



Wexford Rape Crisis Annual Report 2018

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Chairperson's Foreword

Congratulations to the Manager Clare, our Counsellor's and volunteers, our volunteer board members and supporters who made 2018 a great year for us! It was my first full year as Chairperson of this great organisation. During 2018 we employed Siobhan our first adolescent Counsellor, negotiated new contracts for all our employees, took on Roisin an office-administrator, and under John, our board member and secretary's stewardship, continued our journey towards full GDPR and Charities act compliance.

As I've mentioned in our Strategic Plan publication my three aims as Chairperson are Awareness building, Rebranding and organising new premises.

Awareness Building:

Our fund-raising subcommittee with board members Moira and Christine organized a second Head to Toe event in Clayton Whites hotel with La Cote chef Paul Hynes, which was made all the more successful by our continued support from BNY Mellon. We benefited hugely from the kind ladies of Wexford Soroptomists annual lunch, thank you Mary Kerr and your team. South East Radio supported our annual flag day and White Christmas appeal. Many thanks to all who made these events the mammoth successes they were.

Rebranding:

Thanks to Laura, our vice Chairperson, and her committee who worked with Pixelpod and gave us new logos to choose from. We look forward to launching our new look in 2019.

Premises:

After lengthy negotiations with OPW, the Gardai Sergeants houses proved too costly to renovate and maintain long-term. We have commenced talks with Tom Enright, County Manager and our friends in Wexford Women's Refuge to seek a long-term solution. I'd like to thank board member Darron for all his work with the towns auctioneers trying to find our new home, and South East Radio and the People newspaper for highlighting our plight.

2018 saw 112 new clients knock on our doors in Wexford, Enniscorthy, New Ross and Gorey. A big increase again on 2017. Thanks to Board members Damien and John and their Audit subcommittee for ensuring we are financially secure to meet this demand.

I would like to sincerely thank our Manager Clare who ensures each of these calls for help is answered compassionately and promptly. Thanks also to Clare's team of staff, Counsellor's and volunteers, to my volunteer board members and supporters Mile Buiochas. Thank you all for a job well done, you are changing lives and helping women, men and children find hope.

Looking forward to building on this success in 2019!

Le gach dea ghui,
Máiréad

Rape
Crisis

TÚSLA
An Ghriomhairnecht um
Leasú agus an Teaghlach
Child and Family Agency



*Mairead Sinnott with Rosanna Davidson
at the Strategic Launch*

Manager's Report

2018 saw yet another significant increase in new referrals to Wexford Rape Crisis, up by 12.5% from 2017. More and more women, men and young people are being affected by Domestic, Sexual and Gender-Based violence in our community and are thankfully coming forward for support. We know in Co Wexford that numbers are increasing year on year in terms of those coming forward for support. However, we do not fully know the extent of people affected by Sexual Violence until SAVI 2 (Sexual Abuse and Violence in Ireland) report takes place. It has now been almost 2 decades since the last report was completed. Thankfully the government, via the Central Statistics Office have authorised a new report however there are concerns that this report will take 5 years to complete. We hope that this will not be the case.

Through an internal review process in Wexford Rape Crisis the organisation decided that a dedicated Adolescent Psychotherapy Service was needed to ensure best practice service provision. At the beginning of 2018, recruitment began, and a suitably qualified and experienced Adolescent Psychotherapist began working for the service. A thorough review took place of how adolescents are referred, assessed and supported in our counselling service. It is unfortunate that this service is limited due to funding however we are hopeful that it will be increased to provide further hours for young people in the coming year.

The Manuela Riedo Education Programme for young people completed its first full year of completion in 2018. Significant outcomes were achieved for young people across the County. Wexford Rape Crisis Project Worker reported a huge interest and engagement by young people for this programme with one school putting it on the curriculum for TY students, a first in the Country. Rape Crisis centres across the country are in discussions with relevant stakeholders to discuss how resources can be maintained to ensure that as many young people as possible in this age group can engage and participate in this vital programme to help reduce sexual violence in our communities.

Significant progress was made on internal policies and procedures in the organisation in 2018. Team members played an active role in reviewing and developing operational policies and procedures with the completion of Wexford Rape Crisis Counselling Handbook. At Board level, this process was also completed with the development of Wexford Rape Crisis Board of Directors Handbook. In is envisaged that the organisation will be compliant with the Governance code in 2019.

Wexford Rape Crisis continues to be a high-quality, client-centred responsive organisation. This can only be achieved through the hard work and commitment of a number of people. My thanks go to the front-line counselling team who sit with people on a daily basis who have been traumatised by Domestic, Sexual and Gender-Based violence. Their ability to support people who have been through some of the most heinous crimes is commendable. To our Manuela Project Worker who has 'hit the ground running' since her arrival and has surpassed all targets in terms of rolling out such a vital programme. To our new Administration worker who is assisting with essential support work and developing our web and social media platforms. To our front-line volunteers for their commitment and dedication, thank you. Finally, to the voluntary board of management, thank you for all your support and guidance throughout 2018 and to Máiréad Sinnott (Chairperson) for her common-sense approach, her creativity and 'anything is possible' attitude.

Clare Williams, Manager
Wexford Rape Crisis

About Us

Profile:

In 1995 The 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 domestic, sexual or gender-based 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.

Our counsellors are professionally qualified and accredited to relevant recognized Accreditation Bodies.

