therapeutic services for young people in Rape Crisis services in Ireland (McElvaney, Monaghan, Tracey & Delaney, 2020).

WRC is funded by Tús, The Child and Family Agency. WRC would like to acknowledge the support provided by the DSGBV team throughout 2020. The agency very quickly adapted and responded with practical and financial support to enable WRC to adapt and respond to the needs of our clients. In 2020, WRC welcomed 2 new members to the team, Ann Whelan (Finance & Admin) and Emma Hyland (Tús Worker). Both Ann and Emma have added significantly to the development of the services and continue to do so in 2021.

Felicity Kennedy, WRC Clinical Supervisor (2017-2022) finished 3 years of supporting the clinical team. Felicity brought a wealth of knowledge, skills and experience to the organisation and we are all indebted to her for her support and kindness over the years. We welcomed Gerry Byrne (Clinical Supervisor) in December 2020 and already feel the benefit of his experience, knowledge, and support to date. We look forward to working with him over the coming years.

Work with the Rape Crisis Centre's Manager's Forum continued in 2020 with the review and development of all operational and governance policies and procedures, in conjunction with Sarah Murphy. Through on-going support from John Cuddihy (Board Member) WRC is now fully compliant with the Governance Code and is a centre of best practice and excellence.

Finally, and very importantly, I would like to thank the fantastic team at WRC. Each one of our team members either directly or indirectly, help and support the women, men and young people of County Wexford who have been affected by domestic, sexual and gender-based violence. Without such a dedicated, committed and hard-working team the centre would not have progressed and developed as it has done in the past number of years. Thank you to each of the front-line team and to the board members who support the team to help provide healing and recovery for our clients.

Clare Williams, Manager.



Section 1: Overview of the Organisation

In 1995, Wexford Rape & Sexual Abuse Support Service was established as an indirect result of the Kilkenny Incest Investigation, providing a free counselling service for survivors of sexual violence and their families in the Co. Wexford area. The service quickly expanded as more and more survivors sought counselling. With the increased numbers, outreach services were developed in Gorey, Enniscorthy and New Ross.

In 2019, the service was rebranded as Wexford Rape Crisis. The service also formally expanded their remit to providing Counselling support to those who also experienced domestic and gender-based violence.

Wexford Rape Crisis became the designated Counselling service for clients of Wexford Women's Refuge. Strong links operate between both services to help our community in Co. Wexford. All our counsellors are professionally qualified and accredited to relevant recognized Accreditation Bodies such as the IACP and IAHIP.

Our Vision

Is for a society free from sexual violence.

Wexford Rape Crisis Mission Statement

"Wexford Rape Crisis is a client-centred support service for those who may have been affected by domestic, sexual or gender-based violence, including women, men, young people and all persons of different sexual or gender identities".

Core values underpinning Wexford Rape Crisis

Violence and sexual abuse in relationships must always be viewed as an abuse of Human Rights. It should not be rationalised or minimised and there must never be an acceptable or tolerable level of violence. Anyone can be a victim of sexual violence, irrespective of age, race, income or employment status. Underpinning all aspects of the work of Wexford Rape Crisis is an ethos which offers support, empathy and understanding. We provide a non-judgemental, empowering and compassionate service which facilitates healing and recovery.



I. Aims & Objectives:

Through our counselling service, advocacy and awareness-raising work, we aim to support our clients by:

- Implementing best practice in all we do with survivors of domestic, sexual or gender-based violence (DSGBV).
- Supporting partners, families and friends of those who have been affected by DSGBV.
- Developing therapeutic relationships.
- Ensuring survivors have access to services which are responsive and appropriate to their needs.
- Supporting clients to make informed choices
- Providing accessible, sensitive, confidential and quality services.
- Working on behalf of our clientele with other organisations and agencies when appropriate.
- Working preventatively in communities through education, media campaigns and public awareness strategies.
- Monitoring and evaluating our service provision.
- Ensuring the safeguarding of children in situations of domestic, sexual or gender-based violence.

II. Current Management/Committee Membership:

Board of Directors:

Mairead Sinnott (Chairperson), John Cuddihy (Secretary), Laura Lawlor (Vice Chairperson), Dr Moira Slevin, Damien Jordan, Christine Hore, Breda Cogley and Kate O'Donnell.

Audit Sub-Committee:

John Cuddihy, Annette O'Neill, Damien Jordan, Kate O' Donnell.

Director Biographies:

Ms. Mairead Sinnott: Máireád has over thirty years of experience in the Retail Banking network, and currently manages a busy medical centre in Co. Wexford. Máireád has considerable experience of the Voluntary Sector having served on numerous boards. Máireád has been Chairperson of the Board since 2017.

Mr. John Cuddihy: John is a retired Regional Director with AIB Bank having served in excess of forty years in the Retail Banking Sector in Ireland. John is a member of several Audit Committees both private and Semi State and is the Company Secretary.

Ms. Laura Lawlor: With extensive experience in community development initiatives for over thirty years, Laura currently works as a Career Guidance Professional. Laura has previously served with boards of management in the education, community and communications sectors and from 2009-2018 she assumed the role of Safeguarding Representative for the Parish of Wexford. Laura has also engaged in voluntary work in the PR, Local Radio and publications areas, and has a particular interest in supporting the wellbeing, personal progression and development of the people with whom she works.

Dr. Moira Slevin: Dr Moira Slevin, now retired, has been a GP for over 30 years and has had a special interest in Women's Health including Mental Health issues in the community throughout her career.



Mr. Damien Jordan: Damien was Educated at FCJ Secondary School, Bunclody, Griffith College Dublin and the Law Society of Ireland. He is currently a Partner with the legal firm Redmond & Co. Solicitors Enniscorthy, a member of the Probate, Administration and Trusts Committee of the Law Society of Ireland, and a former Secretary of the Wexford Solicitors Association.

Ms. Breda Cogley: Breda is a retired Secondary School Principal and served as a member of the teaching staff in Presentation Secondary School, Wexford for over thirty years. During her time in Presentation she was appointed to several senior positions where she gained significant management experience, until her retirement in 2015. Breda joined the Board of Wexford Rape Crisis in 2019.

Ms. Kate O'Donnell: Kate O'Donnell is a Certified Bank Director. She served as Bank of Ireland's Regional Director for South Leinster and has over 37 years in Financial Services, retiring in 2016. Having previously been a member of the Audit Committee, Kate joined the Board of Wexford Rape Crisis in 2019 and serves on a number of Boards in the Arts and Culture Sector.

III. Board Meetings 2020:

January 15th

February 12th

March 25th (did not proceed due to Covid)

May 1st

June 12th

June 24th - AGM

September 9th

October 14th

November 11th

December 16th



IV. Front Line Team :

Clare Williams, Manager Wexford Rape Crisis MSc, BSc, B.A., Dip Mgt, Dip Addictions, Dip Group Work.

Clare commenced as Manager with WRC in Nov 2014. Her working background includes work as a counsellor supporting and helping clients with addiction, depression, anxiety, and trauma. Clare has also held a range of senior managerial roles, mainly in Dublin in a variety of work settings. These include managing an Residential Alcohol & Drug Detox Unit, an emergency Shelter for homeless people with mental health challenges, a Transitional Housing Project for people exiting prison and a residential service for women affected by Domestic & Sexual Violence. She worked mainly with organisations such as Dublin Simon Community, De Paul Trust and The Vincentian Housing Partnership.

Catherine Murphy, Staff Counsellor B.Sc., Dip. MIACP.

Catherine has worked with Wexford Rape Crisis since 2000. She has many years' experience working with adults, both men and women, who have experienced all types of sexual violence (including childhood sexual abuse,) domestic violence and gender-based violence. Her therapeutic approach is humanistic/integrative with person-centred values. At the core of therapy is the bond that develops between client and therapist. This facilitates the establishment of a strong foundation of trust and care. Catherine recognises that every client is unique, and she tailors her approach based on the needs of the individual. She facilitates a safe, supportive, nurturing environment which helps clients work toward self-healing and recovery from their trauma. She is currently training to be a Reiki Practitioner.



Jessica Du Bois, Staff Counsellor, Dip. Counselling MIACP.

Jessica has been a counsellor for Wexford Rape Crisis since 2004. She is a fully accredited Humanistic Integrative Therapist who began her career as a Rape Crisis counsellor at Portsmouth Area Rape Crisis Services in the south of England in 1998. She is also a fully qualified and certified Equine Assisted Mental Health Professional. As a humanistic counsellor, she believes, that through deepening self-awareness, we can all connect with the counsellor within ourselves, and strive to fulfil our true potential in life. For Jessica, being a counsellor is a great honour and privilege.