Wexford Rape Crisis is a member of the following networks:

- Domestic Abuse Forum (DAF)
- Child and Family Support Network
- Rape Crisis Manager's Forum
- Children and Young People's Services Committee (CYPSC)
- CYPSC Working Group on Young People and Mental Health
- Wexford Support Network on Domestic, Sexual and Gender-Based Violence

The Board of Directors consists of 7 people who come from various professional backgrounds.

They are:

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



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.

Aims of Wexford Rape Crisis

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
- Developing therapeutic relationships
- Ensuring survivors have access to services which are responsive and appropriate to their needs
- Supporting them 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.

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 to boys and girls aged 12 and upwards who have experienced sexual, domestic or gender-based violence in their lives.

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.

Manuela Riedo Programme:

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 15-17 years.

Cost of Service:

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



Our People

Board of Directors

Mairead Sinnott	(Chairperson)
John Cuddihy	(Secretary)
Laura Lawlor	(Vice-Chairperson)
Christine Hore	
Dr. Moira Slevin	
Damien Jordan	
Darron Jordan	

Audit Sub-Committee

John Cuddihy
Annette O' Neill
Kate O' Donnell

Board Meetings throughout the year

January 23rd	March 6th
April 24th	June 19th
July 24th	September 18th
November 13th	December 11th

Volunteers

Johnny Moylan	Structural Civil Engineer/Building expert
Freda Quinn	Fundraising/Awareness raising
Elaine Carter	Admin/Office
Roisin Hynes	Social Media

Fundraising Committee

Catherine Murphy	Catherine Winters (BNY Mellon)
Clare Williams	Lyndsey O'Gorman (BNY Mellon)
Mairead Sinnott	Joanna Saunders (BNY Mellon)
Dr. Moira Slevin	Claire Hearney (AIB)
Christine Hore	Niamh Farrell (AIB)
Alma Hynes	Denise Brophy (Holychic.ie)

Staff/Team Roles

Manager:	Clare Williams	MSc, BSc, B.A., Dip Mgt, Add, Group
Staff Counsellor:	Catherine Murphy	B.Sc., Dip. MIACP.
Staff Counsellor:	Jessica Du Bois	Dip. Counselling MIACP.
Project Worker:	Carolyn Brohan	M.A., B.A., Dip
Administrator:	Roisin Hynes	BSc, BSc
Panel Counsellor:	Bernadette Lacey	Dip Gestalt, Dip HE, RGN, MIACP
Panel Counsellor:	Siobhan O'Connor	M.A., B.A. MIACP.
Panel Counsellor:	Ciara Murray	Dip Psychotherapy MIAHIP.
Clinical Supervisor:	Felicity Kennedy	MSc, M.A., B.A., Dip

Strategic Plan Actions 2017-2020:

Theme 1. Awareness-Raising

The year began with a fundraising lunch organised by the Soroptimists on 7th Jan in the Ferrycarrig Hotel. This group of women held a fantastic afternoon which helped us tremendously with awareness-raising, as well as raising much needed funds for Wexford Rape Crisis.

The challenging weather last March did not impede Helen McLean in hosting an art exhibition (celebrating her work) with profits going to Wexford Rape Crisis and GROW. This was held in Greenacres on 2nd March for a week. John Lonergan officially opened the event and Wexford Rape Crisis gave a presentation on the work of the centre along with the work of Wexford Rape crisis's Education/Prevention programme on Manuela Riedo. This exhibition facilitated a great opportunity to raise awareness to the public of services available in Wexford Rape Crisis.



In April 2019, South East Radio recorded and aired an interview with a group of TY students from Loreto Convent Wexford. This was as a result of participating in Wexford Rape Crisis education programme on sexual violence, the Manuela Riedo programme. The students very eloquently voiced their opinions on how important it was to have discussions on consent and having an opportunity to discuss sexual violence.



For its second year running, 'The Best of Wexford from Head to Toe' was held on 30th September 2018 in Clayton Whites Hotel. Paul Hynes from La Cote along with Alan Foley from The Step House Restaurant, Borris delivered a first-class cookery demo to all in attendance. Our winning make over candidate Maria Fitzhenry showcased her new look thanks to South East Radio, Si Jolie, Holy Chic and Salon Diva.

The Ballycogley Players performed their award-winning play 'The Night Alive' in the Dun Mhuire with proceeds going to Wexford Rape Crisis. Wexford Rape crisis is grateful to all who gave of their time to make this play happen.

Pettit's Supermarket gave us the opportunity to raise awareness of the service in December with a bucket collection for the charity.

For its second year running South East Radio very generously supported the centre with its annual

White Christmas Appeal. Community Groups, workplaces, sports clubs all helped to raise awareness by wearing white in the run up to Christmas. This also culminated with a street bucket collection in Wexford town, New Ross and Gorey raising awareness to the public.



"It was obvious that my counsellor had a lot of experience in supporting people who have been affected by sexual violence."

Theme 2. Branding

2018 began with a review of the organisation's name and logo. To start this process the board of management and team met to review the already existing name, Wexford Rape & Sexual Abuse Support Service along with the logo:



Wexford Rape & Sexual Abuse Support Service Logo

This name and logo had been in place for approximately 20 years and had serviced the organisation well. However, in line with significant service developments and keeping the brand and 'look' of the organisation fresh, it was timely to review the name and logo for 2018 and beyond.

A focus group was set up with members of the board, the team and other volunteers. The organisation engaged the expertise of Pixelpod, a local branding and graphic design company.