Siobhan Cooper, Adolescent Counsellor, M.A., B.A. MIACP.

Siobhan is a Child, Adolescent & Adult Psychotherapist and Play Therapist and holds a BA (Hons) in Person Centred Counselling and first-class MA in Humanistic & Integrative Psychotherapy & Play Therapy. Her role within the organisation is specific to providing a specialised psychotherapeutic support to adolescents and young adults who have experienced or been impacted by sexual, domestic or gender-based violence. Her work is underpinned by the core conditions of the Person-Centred Approach, Empathy, Congruence and Unconditional Positive Regard. Alongside the 'talk therapy' aspect in the counselling relationship, she uses creative mediums and play therapy which provide additional/alternative dimensions in the therapy process for clients in their healing journey.

Bernadette Lacey, Panel Counsellor, Dip Gestalt, Dip HE, RGN, MIACP

Bernadette is a Gestalt Psychotherapist. She works very much on a holistic level encompassing mind body and spirit of clients. She has a deep interest in working with childhood trauma and its effects in adulthood. She also has an abiding love of nature and a passionate belief in the healing and therapeutic powers of the connection with our natural environment and in particular, trees, and feels this to be a very valuable and profound resource which forms an intrinsic part of her work with clients. Bernadette feels the earth has a very forgiving, soothing and calming effect on our system when we spend time with nature, and helps us to regulate our physical, emotional and psychological selves in order to manage life's challenges better. She believes that sometimes there just aren't words for what has been suffered and the earth doesn't need them in order to heal us.

Ciara Murray, Panel Counsellor, Dip Psychotherapy MIAHIP

Ciara Murray is a qualified accredited Psychotherapist and she currently work part time with Wexford Rape Crisis since 2018. She also has a private practise based in Ferns for over five years, working with clients suffering with depression, anxiety, trauma, loss & bereavement. Before this she worked on a voluntary basis in Living Life Counselling & Enniscorthy Vocational College. She also has experience as working as a social care worker in a residential setting working with adolescents in care. Ciara trained in the Tivoli Institute, and qualified from the 'Professional Training Course in Psychotherapy & Counselling' (2010-2014). She continues to do professional development workshops varying from different topics such as mindfulness, children's play therapy to suicide prevention. Ciara offers a safe, non-judgemental space for her clients. She works in a humanistic and integrative way. She likes to focus on helping the client recognise their own capabilities through personal growth and choice.

Carolyn Brohan, Education Project Worker, M.A., B.A., Dip

Carolyn has been a member of the team since Sept 2017. She delivers Wexford Rape Crisis Consent & Sexual Violence Prevention Programme along with workshops, programmes and training to young people, and professionals, throughout County Wexford. She formerly delivered the EU funded pilot of the Manuela Programme with Wexford Rape Crisis who was one of four centers in the country providing this initiative. For the past twenty years she has worked as a Senior Youth Worker in a myriad of settings and diversity of roles including youth work services, working with minority groups, in residential care and a Tutor in adult education. She also works part-time as an Associate Lecturer in the third level sector.

Ann Whelan, Finance & Administer Worker LLB, AAT

Ann joined the team in February 2020 and is the financial administrator for Wexford Rape Crisis. She has worked in accounts, book-keeping, and administration for the last 30 years and has gained valuable experience in a number of areas during that time. She enjoys upskilling and has participated in several courses over the years, and in 2017 achieved an LLB in Law. She also works for a number of different organisations looking after the accounts/ HR and implementing policies and procedures to best practise.

Freda Quinn, Volunteer.

Freda began volunteering for WRC in 2012. She has been volunteering in many different capacities over the years but mainly as a fundraising volunteer and assisting with the day today running of the premises. Freda travels between her native Dublin and her home in Wexford on a regular basis and as such volunteers any free time she has when she is back in Wexford. Freda also volunteers for many other large organisations throughout Ireland. When a job needs to be done, Freda is the person to call.

Emma Hyland, Tús Worker.

Emma joined WRC in September 2020 on a Tús Scheme. She has a degree in English, Media and Cultural Studies from IADT in Dun Laoghaire and has spent the last few years upskilling through courses in digital marketing, design and illustrator. She currently manages the social media and digital aspects of WRC.

V. Group Management & Governance Code

WRC Annual Report Compliance

Leadership: The Vision for the Organisation was reviewed by the Trustees to ensure alignment with our charitable purpose.

Direction: Financial Budgets were implemented and well managed not least in relation to our Building Project. A new Strategic Plan is required and will be agreed during 2021.

Control: Policies and Procedures were reviewed during 2020 with a range of new policies implemented including Environmental, Lobbying and Protected Disclosures.

Accountability: Annual Report and Audited Accounts are published and available to the public on the organisation website, and the Charities Regulator portal. Annual Returns to both the Companies Registration Office and the Charities Regulatory Authority have been made in compliance with legal and regulatory requirements.

Governance Code

2020 was the first year that registered charities were expected to comply with the new Charities Regulator Governance Code which deals with the principles of charities governance:

- Advancing Charitable Purpose
- Behaving with Integrity
- Leading People
- Exercising Control
- Working Effectively
- Being Accountable and Transparent

In order to ensure compliance, the Board of directors reviewed a wide range of existing governance standards and implemented new ones as appropriate.

This was conducted in tandem with a review of all existing Policies and Procedures and resulted in the strengthening of some of our existing standards and implementation of new Policies and Procedures to meet the increased demands associated with good governance. We believe the organisation is now fully compliant with the 'Code' and we will continue to work hard to maintain the necessary standards of governance.

Charitable Purpose

We also revisited the criteria set out in the Charities Act 2009 to ensure we comply with the requirements around Charitable Purpose.

Wexford Rape Crisis satisfies that criteria in the following categories:

- The promotion of health, including the prevention or relief of sickness, disease or human suffering.
- The advancement of community welfare through the provision of specialist care.

All of the activities undertaken by the organisation relate directly to furthering the charitable purposes and all income and property is applied towards those charitable purposes.

VI. Current Active Projects

Wexford Rape Crisis Services

Helpline:

Free Telephone Counselling & Support is available for survivors who can speak confidentially to a trained counsellor, set up an appointment, have their questions answered or get any information needed on counselling.

One to One Counselling:

Wexford Rape Crisis offers long and/or short-term counselling to female and male survivors of domestic, sexual and gender-based violence. Support counselling is also available to a partner, family member or friend who often feels powerless when someone close to them has been raped or sexually abused.

Adolescent Counselling:

Adolescent counselling available to any young person from age 12 who has or been impacted by experienced sexual, domestic or gender-based violence in their lives. The service offers a familial model involving parents and guardians in the counselling process.

Court Accompaniment:

Wexford Rape Crisis offers court accompaniment and help with victim impact statements for those who are going through the legal process.

Garda Accompaniment:

The Service provides Garda accompaniment to clients who wish to make a Statement reporting their abuse.

Consent & Sexual Violence Education & Prevention Programme for Young People:

This is an educational interactive programme offered to young people in schools aimed to reduce levels of sexual violence in Ireland by the engagement of young people 13-17 years.

Domestic Violence:

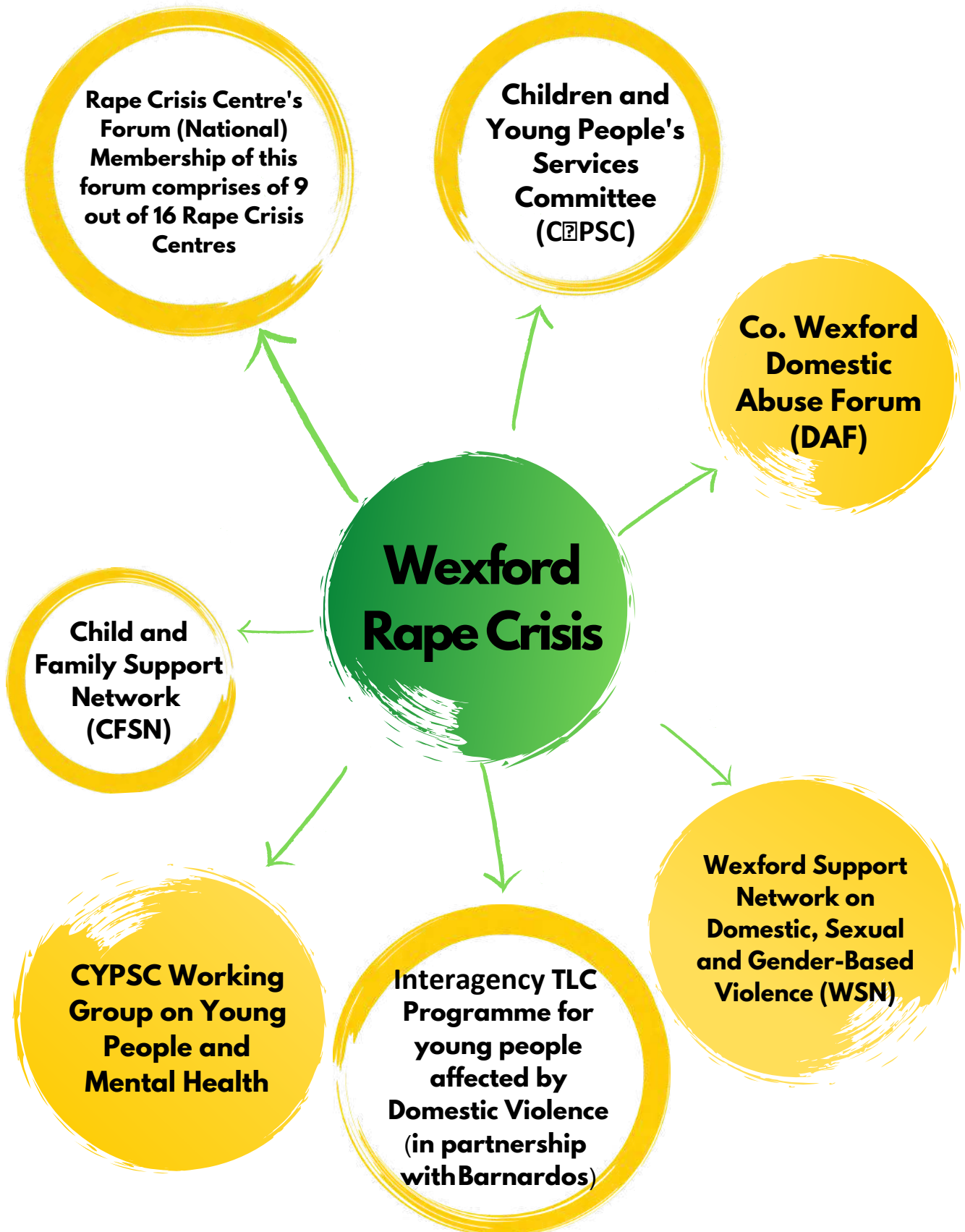
Wexford Rape Crisis is the designated one-to-one counselling service for clients of Wexford Women's Refuge.

Cost of Service:

Counselling sessions are 50 mins and usually take place once per week. The first 10 sessions of one to one counselling are free of charge. After which time a donation of €10 is requested.



Interagency: Wexford Rape Crisis is an active member of networks both nationally and in County Wexford (see chart below). Wexford Rape Crisis advocates on a National and local level for survivors of Sexual, Domestic and Gender-based violence via the Rape Crisis Centers Form.



Section 2: Adult Counselling Services 2020



The Covid 19 Pandemic has impacted profoundly on the quality and nature of therapy and intervention required for the clients of WRC in 2020 like previously unseen. Those who were already in counselling with WRC, in most cases were able to switch to telehealth and remote counselling, others chose to wait for the return of face to face. Clients availed of either phone sessions and/or online face to face counselling. While this does not replace the traditional approach of face-to-face therapy and its effectiveness, it offered an alternative for clients of the Service.

The immediate change to remote working proved challenging and placed extraordinary demands technologically on counsellors to adapt in unprecedented times, but they adjusted to this new way of therapeutic delivery with professionalism and flexibility. This ensured continuity of therapy in facilitating our clients on their paths to healing from their traumas.

The total number of counselling hours provided in 2020 were 222^h, which saw a significant increase of 26^h on 2019. Of the total hours provided, 1^h72(66^h), telehealth appointments were delivered. Cancellations decreased by approx. 1^h on 2019, which was due to a large extent by the availability of therapy online and by phone. It took away the burden of organizing transport, childcare and, therefore allowing this time for themselves to process their past experiences.

There were some unique benefits to working online, such as increased convenience, flexibility, and accessibility to therapy for clients. Defences and resistances were greatly reduced for some clients and this allowed for self-disclosure, particularly when they were in the privacy of their own home. Some clients said they felt more natural in the remote environment. As well as clients presenting with issues of sexual violence and domestic violence, they also had added concerns around their mental health including anxiety and depression, and the impact that Covid was having on them. Counsellors were able to observe clients in a different setting which gave them new insights into the client's world and their thoughts and feelings.

Domestic Violence

In 2017, as part of Wexford Rape Crisis strategic planning review, WRC noted the demand and provision of counselling for domestic and gender-based violence. As such the remit of the service was broadened to include domestic, sexual and gender-based violence. Women, men and young people (aged 12 plus) can now refer for counselling presenting with any of the above support needs.

WRC is the designated centre for the county for domestic, sexual and gender-based violence referrals. WRC is also the designated counselling service for domestic violence for Wexford Women's Refuge.



Of the total new clients to the Service in 2020, a quarter of these were from the Refuge and this number continues to increase as more women seek help. The Centre is aware of the volatile situation that women find themselves in, and is in the unique position of being able to offer specialised counselling to this cohort of women who have been degraded and endured relentless levels of abuse.

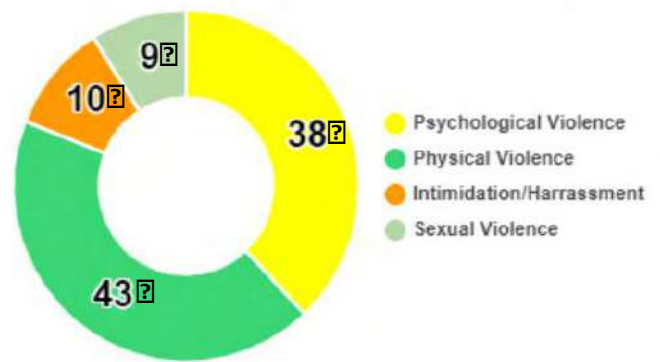
Domestic abuse and coercive control are a deliberate and persistent pattern of behaviour by an abuser over a prolonged period of time where they exercise fear and control over their partner. It can include acts of physical violence, intimidation, threats, isolation and humiliation. It often destroys a person's self-esteem and robs them of their dignity and respect. Manipulation by an abuser can also extend to sexual assault, which often overlaps with domestic violence.

Victims do many things to survive or to try to protect themselves in a violent relationship. The partner carrying out the abuse is solely responsible for the violence, but often the survivor somehow believes themselves to be at fault for being in that relationship. In the past year survivors found themselves in close proximity with their abusers due to the Covid restrictions, therefore placing greater stress and anxiety on them to cope in such difficult circumstances.

WRC counsellors offered this invaluable support to these women throughout 2020 where they were given the space and safety to open up and talk. As counsellors working with these vulnerable women, it is really important to avoid language where the client thinks she is to blame. The most restorative thing that they can hear is that "it's not your fault". It is important that this is communicated to them and name that what she experienced was abuse and to help them identify the after affects. This validates their experience and helps them understand why their physical and emotional well-being.

Since Coercive Control became a criminal offence in January 2019 it is giving women a firmer ground from where they have a greater platform and voice. Their abusers can now be held accountable and are being found guilty of this horrendous crime that they commit on their loved ones. WRC's role is vitally important in that as well as supporting clients through their trauma, they can advocate on their behalf and educate them to recognize that they do have rights and can come forward with greater supports in place.

Forms of Domestic Violence



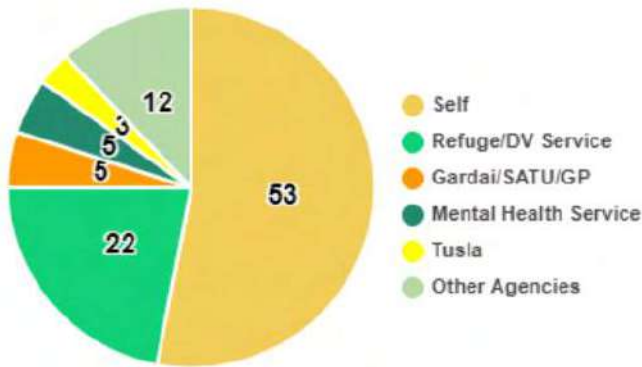
This graph to the right reflects the types of violence that women experience by an intimate partner and who presented at WRC for counselling support in 2020 for the first time.

Below is a breakdown of counselling hours provided over the four quarters of 2020: 515 (23%), 554(25%), 510 (23%), 644 (29%). There was a marked increase on 2019 with the last quarter October to December peaking to 644 counselling hours.

Counselling Hours Provided in 2020

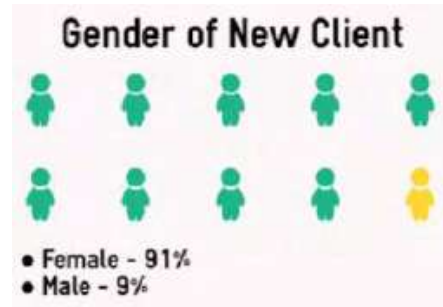


Referral Source



The figures to the left represent 87 new clients to the Service in 2020. There was a significant increase of 14% (21) on the previous year in referrals from the Women's Refuge/DV Service. This highlights the importance of interagency relationships and the specialised counselling support WRC is offering these women while they are going through the most traumatic period in their lives.

The trend continues where of 87 new clients presenting in 2020, 91% are female, and 9% are male. These figures are fairly consistent over the years. Male survivors are more reluctant to seek counselling because of shame and embarrassment. The majority of male clients who do attend WRC is as a result of childhood sexual abuse.



Statistics provided in the following sections represent the clients who entered our service in 2020, as well as existing clients from previous years.

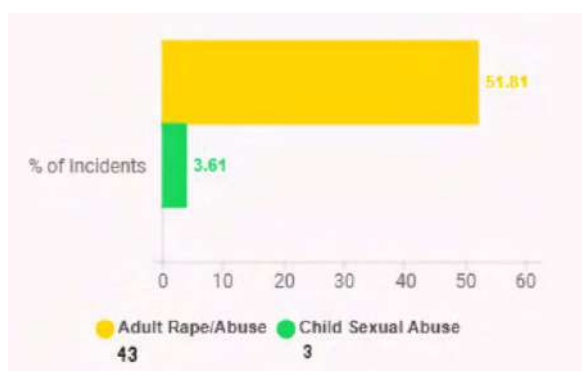
It covers incidents of additional violence disclosed by those clients. These figures below relate to the breakdown by type of sexual abuse where known and experienced by adults in 70 incidents (41.92%).

These figures also reflect the multiple types of sexual violence. A survivor may have been subjected to multiple abusers and multiple episodes. Rape continues to be the most common form of SV experienced by clients of WRC. Sexual violence is rarely perpetrated in isolation. It is usually accompanied by other forms of violence

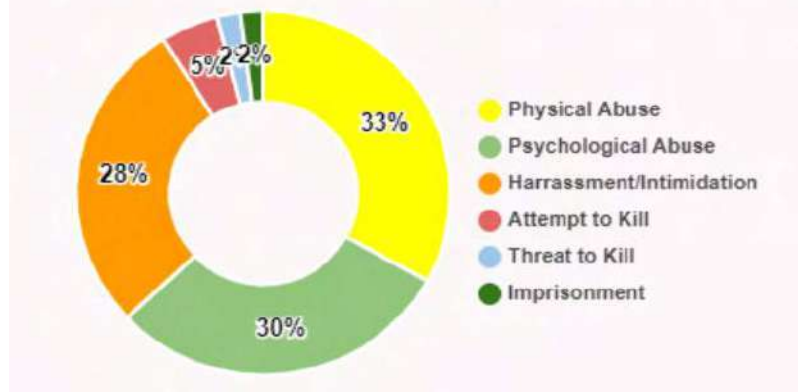


Childhood sexual abuse experienced by children accounts for 8.08% in 97 incidents

Category	% of Incidents	No. of Incidents also experiencing violence
Adult rape/abuse	51.81	43
Child sexual abuse	3.61	3



Other Violence Experienced by Adults



Note: A separate incident can have multiple types of violence.

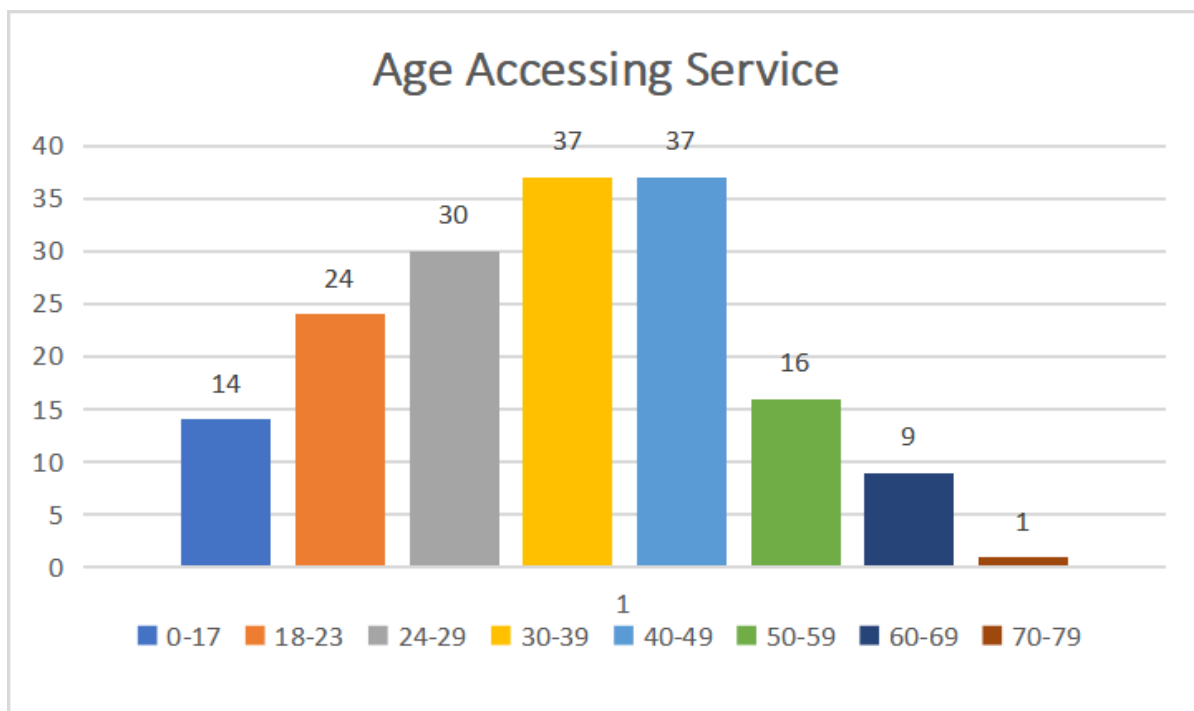
While abuse can take place in various different locations, these figures indicate that in 173 clients of the total (178) seen by WRC in 2020, 47% (81) of clients experienced abuse in the abuser's house, and in approx. 75% of cases the abuser was known to the client. This number also represents almost half of the clients attending the service.

Location of Abuse



Age accessing service is based on 168 clients (of 178) where known. Clients who attended the service, for the vast majority it was as a result of childhood abuse. The most common age range of adults attending WRC in 2020 were between 24 to 49.

Age Accessing Service



Section 3: Adolescent Counselling Service 2020

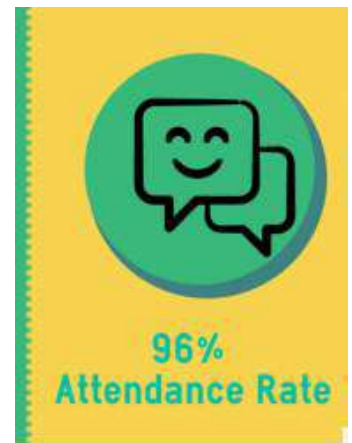
Covid19 ☒ Telehealth The year 2020 will forever be etched in our memories as the year of the Covid19 pandemic that caused widespread fear, sickness, loss of loved ones, and disrupted all of our lives. The government announcement of strict restrictions resulted in an abrupt shut down of face-to-face services across the country.



In order to be able to continue to support clients, Wexford Rape Crisis had to hastily adapt its methods of offering counselling to that of an online/telephone counselling service – what we now commonly refer to as ‘telehealth’ counselling. This was not without its challenges for the organisation and the counsellors who all had to quickly adapt, hone their IT abilities, upskill as well as develop new policies and procedures to ensure the continuity of clinical safety within the service.

The impact was significant on the adolescent counselling service, initially some clients (and their parents) were hesitant to engage by video/phone, and the move to telehealth counselling created barriers to using the normal creative mediums (such as art and sand trays) within the therapeutic relationship.

The adolescent counsellor completed CPD to develop skills in using creative mediums via telehealth, skills that continue to evolve and develop. For the most part, despite the challenges, telehealth counselling has proven to be very effective for most adolescent clients, the adolescent counsellor has witnessed clients continuing to heal from the traumas that they have experienced. For some clients, telehealth counselling appears to have even been a catalyst in their healing. The client vignette below is one such example, and gives an insight to the impact that covid restrictions had on the clinical work with clients during the Covid19 pandemic.