Through the work of the focus group 3 names and logo were finalised for consideration. These names and logos were presented to clients of the centre in the counselling rooms. Over a period of weeks, clients had the opportunity to give their feedback on what they liked and didn't like. They could give this feedback confidentially as well as directly to the team. This process really helped as it gave a further insight and vital perspective of the clients who had been affected by sexual violence.

An emerging theme that arose was that the organisation did much more than supporting people who had been affected by Sexual violence. It emerged that the organization had been also supporting clients who were affected by Domestic and Gender-based violence also. This had a powerful and significant result to the final decision of the name.

The branding process was finalised in 2019.

Theme 3. Relationships

Building relationships with local service providers is essential in raising awareness of the work and reaching out to clients who may need the service. Ensuring that clients can access the service with as much ease as possible is vital. Therefore, continuously meeting with referrals sources and supporting people in Co Wexford is an on-going component of the work.

The following are some examples of how Wexford Rape Crisis maintained relationships with local providers in 2018:

Wexford Women's Refuge:

In 2018 Tusla (Domestic Sexual and Gender-Based Violence) allocated funding specifically for clients of Wexford Women's Refuge to engage in counselling with Wexford Rape Crisis. Assessments can be carried out at either the Refuge or the Wexford Rape Crisis to facilitate the clients.

Sexual Assault Treatment Unit (SATU):

In Jan 2018 Sinéad Boyle (Clinical Nurse Specialist) from Sexual Assault Treatment Unit Waterford attended the board of management meeting to inform them of the work of the unit and how they work with and refer clients to Wexford Rape Crisis.

Tusla, Social Work Dept:

In April 2018, Yvonne Wycherley, Social Work Team Leader for the Retrospective Team attended the Team meeting in Wexford Rape Crisis. On-going communication and contact is maintained between these 2 services due to the number of child protection reports being made.

Waterford Wellbeing Children Young People's Services Committee: (St Johns Waterford)

A Regional Consultation Day on Sexual Health Promotion was held in November 2018 as part of the Healthy Ireland Initiatives. The aim of this day was to provide the opportunity to explore best practice in relation to sexual health promotion as well as ascertaining what programmes were in place in the region. As such Carolyn Brohan gave a presentation on Wexford Rape Crisis Manuela Riedo Education Programme on Sexual Violence.

Theme 4. Services & Supports - Manuela Riedo Education Programme

Background to the Programme

The Manuela Programme is an evidenced informed sexual violence prevention programme, available in Wexford, Dublin, Galway and Kerry facilitated by four part-time workers. It is a six-week initiative culminating into a sexual violence prevention toolkit for educators that encourages 15-17 year olds to think critically about healthy relationships, boundaries, consent and sexual violence prevention. The programme is very interactive and includes activities, videos and presentations aimed at engaging young people in a dialogue that challenges attitudes, knowledge and skills in relation to sexual violence and harassment and consent and with the aim of reducing levels of sexual violence in Ireland.

Presently it is a pilot initiative funded by the EU and commenced in October 2017 and will conclude in March 2020. There are key targets to be achieved, overall 120 co-facilitated roll outs of the programme and 60 lead facilitators trained up. This translates per area and worker as 30 roll outs and 15 facilitators trained up. An external research process commenced in October 2018 and will continue throughout 2019 with its findings available in 2020.



Targets attained in 2018

In the Wexford area, from January December 2018, 19 roll outs were achieved out of the target of 30. The six-week initiatives were delivered in five mixed gender schools, two male specific schools, two female specific schools and in two Youth Reach Centres. The numbers accessing the roll outs averaged approximately between 20-25 students. Two Consent Workshops were delivered in a female specific school and to the Enniscorthy Roma Women's Group in May and October respectively. CBS Wexford placed the Manuela Programme as a module on their TY Curriculum from September 2018 with their full TY year having engaged in the programme, the first school in the country to do so. Committed work in liaising with schools and alternative educational providers continued throughout 2018 in securing future co-facilitations of the programme in 2019.

Geographical areas covered in 2018

The programme encompasses County Wexford. It was co-facilitated in Wexford town, Adamstown, Enniscorthy, Gorey, New Ross, Ramsgrange, Bridgetown and also in Kilkenny.

The main feedback from co-facilitators and participants in 2018

The pilot received very positive feedback from both the teachers/tutors and students in terms of gaining an understanding and insight into the area of sexual violence prevention which they may not have either covered before or in detail. The opportunity to explore these specific topics in a safe and engaging way. They enjoyed the Manuela Project Worker co-delivering and engaging the young people in the process and subject matter. It was co-facilitated in a fun and open manner. This was a programme that all students should have the opportunity to engage in.

Some challenges experienced in 2018

Interest and momentum gathered for the programme and with slots booked it highlighted scheduling challenges with regard to timetabling the programme proving difficult for some educational providers who were very interested in co-facilitating the programme.

"I am now able to look for help when I need it."

Theme 4. Services & Supports - Adolescent Counselling Service

My name is Siobhán O'Connor. I am a Child, Adolescent & Adult Psychotherapist and Play Therapist. At the beginning of my career I studied and graduated with a BA(Hons) in Person Centred Counselling from the Metanoia Institute in London. Initially I worked in this field as an adult counsellor, however I quickly realised that I was very drawn to working with younger client groups.



Since completing my degree, I have spent several years continuing to study and upskill to ensure that I have sufficient and specialised training to enable me to work competently with children and adolescents. Along with obtaining post-graduate qualifications in Play Therapy and Child Psychotherapy, I most recently completed a QQI Level 9 Master of Arts in Humanistic & Integrative Psychotherapy & Play Therapy. A significant component of the Master's syllabus included training relating specifically to responding therapeutically to child sexual abuse. Alongside this, I have extensive and varied continued professional development which affords me a well-rounded skill set in my work – some of the many areas of interest to me include; neurodevelopment, family systems and working with suicidal clients.

Over the past decade, through my work in both private practice and within many schools across the county, I feel very fortunate to have had the opportunity to gain valuable experience working with many diverse young people and family populations whose emotional and social functioning levels cover a wide spectrum. At times over the years I have found myself frustrated by the inadequate provision of specialised one-to-one therapeutic services available to young people across the south-east of Ireland. I often struggled to find alternative (and affordable) referral pathways for young people when I did not have the capacity to take new child/adolescent referrals myself. I was very enthused when I learned that Wexford Rape Crisis had plans to provide a dedicated and much needed service to young people in the county. In April 2018 I joined the Wexford Rape Crisis team of psychotherapists to assist in the set-up and provision of that service.

There can be a misconception that the same service provision of typical adult psychotherapy talk therapy (provided by adult trained psychotherapists) is an adequate suitable therapeutic intervention for child and adolescent client groups. We have an ethical and professional responsibility to be cognisant of the fact that child client groups do differ from those of adult client groups and as such it is best practice that the provision of child psychotherapeutic services reflects this. For example, younger clients often do not have the words to verbally articulate and process their experiences and feelings in the same way that an adult client might do in a typical 'talk therapy'. Creative mediums and Play Therapy provide additional/alternative dimensions in the therapy process for younger clients in their healing journey. It can be said that for child clients engaged in Play Therapy 'toys are their words and play is their language' – children literally play-out and process their life events with toys and creative mediums in the therapy room. Another important aspect of psychotherapeutic work with young people is ensuring that the young person's carers and parents are adequately supported as secondary clients in the therapeutic process. When a young person has experienced sexual, domestic or gender-based violence, it often impacts on their wider family system. Parents, carers and siblings can find themselves struggling to manage their own feelings and emotions about what has occurred, and struggle with knowing how to support or respond to the young person.

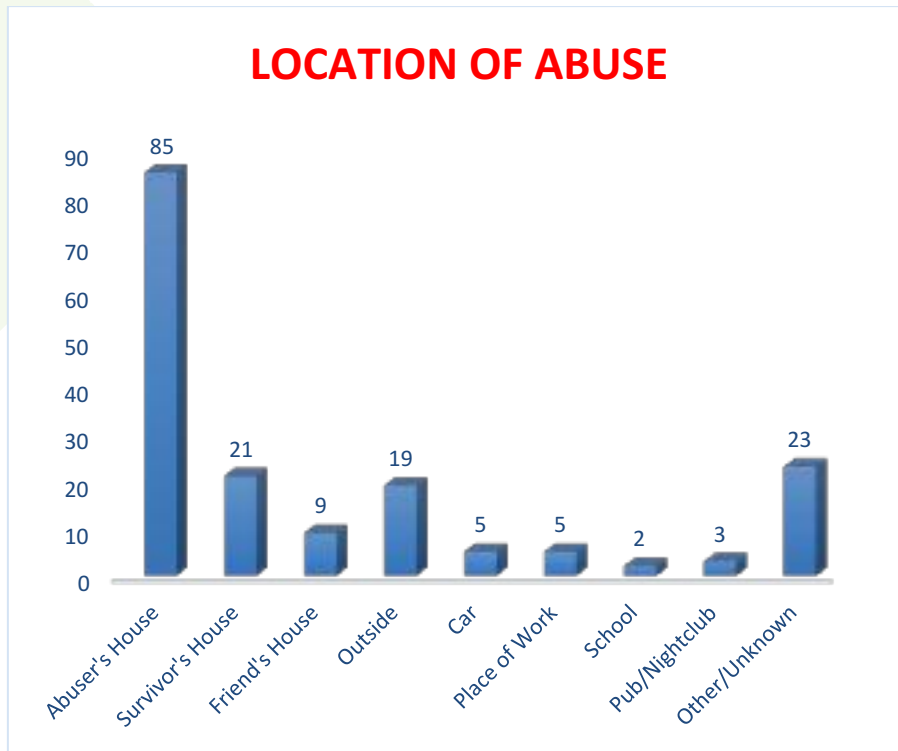
As an organisation, Wexford Rape Crisis does not only work with young people directly impacted by sexual, domestic or gender-based violence, but we also offer a psychotherapeutic service to the young person's supporters and other family members. We know from research that when we can support a whole family system rather than just a young person by themselves then the opportunity for healing and recovery for the whole family unit is greatly increased.

At present my role within the organisation is specific to providing a specialised psychotherapeutic service to the adolescent client group (young people from the age of 12 upwards) who have in any way been impacted by sexual, domestic or gender-based violence. Following traumatic experiences, if young people can have access to the correct supports and psychotherapy in a timely fashion, not only does it help that young person during the recovery and healing process it also provides an opportunity in a safe environment for them to work through these negative life experiences in such a way that they do not become defining events in that young person's life thus allowing them to move forward and return to the path of normal development and reach their full potentials in life.