Interagency Relations Despite the limitations imposed by Covid restrictions, the Adolescent Counselling Service continued to liaise with and foster connections with other agencies and services throughout 2020. The case study contained in this report reflects the importance and benefits of a youth counselling service adopting a multiply disciplinary approach in the provision of counselling to child and adolescent clients.

Parent Support Service Alongside the multi-disciplinary approach, Wexford Rape Crisis recognises that the young person’s carers/parents are a vital part of their support ecosystem and therefore incorporates parent support and/or adult counselling alongside a young person engaging in their own therapy.

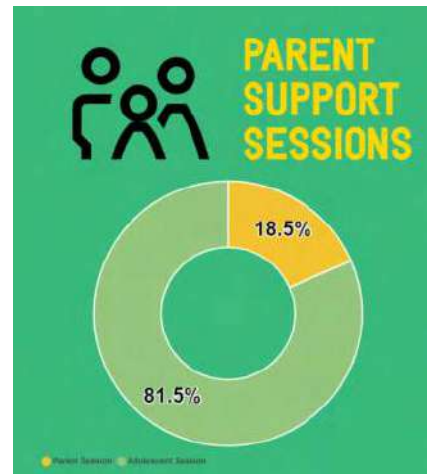
- INTERAGENCY COLLABORATING IN 2020**
- LOCAL GARDAI STATIONS
 - GARDA SPECIALIST INTERVIEWERS
 - SCHOOLS/UNIVERSITIES
 - YOUTH SERVICES E.G. BARNARDOS/FDYS
 - SPECIALISED COUNSELLING SERVICES E.G. BODYWHYS, PIETA
 - CAMHS
 - GPS
 - TLC KIDZ

Initially, the adolescent counselling service was developed to provide one-to-one counselling to young people from the age of 12 and up. However, the service regularly receives enquiries from parents of children younger than this age seeking therapeutic support/guidance for their son/daughter who have experienced D/S/GBV.

Along with this it has been identified that there is a gap in provision of supports for parents in circumstances when their adolescent son/daughter choose not to engage in therapy, and/or parents seeking advice/guidance because they too have been very impacted by the trauma which in turn can negatively affect their approach to parenting. This is particularly true for families that have experienced domestic violence.

The evidenced based TLC Kidz programme (mentioned below) highlights the importance of services finding ways to therapeutically support non-abusing parents. The perpetrated domestic abuse on the non-abusing parent can negatively impact on that parent’s sense of confidence and empowerment as a parent. It can sometimes be difficult for a non-abusing parent to see the trauma through their child’s eyes/experience as they too have experienced their own trauma, and it is not unusual for non-abusing parents to disclose feelings of shame and guilt. Therapeutically supporting parents creates an opportunity for whole families to move forward in their healing.

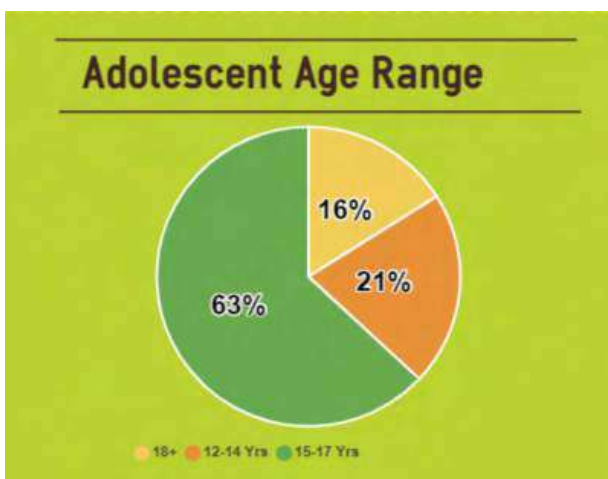
WexRC secured a small amount of funding to address the identified needs listed above. In September 2020, the organisation began to pilot a stand-alone ‘Parent Support Service’ which to date has evidenced positive therapeutic outcomes for families engaged in this type of support. If further funding can be secured in the future there may be scope to continue to offer and further develop this essential parent support service across the county.



TUSLA Adolescent Counselling Research In 2019, TUSLA commissioned research on the provision of counselling to adolescents across the Rape Crisis Network. WRC greatly assisted in this research, engaged in focus groups, surveys and connected the researchers with adolescent clients who take part in one-to-one research interviews. The findings from this research were presented at a webinar in December, 2020. TUSLA selected and invited Wexford Rape Crisis Adolescent Counselling Service to contribute a segment on the counselling service it provides to young people across County Wexford.

Manager Clare Williams and Adolescent Psychotherapist Siobhan Cooper were grateful to have an opportunity to present at this webinar to not only promote the importance of adolescent counselling services but to also give other organisations and services an insight of the work done to date by WRC to develop it’s adolescent services.

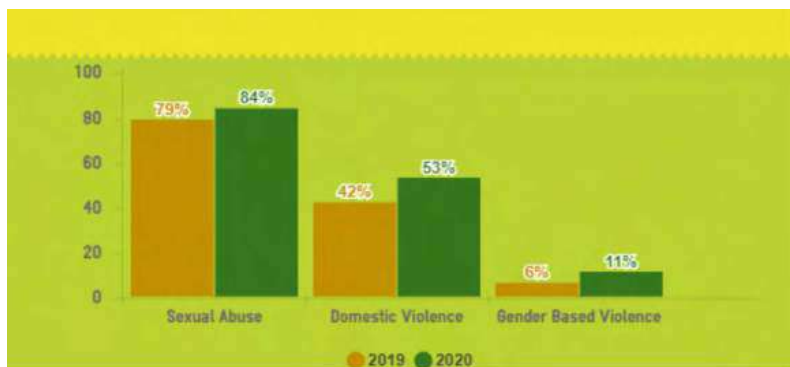
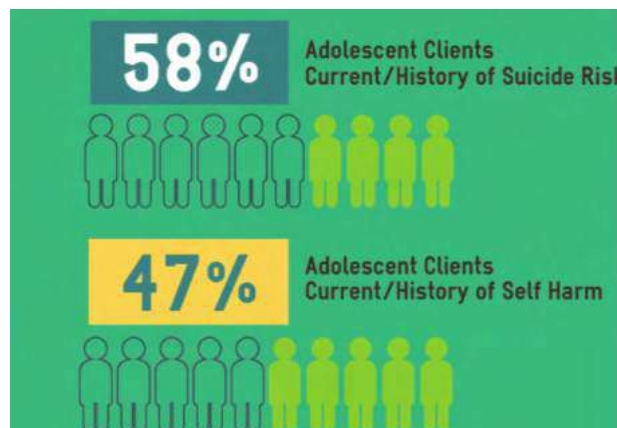
TLC Kidz (Domestic Abuse Therapeutic Programme) TLC Kidz is an international evidence based therapeutic programme for mothers and children who have been impacted by domestic violence. In Ireland, the programme is co-ordinated by Barnardos however it has a multi-agency collaborative model of facilitation. The adolescent counsellor is a trained facilitator. In September 2020 she co-facilitated the roll-out of the programme. Unfortunately, due to increased levels of Covid19 restrictions, it was not viable to co-facilitate to full programme however it is anticipated that Wexford Rape Crisis will continue to contribute to future roll-outs of this really important and effective healing programme. The new premises will create opportunities for the organisation to host future roll-outs to young people in south County Wexford.



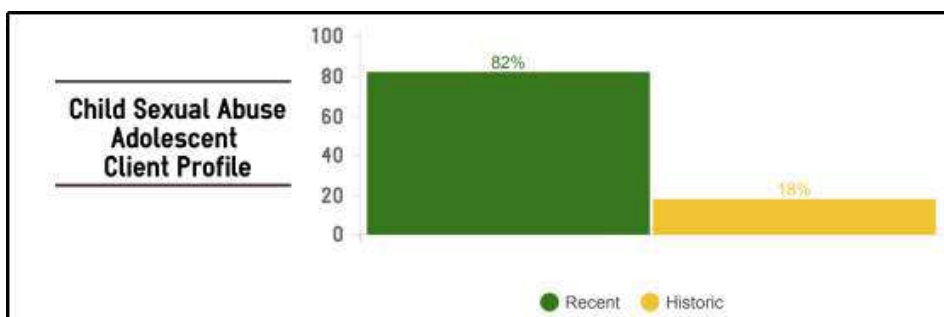
Community of Practice Barnardos have developed a multi-agency Community of Practice (COP) for professionals from many services and organisations across the country that work with young people who have been impacted by domestic violence. The overall purpose of this project is to assist in increasing the visibility of childhood domestic abuse; developing a common understanding/language on childhood domestic violence and abuse; support a collective collaborative approach to identifying the needs of children and delivering effective services in response. Participation in the COP has provided the adolescent counsellor with an opportunity to connect with other services both locally and nationally.