There are a variety of reasons and traumatic events that can occur in a young person's life that may bring them into WRC's psychotherapy service. Young people who have experienced (or have in any way been impacted by) sexual, domestic or gender-based violence can be referred to our adolescent psychotherapy service. Child sexual abuse (CSA) is a type of child abuse in which a young person is used for sexual stimulation, some forms of which include engaging in sexual activities, indecent exposure and child grooming. CSA can occur in a variety of settings. However, in this age of fast paced technological advancement, we are witnessing young people no longer just being impacted by CSA in their lived worlds but increasingly in their online engagement too. The increased usage and reliance of social media platforms in the lives of young people can leave them more susceptible to online grooming as well as online engagement in sexual activity and exposure. Adolescent psychotherapy can support a young person who may have a lack of awareness regarding their own personal boundaries (both in their lived world and online world) and confidence in knowing it is ok to say 'no'.

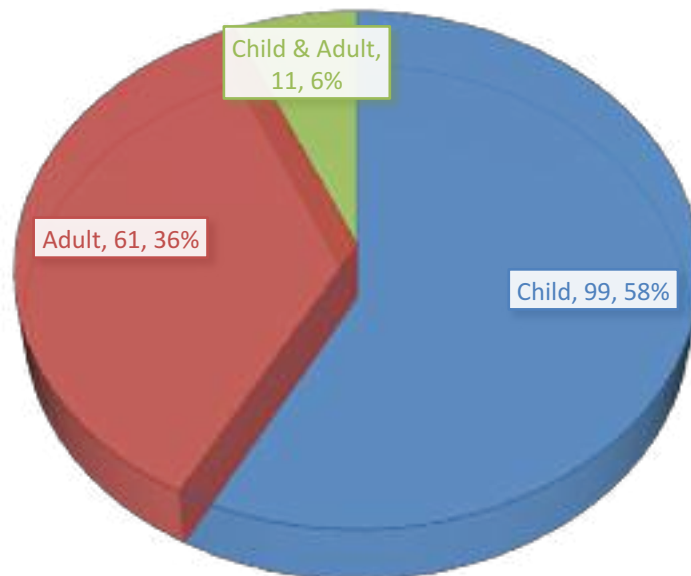
I feel very privileged to be part of such a vibrant organisation which is growing and evolving, but even more importantly than that I feel very proud to be part of a team and service whose values are underpinned and mirrored by my own as a therapist. Therapeutically supporting service users in a non-judgemental manner, offering unconditional positive regard and respecting client autonomy are all innate aspects of my Person-Centred counsellor training – and so too are these values fundamental and at the core of Wexford Rape Crisis.

Theme 4. Services & Supports – Clients Statistical Overview 2018



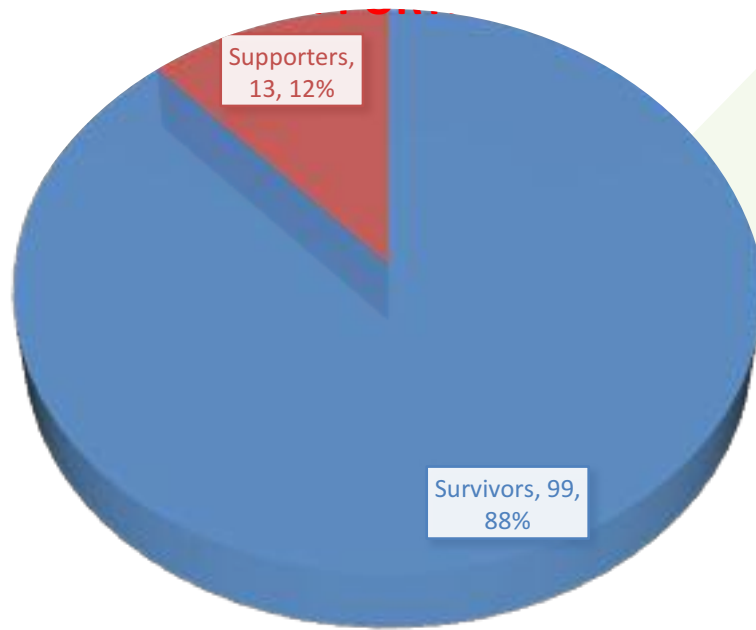
(The above figures are based on 173 incidents of abuse experienced by clients)

WHEN ABUSE WAS PERPETRATED



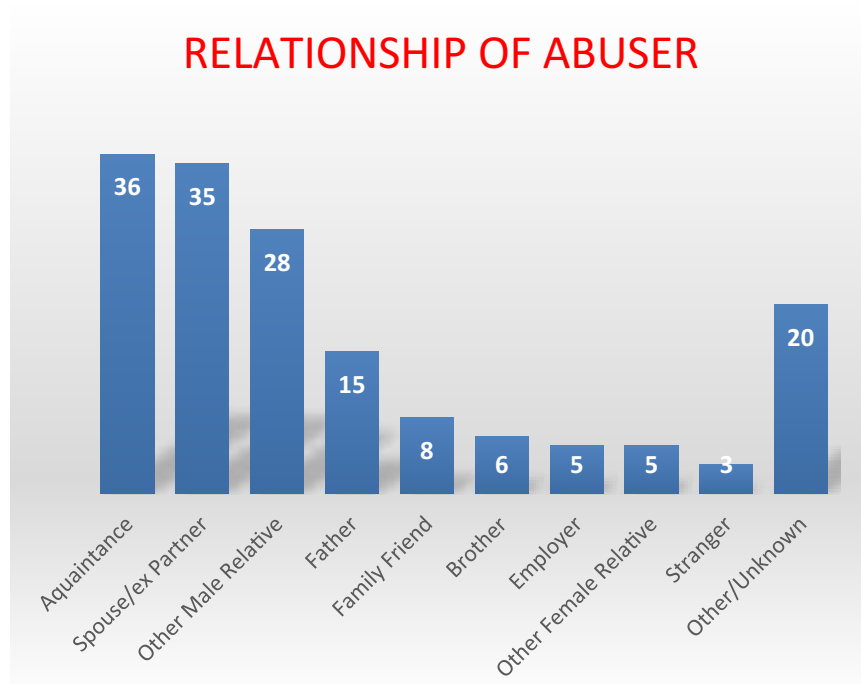
(The above figures are based on 173 incidents of abuse experienced by clients)

NAME OF SURVIVORS/SUPPORTERS



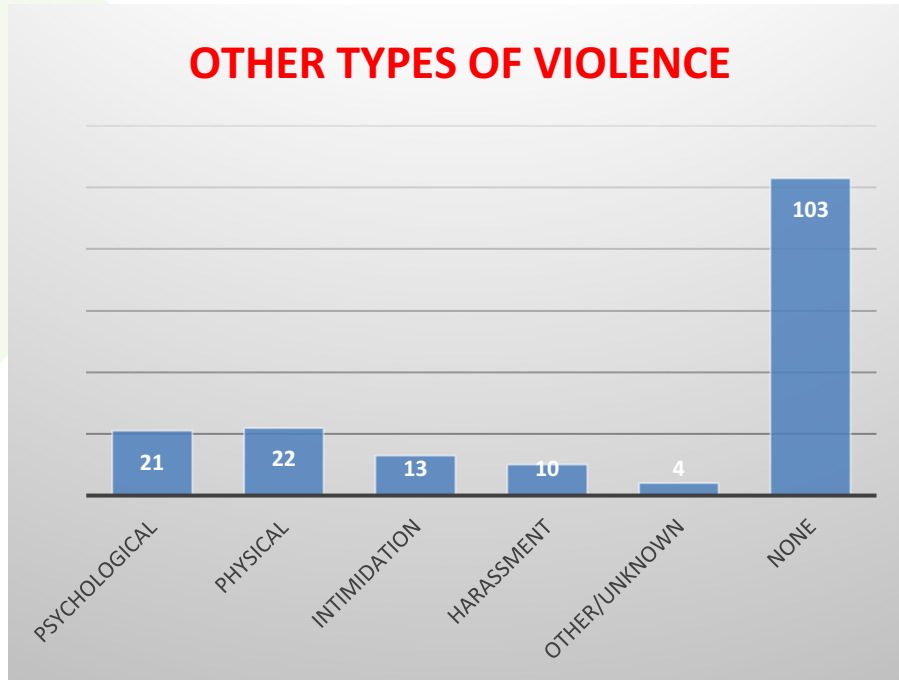
(The above figures are based on 112 new clients to the Service in 2018)

RELATIONSHIP OF ABUSER



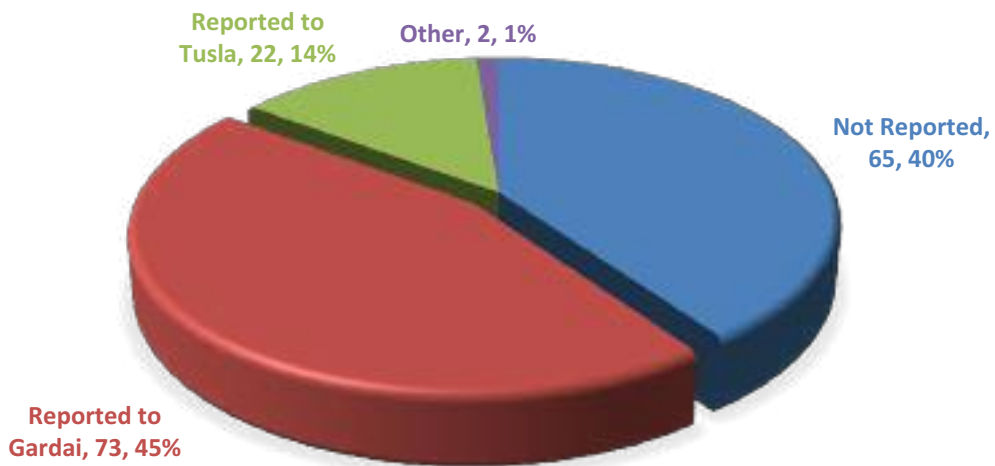
(The above figures are based on 173 incidents of abuse experienced by 162 clients who attended the Service in 2018)