Oversight Committee for National Childhood Domestic Violence & Abuse Website As part of the vision to increase visibility of children, and to meet the needs of the Community of practice, Barnardos proposed to establish and host a section on their website for “Childhood Domestic Violence and Abuse”. It will be an interagency consultative platform where the design, input and contribution is from all agencies working with children and young people living with domestic violence and abuse. It is anticipated that the potential traffic to and from the site, will be COP members, universal services and the general population, including victims of domestic violence and abuse. In 2020, Wexford Rape Crisis’ adolescent counsellor was invited to be part of a research focus group. Following on from this, she was invited to be part of the oversight committee to assist in contributing expertise, content and design suggestions for the platform. It is anticipated that this valuable online resource will be launched in a phased approach during 2021.

New Premises The construction of the new premises includes a beautiful and bright designated child & adolescent counselling room along with a step-out area for counsellors to work outdoors with young clients. In 2020, after completing a very stringent process, the adolescent counselling service was successful with their application for funding from Leader (in the Youth Services category). The grant has assisted in the cost of the kit-out, furnishing and procurement of therapeutic resources relevant to the adolescent service. The new premises and it’s facilities creates exciting opportunity to develop the adolescent service further e.g. potential for adolescent group work and interagency collaborations e.g. TLC Kidz programme could be facilitated on site, the accommodation allows for the use of more creative mediums in the counselling room and is also suitable for provision of play therapy to younger clients in the future. The space available will also make it possible for parents to wait on site for their son/daughter when needed (this is vital for some young clients who need that reassurance and sense of safety).



Recruitment of New Clinical Supervisor WRC’s clinical supervisor’s term came to an end in 2020. This created an opportunity for the organisation to recruit a new clinical supervisor with experience in supervising both adult and child psychotherapists. The chosen candidate’s clinical expertise and experience is an asset to Wexford Rape Crisis’s ongoing development of its adolescent counselling service.



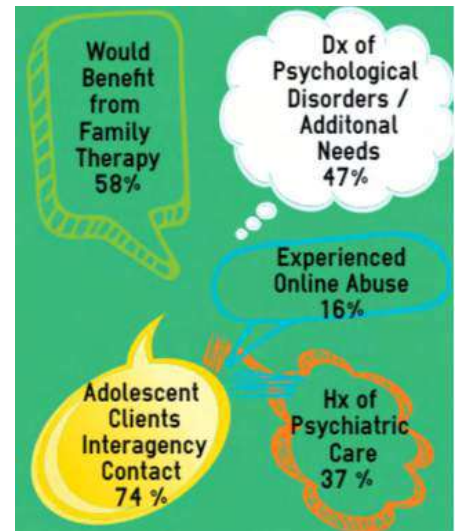
Section 2: Client Vignette

Sophie, Age 13

There can sometimes be a misconception that clients must have experienced sexual abuse in order to be eligible to access counselling with Wexford Rape Crisis however the service is also accessible by any survivor/supporter (from the age of 12) who has experienced domestic abuse and/or gender-based violence. The below vignette is an example of one such young client who at a young age witnessed domestic violence in the family home. Sophie's story illustrates the benefits of a child/adolescent counselling service adopting a multi-disciplinary/interagency collaborate approach; the importance of parent support alongside a young person's engagement in therapy and also gives an insight to some of the implications that telehealth counselling had on the clinical work of the service during 2020. Please note that no client is identifiable by any information contained in this case study.

Sophie, age 13 years, was referred to Wexford Rape Crisis' Adolescent Counselling Service to support her to deal with the impact of having witnessed domestic abuse in the family home. Her biological father perpetrated physical, psychological, financial and emotional abuse on her mother over the course of several years. Sophie's lived world is now a safer place, her father is no longer permitted to have contact with the family, however Sophie appears to continue to be impacted by the trauma that she and her younger siblings witnessed in their earlier lives. Up until starting secondary school, Sophie appeared to do be doing well both academically and socially but in recent months her teachers have reported that she has poor concentration levels and focus on her school work. School staff have also noticed that Sophie seems isolated from her peers, often seen walking around the school grounds on her own during break times. Two months ago, Sophie attempted to die by suicide by taking an overdose of over-the-counter tablets. She has also adopted unhealthy coping mechanisms such as self-harm. Sophie is currently under the care of CAMHS and taking anti-depressant medication.

It was clear from the first counselling session that Sophie herself did not want to attend therapy but had agreed to go to the appointment because her mother insisted. Respect for client autonomy is fundamental to any counselling process. The counsellor empathised and explored what it was like for Sophie to feel under pressure to attend the first session despite not wanting to. Sophie appeared surprised that the counsellor acknowledged this. The counsellor suggested that Sophie could 'trial' counselling for three sessions, and if at that point she still felt that she did not want to attend then that would be ok and the counsellor would not schedule any further appointments. After three sessions, Sophie was still a little hesitant however she made the decision herself that she would like to continue, at least for a few more sessions. It cannot be underestimated the importance of respecting client autonomy – regardless of the age of a young person, it is imperative that their 'no' is acknowledged, heard and respected. This also serves to shift the dynamic from a young person being 'sent' to therapy to that of one where the young client is attending because they wish to thus creating an environment conducive to the client becoming invested in the counselling process for themselves.



During the course of Sophie's therapy, Covid19 resulted in an abrupt shut down of face-to-face services. WexRC had to quickly adapt its service provision to that of an online/telephone telehealth counselling service. This was not without its challenges for the organisation and the counsellors who had to quickly upskill as well as develop new policies and procedures to ensure clinical safety in the work. Both clients and counsellors had to adjust to this new way of being in a therapeutic relationship.

Initially Sophie declined to continue with counselling via video opting to wait for a return of face-to-face counselling sessions however after four weeks, Sophie's mother contacted the service to say that she had changed her mind and was willing to try telehealth counselling. Again, this was another opportunity to re-enforce client autonomy and respect the client's pace of engagement. Sophie struggled to engage via video counselling so her counsellor suggested that they try counselling by telephone calls instead.

From that point onwards, the counselling relationship developed, it was apparent that Sophie felt less inhibited and more able to engage with her counsellor without any form of face-to-face contact. Over the course of the next few months, Sophie's counsellor witnessed her moving into a place of deeper therapeutic engagement in which she felt safe enough to verbalise the traumatic experiences that she witnessed when she was younger as well becoming more able to be congruent about the difficulties she experienced in her current day to day life. This created an opportunity for the counsellor to support Sophie to develop healthier coping mechanisms.

Sophie disclosed to her counsellor that she felt 'very guilty' that she had not done enough to protect her mother and siblings from her father when he was violent. She explored the part of her that sees herself in a 'protector' role within the family, and how this impacted on her not wanting to 'burden' her mother during the times that she felt very low and suicidal. It also emerged that she held conflicting feelings towards her father, she described feeling 'mixed-up' with sadness and missing him as well as angry at him for all that he had done – it was difficult for her to sit with these different emotions.



These particular counselling sessions paved the way for the counsellor to facilitate joint telephone sessions with Sophie and her mother together which created an opportunity for them to re-connect and talk openly about how Sophie had been feeling. Sophie's mother was able to reassure Sophie that it is not her job to look after everyone in the family, it was not her fault. She reassured her that it is always ok to talk to her when she is feeling down, and that she is not a burden – in fact when Sophie doesn't talk about her feeling her mother worried more. During the process, the counsellor has been provided parent support to Sophie's mother to help guide and empower her in her confidence and ability to respond to Sophie.

Sophie continues to engage in counselling but on a less frequent basis. She has adopted alternative coping mechanisms to self-harm. She no longer feels at risk of suicide. Sophie still sometimes struggles with social interaction with her peers but it is now one of her own therapeutic goals to work on this more. With client and parental consent, Sophie's counsellor made contact with her school year head. The school were very open to suggestions on how they could further support Sophie.

From this multi-agency collaboration, the school put a 'link person' in place for Sophie in school. This staff member regularly checks in with Sophie and also encouraged her to join lunch time clubs which has helped Sophie to feel less lonely during break times.

Sophie's mother accepted the invitation to refer herself to the organisation's adult counselling service and is now engaging in her own therapy with WexRC. We know from research and the work of other similar type services that therapeutic outcomes are enhanced greatly when a parent also receives support alongside their son/daughter's engagement in therapy.



Client Case Studies

Margaret is a mother of four. After 20 years of marriage she finally broke free from years of abuse, when one night, her husband finally pushed her to the point of 'Enough'. She called the Gardaí and the courts issued an emergency barring order. At last Margaret could start to rebuild her life and the lives of her children.