OTHER TYPES OF VIOLENCE



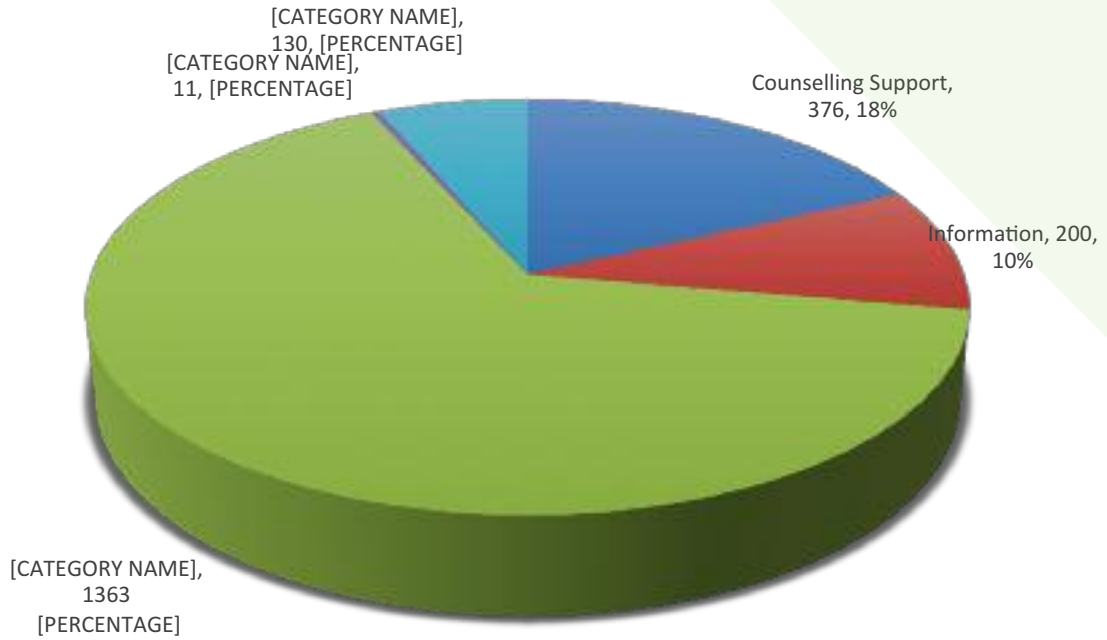
(The above figures are based on 173 incidents of abuse experienced by 162 clients seen at the Service in 2018)

COMPLAINTS FILED

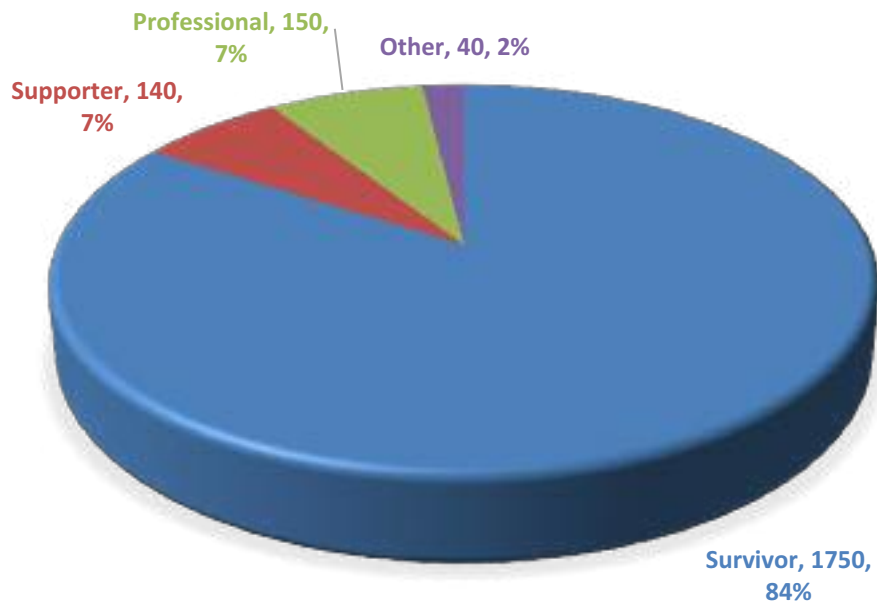


(The above figures are based on 173 incidents of abuse experienced by 162 clients seen at the Service in 2018)

TELEPHONE LOG STATISTICS



HELPLINE CALLER TYPE



"Counselling saved my life."



Theme 5. Human Resource Management & Development

Valuing the team of workers is of utmost importance to Wexford Rape Crisis. Being aware of the impact of the work, for example, vicarious trauma and ensuring measures are taken to support the team is essential. As such regular team meetings are scheduled to facilitate discussion and conversation around how the team are providing services. As part of this, self-care and development are agenda items that are monitored and reviewed on an on-going basis. Specific self-care sessions took place in 2018 where the team had an opportunity to reflect and review the impact of the work. Space and time was taken to ensure the team 're-charged the batteries' and Regular, scheduled group clinical supervision and one to one clinical session also took place with the organisation's Clinical supervisor. In addition, line management one to one sessions provide an additional space again to support and supervise the work and monitor the impact of the work.

Thanks to Damien Wade Health 3.0 who facilitated a self-care session with the team in Oct of 2018.

Training and Development is a core part of the work of Wexford Rape crisis. In 2018, the team collectively and individual completed the following training:

- MSc in Mindfulness Based Interventions
- Child Protection Training
- Personality types & Disorders- Learning Curve
- Responses to Trauma -Felicity Kennedy
- Court Accompaniment Training

In December 2018, the organisation recruited a part-time administration worker. This was in response to the increasing numbers of clients accessing the service and the subsequent administration that is required to ensure best practice. This post assists with general administration, maintaining finances as well as an input to social media and web design.

Theme 6. Premises

The need for new premises has been a strategic priority for the organisation for several years now. Current premises are no longer fit for purpose with a lack of space, no wheelchair accessibility, no dedicated space for adolescent counselling and no space for board meetings or training. In 2018 the board and management escalated time and resources into finding a more suitable premises.

Having exhausted the private rental market with no suitable premises available, the organisation met with the Office of Public Works (OPW). This was to ascertain if they had any vacant buildings that could be utilised for Wexford Rape Crisis. The Sergeants House, Roches Road Wexford became a possible consideration and several meetings took place between the OPW and Wexford Rape Crisis. A review of the Sergeants House was carried out in the context of the needs of Wexford Rape Crisis along with a financial review of what work may be necessary to carry out. This process took several months with several meetings taking place between the OPW and Wexford Rape Crisis.

In early 2019, a more suitable option for accommodation became available which the service is now pursuing with the hope of relocating by end of 2019. Wexford Rape Crisis is grateful to all those who assisted the organisation in finding more suitable premises, in particular the OPW.

Theme 7. Social Media

The Wexford Rape Crisis Centre uses social media in three ways; to publicise events, to thank our supporters or inform our audience of our service. In 2018 we started the year promoting Helen McLean's GROW exhibition which was being held in Green Acres. One particular post on February 27th reached over 1800 people, making it by far the widest reaching post of the year.



Throughout the year we continued to promote events such as the Ballycogley Players 'The Night Alive', our Head to Toe event and our White Christmas appeal. None of these would reach such numbers, but were consistent with our general audience. For the Head and Toe event we published over 35 posts, tagging the local businesses who were involved as an attempt to reach out to a wider audience. We also created a Twitter account for this same purpose in September, which currently has 80 followers.

After each event or appeal, it is always a priority for us to thank our audience. It is important for us to show this gratitude, as without the hard work and effort of the individuals who help, they would not be as successful.

We also try to inform our followers with any news about our service, such as our post on the 9th June showcasing some of our members of our finance committee.



Fundraising Committee

Theme 8. Policy and Procedures/Governance Overview – John Cuddihy

Governance:

The main focus of the Organisation's governance activities during the past year centred around compliance with our Governance Code, implementation of The General Data Protection Regulations 2018, and undertaking a Strategic Review to align the Company direction.

Governance Code:

Extensive discussions have taken place at Board and Audit Sub-Committee level around the work required towards implementation of the new Charities Regulator Governance Code. While the existing Code of Governance is well embedded, work has already commenced relating to the introduction of the 'Six Principles' and the implementation of policies and procedures to demonstrate compliance with the new standards.

"I can tell people how I feel."

Our Principles of Charity Governance

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

The Board are confident that the new 'Code' will be implemented well in advance of the deadline.

Data Protection

The Data Protection Commissioner requires Data Controllers to be able to demonstrate compliance with the new regulations introduced in the GDPR. During the past year the Organisation has conducted an extensive review of compliance with Data Protection regulations resulting in the introduction of changes to business documentation and forms to facilitate the key issue of Consent, publication of a Privacy Statement on the Company website, review of data security, Staff training, and the introduction of Data Protection Policy and Procedures.

Audit Sub-Committee

The Audit Sub-committee provided ongoing support to the Board of Directors maintaining an overview of risk to include monitoring of Financial Management, Risk Registers and Fundraising activities, along with welcome contributions to the Organisations Strategic Review.

Client Voice

Mary was a quiet and shy young girl. When she was 7 years old, she was groomed by an adult male. He was a family friend who her parents both liked and trusted. He visited the family household on a regular basis and was trusted enough to be left alone with Mary. The very first time he abused her, he told her she was his special girl, and this would be their special secret. Afterwards he brought her to the shop and bought her sweets.

A few weeks later the perpetrator raped Mary. Mary was very confused. She didn't understand what had happened to her and even though she was very upset she thought this was 'normal'. She liked that she was his special girl and liked all the treats that he bought her, but it really, really hurt when he did things to her. She wished she could just be his special girl without the hurt.

Mary often wondered if any of her friends in school were 'special girls' too. She was afraid to ask or to tell anyone about their secret, she did not want to upset him. However, one day she tried to tell her Mam what had happened but couldn't get the words out. She tried again another day, but her Mother was busy, and the conversation was interrupted and came to an end. She tried to tell her another day but her Mother 'brushed her off' and told her to not to be telling lies.

When Mary became a teenager, she realised what exactly was happening and now knew that it was wrong. She threatened to expose the perpetrator and eventually the abuse stopped. Throughout her teenage years, Mary found it difficult to cope with the abuse she had suffered and became very isolated and depressed. She began using drugs and alcohol to numb the psychological pain of the trauma she had endured. She eventually left school and moved away from the family home and away from the constant reminder of what had happened. However, she couldn't run away from the memories in her head and eventually realised she needed help.

Mary contacted Wexford Rape Crisis in her late 20's. She was very fearful and anxious about making the call and visiting the centre. However, she was given an immediate appointment for assessment and already felt she had made a positive decision.

Mary attended the centre for counselling for over a year. She found the therapeutic process to be of great help to her, even though it was very difficult at times. Her qualified and highly experienced counsellor created a safe space for her to talk through her thoughts and feelings and deal with the trauma she had endured. Little by little, Mary felt a lot better in herself. She realised that the abuse was not her fault and she was in no way to blame.

Mary never forgot what happened to her but she found a way to carry on with her life, deal with what happened to her and rebuild her relationships.

FUNDERS

*Manuela Riedo
Foundation*



Thank you to all the individuals, community groups and businesses who supported the organisation in 2018

Wexford Rape & Sexual Abuse Support Service,
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Office Phone: 053 9122722

Fax: 053 9152853

support@wexfordrapecrisis.com

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



CHY Number 12420