When Margaret first came to the Centre she was broken, tired, emotional, confused and still in a state of shock. Initially, her first concern was for the emotional well being of her children who were each involved in certain types of therapeutic intervention.

So often, women who have been in an abusive relationship or marriage, will put all of their focus onto the children. Margaret was no different. Once all the children were being taken care of, she was able to start focusing on herself. She had suffered years of verbal and emotional abuse. Her husband constantly undermined her and put her down.

He had psychologically stripped her of all confidence and many of the counselling sessions are spent challenging these false beliefs that had embedded in her psyche.



No matter how strong a person is constant verbal and emotional abuse wears a person down and diminishes their ability to think and see things clearly. Working on this in counselling is a very slow and gradual process. Watching a person regain herself and gradually heal from the wounds of domestic violence is a very rewarding part of the therapeutic work. The violence and the intimidation present in such abusive relationships causes most women to suffer some or all of the symptoms of PTSD and what is now referred to as *Complex Trauma*.

The initial stages of therapy are focused on building a firm and safe foundation and network for the woman to have as support before starting the journey to full trauma recovery.

Margaret and I worked for several sessions on building this safe foundation and supportive network. Then we moved into the work on Trauma Recovery. Beliefs that have been embedded in the mind have to be challenged and scrutinised as Margaret struggled to see herself as a worthy person. Self doubt had leaked into every aspect of her life but gradually through our work together she began to see herself in a positive way and was able to dispel the negative self image that had been put on her through the years of abuse.

The therapeutic work gradually transforms a client's life. Counselling gave Margaret's life direction and meaning. Now Margaret and her children are living a much happier and safer life. Margaret has learned how to hold boundaries and how to maintain a healthy relationship.



The recovery from domestic abuse is very gradual and takes time. When someone has been abused for such a long period time, healing also takes time. Margaret is now very confident. She had to go through a lot emotionally and practically. There were court cases and access hearings and psychological reports which all took their toll and without counselling I don't think Margaret could have dealt with all of this on her own. The support from counselling gives women like Margaret the reassurance and the validation they need to keep moving forward. For me, working with Margaret has been one of the most rewarding experiences in the work I have done throughout 2020.

It's very beautiful to watch a woman finally come to the understanding that Love Shouldn't Hurt.

**All identities/names have been changed.*

Client Case Studies

I began working with client Jane in January 2020, she was 42 yrs old. Her history was one of retrospective child sexual abuse from age 10-16 years by a close family member. She had made an attempt to engage with counselling in 2007 however became overwhelmed after two sessions and was unable to continue. She has since then been preparing herself psychologically to reengage and did so in January 2020, having also made an appointment to make a report to Gardaí.



Our work to date has been in relation to continued support of Jane's decision to report her experience and seek justice and also to help her come to terms with the impacts on her life since her childhood experiences. In particular, her family relationships had been severely impacted and she had been ostracised from her family since disclosing to her parents at age 16 what had happened to her. They have continuously attempted to stop her from continuing with her decision to report and seek justice.



She describes a situation of avoidance on the part of her family and a culture of secrecy and shame, attributed to her, for the events that she disclosed. This of course led to her doubting her right to report to Gardaí, and also affected her confidence that she would be believed and supported in her disclosure of the events, among many other effects of the way her disclosure was handled in her family.

Our work has also involved exploring her personal process in adjusting to her experiences, in particular her avoidance of tears and dissociation from her memories, and the enormous challenge for her in apportioning responsibility for what happened to her to her perpetrator, and to her parents instead of herself. In order to cope with everyday life, as she had spent many years blaming herself and feeling guilt and shame for what had been done to her.

Jane has three children, and a supportive partner who have given her enough peripheral support to continue her work with me and proceed with her case despite all resistance from her family of origin. Three weeks ago Jane received the momentous information that the DPP has made the decision to proceed with a prosecution and trial for the perpetrator and this has been an enormous and emotionally charged outcome for her, and we are still working through the impact on her at present.

Notwithstanding the events that have shaped her life and the challenges she has faced, in particular her ability to form close, loving and trusting relationships both with herself and with significant others in her life including her children, Jane has managed to live her life as well as she can, raising her children for the most part on her own, holding down a responsible job caring for the elderly, and forming a close and long term relationship with her current partner of five years.



Her continuing work with me includes enabling her growing capacity to love, nurture, care for and accept herself, and to come to terms with her childhood trauma and the shame and guilt which she has carried throughout her life. She has been advised that her case will not be heard for approximately one year, and she is currently reflecting on her victim impact statement and continuing to negotiate the challenges of the breakdown in her family of origin relationships.

I have felt at various times in our work, huge compassion for Jane, as well as admiration, surprise, relief, horror, repugnance, and possibly in some measure all of the emotions she has felt herself during our work. I feel privileged to have accompanied her this far on her tremendous and soul searching journey towards healing, and I hope that I can continue to support her in as much as I am able until she is no longer in need of my care.

**All identities/names have been changed.*

Section 2: The Manuela Programme and the CSVP (Consent & Sexual Violence Prevention Programme).

The Manuela Programme:

The Manuela Programme pilot wrapped up in early March and was a great success. The findings of the research were presented online in October which showcased and highlighted the positives experienced by those who were participants and co-facilitators in this exclusive programme. The research findings affirmed how the programme's interactive and diverse format helped become a catalyst for dialogue which challenged attitudes, increased knowledge and skills in relation to sexual violence, harassment and consent and helped potentially reduce levels of sexual violence.

CSVP (Consent & Sexual Violence Prevention Programme)

Following the Manuela pilot, Wexford Rape Crisis evolved this initiative into the creation of the CSVP programme. This was aligned with the key essences of the Manuela Programme, observed, and acknowledged the findings and feedback over the previous three years as how to progress this integral competent of WRC service provision. The CSVP is a four-week sexual violence prevention programme which encompasses a number of key areas. It is versatile and flexible in terms of being adaptive to meet the individual needs of a school/organisation through a myriad of options.



It was a precarious and challenging time due to the Covid-19 pandemic and factoring this element of WRC's suite of services, the education aspect was operational one day per week, as funding was limited, but the interest in the programme was exceptional. From September to December the programme was delivered in Wexford town, Ramsgrange, Bunclody and Dungarvan with average numbers engaging in programme between 20-25 students. CBS Dungarvan availed of consent workshops to the full TY year. Loreto Wexford, St. Peter's College and CBS Wexford continue to include this initiative as part of their curriculum for TY's with another teacher being 'trained up' in the delivery of the programme in CBS Wexford. CBS Enniscorthy, from September, weaved this into their TY curriculum too.

Feedback from both the Co-facilitators and Participants



Feedback for the programme from September to December was overall very positive. After each completed delivery, an evaluation form was completed. A commonality identified was the opportunity to be able access the topic of sexual violence in an interactive and engaging way. Verbal feedback was also attained after sessions from teachers which was very positive, and they found the subject matter current, relevant and so appropriate for the world we live in and the delivery of same by an external person supported the student's engagement in the programme.

Where to next?

2021 has further bookings for delivery of the programme but WRC is conscious that it may be impacted upon with Covid-19 restrictions. Sourcing continued funding to support the continued provision of the educational work of WRC's work with the hope it can be expanded to more than one day per week resulting in the empowerment and strengthening of more young people's development in county Wexford and beyond.

Section 6: Staff Counsellor Profile

My name is Ciara Murray, and I am a qualified and accredited holistic Psychotherapist. I have been working for Wexford Rape Crisis since 2018 providing support to people affected by Domestic, Sexual and Gender-based Violence. On behalf of Wexford Rape Crisis, I provide counselling to people in the greater Enniscorthy area.

I trained in the Tivoli Institute for 4 years and the course was humanistic and integrative in approach. It is understood that the therapist's personal awareness and development are central to the therapeutic relationship and with this I undertook 3 years of personal therapy to qualify in this professional course, helping me deepen my understanding of how important safety and alliance is within the therapeutic relationship when working with trauma.

I began my career by volunteering in Living Life Counselling in Arklow where I got to work with a diverse clientele. I then moved on to working in Enniscorthy Vocational College working with Adolescents with complex behaviours. In 2017 I opened a private practise. I then started working with two charities one being 'First Light' where I support suddenly bereaved parents and families and the other being Wexford Rape Crisis Centre (WRC), working with clients who have suffered childhood sexual abuse, rape or domestic violence.

Since I qualified as a psychotherapist, I have continued in my professional development to go on and achieve a professional qualification in the therapeutic use of mindfulness from the Irish Mindfulness Institute, and I have completed various workshops in relation to somatic approaches to trauma and I am currently working towards becoming a member of Emotionally Focused Therapy (EFT) community Ireland.

In relation to the more holistic side of my practise I believe unblocking chakras can heal and help release stuck emotions that are stored within the body and with this I began my journey with Reiki by completing my Level 1 with Follow your heart healing, and currently working towards my Reiki 2. Being a part of organisations such as WRC that provide a valuable and essential service to clients and their families with professionalism & compassion combined has helped me develop as a therapist to continue to helping others heal inner wounds and flourish using an integrative approach. I am very grateful to be a part of a proactive & professional team and an ever-evolving organisation.



Volunteer Profile

My name is Freda Quinn and I have been volunteering for Wexford Rape Crisis since 2012. Over the past 9 years I have volunteered and helped in many different roles, such as fundraising, court accompaniment, awareness raising, administration and general tasks, as needed. I have seen the organisation grow from strength to strength in the past number of years.

Namely the construction of Wexford Rape Crisis brand new building in The Rocks, Maudlintown. There was a huge amount of work involved in getting the project 'off the ground' in relation to the construction of the new building along with the interior. I helped with the move from the previous premises in Clifford Street and assisted with the move to the new building, which took a lot of work. In December 2020, Wexford Rape Crisis was short-listed for the National Wheel Charity Impact Awards. I helped to highlight the work of the centre and got as many people as to vote for us which paid off!

Thankfully, the profile of the centre and the services has risen a lot and we have a lot of public support throughout the county. I feel privileged to be part of the ever-expanding team. Huge thanks go to all the trades people, other volunteers, Wexford County Council for all they have done to get us to this 'place'. I am a 'pebble' among all the people who have helped with the formation of the team and the building in the last year.



Administrative Profile

Hi, my name is Ann Whelan, and I started working for Wexford Rape Crisis in February 2020. My role is Finance and Administration.

I always had an Interest in accountancy and Law. I started my career in 1998 after attaining an AAT qualification I worked my way to accounts supervisor in Rolls Royce but, felt the draw back to Ireland to strong. I gained a vast amount of experience & confidence in my role, and on my return secured employment promptly.

I worked for a legal firm in Dublin, where my role developed into securing 'Installment orders" for personal debt & businesses. It is here that my Interest in Law increased, and where I could see the need for compassion and understanding, when working with people, & businesses in financial stress, whilst achieving a productive outcome.

An opportunity arose in which I felt would use, and benefit from my skillset. I secured employment for a Nursing Home as their Bookkeeper/ Administrator, which I love. My role has developed over the years and this has allowed me to gain an understanding of working in a financial role alongside a deeply private and emotional journey for people. During my employment I achieved my LLB, Bachelor of Law. During my studies, I learned a lot about myself, and my desire to work in a meaningful way, and that in some small way, can make a difference.

My work in the Wexford Rape Crisis Centre involves finance and accounts and the general administration. I enjoy this, due to the various aspects of the role. No two days are the same. It is a very busy but a fulfilling position.

I had the great pleasure of been involved with Wexford Rape Crisis at a very new and exciting time. I was able to see first-hand the new building develop into a wonderful space & was able to experience the exceptional good will from so many people & businesses, for which I am truly privileged. I am very fortunate to work with such a wonderful team of people and an inspirational organisation.



Section 7: Charity Impact Awards

WEXRC shortlisted to the final 5 Medium sized charities in Ireland for the Charity Impact Award

In 2020, Wexford Rape Crisis was shortlisted in the Medium Organisations Category with four other charitable organisations who posted videos in relation to their work. As part of the process, the public voted for a short film and Wexford Rape Crisis won the national public vote

WEXRC short film made by Therese Dalton Films featured case studies of clients from the organisation. WEXRC won the public vote was ahead with over 1000 votes and this was all thanks to our loyal and local supporters.

The voting numbers were worth 33.33% of the final result, with 66.66% weighted to the judges' votes. Unfortunately, WEXRC did not succeed in winning as part of the Medium Organisation category this year.

The Wheel is Ireland's national association of community and voluntary organisations, charities and social enterprises. They are a registered charity in Ireland and are unique in their role as a 'one-stop-shop' for anything related to the charity and non-profit sector.

The Charity Impact Awards were established in 2017 to celebrate the positive contribution of Ireland's charities, community and voluntary organisations and social enterprises. The awards also promote best practice, accountability and transparency by highlighting the stories of organisations and individuals who have made a positive impact in communities across Ireland.



**Stronger Charities.
Stronger Communities.**



The community and voluntary sector is an essential element of, and a safety net for, Irish society. The COVID-19 pandemic has shown how much we rely on the services charities, community and voluntary organisations and social enterprises provide in every community. These organisations are a vital part of our social infrastructure, significant players in Ireland's economy, and they will play an essential role in delivering the vision of an inclusive recovery for Ireland.

The Charity Impact Awards are presented by The Wheel, Ireland's national association of community and voluntary organisations, charities and social enterprises. They are a supportive resource and representative voice for this vibrant and diverse sector, and together with their members, they shape and promote conditions in which people and their communities thrive.

As part of the submission for the Charity Impact Awards, all participants were asked to submit a 30 second video describing what their work entails.

Section 8: Premises

HOW IT STARTED



WHERE WE ARE NOW

Section 9: Fundraising 2020



Charlotte's fundraiser for Wexford Sexual Abuse Counselling Service
 Fundraiser for Wexford Rape Crisis by Charlotte Cannell

Michelle's birthday fundraiser for Wexford Rape Crisis
 Fundraiser for Wexford Rape Crisis by Michelle Chanel

Text WXRRC to 50300 to donate €4
 Texts cost €4. WRC will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline 076 6805278

Wexford Rape Crisis
 Services for Domestic, Sexual and Gender-based Violence Est. 1996

wexfordrapecrisis.com donate
 Freephone 1800 33 00 33

MADE LOCAL Love What You Give
 #MADELOCAL
 DCI
 Design & Craft
 Digital Systems

4-Day Fast - Murphy Family - Leah Cheung Hamper - Flag Day - Michelle Chanel - 300,000 Steps in 30 Days - RTE Does Comic Relief - Soroptimists Say No To Violence Against Women - Oyster Lane Theatre Donation - Cillian Lawlor, 100km in November - Makers House Wexford Sales Donations - Wexford Credit Union - Wexford Local Development - Samantha Kelly (Tweeting Goddess), Roz (Eco Active Social) Linda (New Look Fx) & Women's Inspire Network, Christmas decorations - Enniscorthy Vocational School & Aidan Browne - Wexford CBS Helen McClean, Prints - Charlotte Cannell

Section 10: Accounts

Wexford Rape and Sexual Abuse Support Services Designated Activity Company

UNAUDITED DETAILED PROFIT AND LOSS ACCOUNT - TÚSLA

Year ended 31 December 2020

	2020		2019	
	€	€	€	€
Income				
Túsla - core funding	252,971		243,430	
Túsla Dublin Grant for premises	45,000		-	
Túsla –Waterford Grant for premises	8,911			
		306,882		243,430
Administrative expenses				
Wages and salaries	151,152		127,566	
Social insurance costs	16,543		13,733	
Staff pension costs	2,400		2,400	
Travel and subsistence	5,836		14,562	
Insurance	2,712		1,705	
Rent	9,228		8,748	
Light and heat	2,072		2,279	
Repairs and maintenance	(350)		1,890	
Telephone	3,869		1,691	
Stationery and advertising	668		1,967	
Training	1,194		1,955	
Counselling	35,810		28,150	
Supervision	6,280		7,700	
Professional fees	2,153		1,218	
Audit and accountancy fees	4,920		3,383	
Canteen and cleaning	2,125		530	
Depreciation	8,038		4,487	
Loss on disposals	4,013		-	
Sundry expenses	403		1,858	
IT costs	3,936		1,893	
Bank charges	390		369	
Amortisation of grants	(1,900)		(1,900)	
Subscription	150		150	
Security	524			
		(262,166)		(226,527)
Net surplus		44,716		16,903
Net surplus split as follows				
Core funding (deficit)/surplus		(9,195)		16,903
Building funding surplus (i)		53,911		
Net surplus		44,716		16,903

The Building funding surplus noted above was fully utilised during the current year in the construction and fit out of the new building.

Funders

*Manuela Riedo
Foundation*



**Wexford Rape & Sexual Abuse Support Service,
The Rocks, Maudlintown, Wexford.**

Free Phone: 1800 33 00 33

Office Phone: 053 9122722

Fax: 053 9152853

support@wexfordrapecrisis.com

Opening Hours: 10:00am to 5:00pm Monday to Friday



CHY Number 12420