

Wexford Rape and Sexual Abuse Support Service (WR&SASS) DAC.



Annual Report 2016

Wexford Rape & Sexual Abuse Support Service, Clifford Street, Wexford.

Telephone: (053) 91 22722

Facsimile: (053) 91 52853

Freephone: 1800 33 00 33

Email: clare@wexfordrapecrisis.com

Website: www.wexfordrapecrisis.com

Registered Charity Number: CHY 124 20

Wexford Rape & Sexual Abuse Support Services

Annual Report Index:

- 1. Chairperson's Report.....p.3**
- 2. Manager's Report.....p.4-5**
- 3. Mission statement, History & Service Provision.....p.6**
- 4&5 Core Statistics & Training.....p.7**
- 6. Statistical Graphs.....p.8-18**
- 7. WR&SASS Team.....p.19**
- 8. Client Story.....p.20**
- 9. Board of Directors & Governance.....p.21-22**

1. Chairperson's Report 2016:

2016 was a year of solid progress in Wexford RSASS during which our staff continued to provide support to those who experienced the trauma of sexual abuse either recently or in the past. The statistics published in this report show that the demand for our services continues to grow and in the autumn of 2016 there was a waiting list for our services for the first time in many years. The counsellors were, however, able to manage this, so that the waiting list and time were reduced quickly.

Our Centre, one of sixteen in Ireland, is supported by core funding from TUSLA who took over responsibility for the management of this sector, at national level, in 2015. During 2016, the second year of TUSLA's management of our sector at national level, we benefited from an operating environment where lines of responsibility were clearer, where the focus on the development of the RCCs and where responses to fresh initiatives were generally positive.

The year was notable for a number of features:

- The continuing increase in the demand for our services (this is described in full in the Centre Manager's report)
- The further development of our services as we seek to implement clinical best practice including the introduction of a new model of clinical supervision
- Our participation in the Manuela Riedo programme, funded by the EU, which entails the introduction of a new programme in schools

The Centre faces a number of challenges in the short-term:

- In preparation for the introduction of commissioning, TUSLA has begun a sectoral needs analysis. This will be undertaken in Wexford in 2018.
- We are outgrowing our current premises and need to find space to accommodate better counselling facilities and an additional member of staff when the Manuela Riedo programme begins.
- Definition of a strategic direction for the organisation (A facilitated review undertaken by the board and the staff in April 2017 proved productive in identifying potential strategic options.)

The members of the board will continue to support the Centre manager and staff by ensuring that the necessary resources are available to operate the services.

On behalf of the board I would like to thank Clare Williams, the Centre Manager. Clare continues to manage the day to day operation of the Centre most effectively, while also strengthening our links within the sector with other RCCs and TUSLA. I would also like to thank our team of counsellors who work with great dedication and professionalism to ensure that the needs of our clients are met.

Finally I would like to thank my fellow directors whose astute guidance and generous commitment to the development of the Centre have proved invaluable.

This is my last AGM as chairperson. I have greatly enjoyed my time as a member of the board, particularly the last four years. As I leave I am delighted to know that the Centre is well placed to meet the needs of our growing cohort of clients thanks to the dedication of Clare Williams, the team of counsellors and the board. I wish the Centre continued success.

Mary Gallagher, Chairperson.

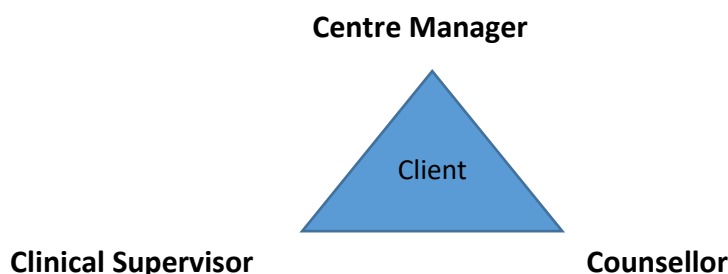
2. Manager's Report 2016:

The Wexford Rape & Sexual Abuse Support Service (WR&SASS) has seen a dramatic increase in referrals year by almost 50% from 2013-2016. More and more clients are presenting to our service to seek support for the trauma they endured, mostly as children. Clients who have the courage and bravery to contact the centre are usually faced with a complexity of issues to address. Many present with depression, anxiety, feelings of guilt and shame. As well as these feelings there can be a very complicated family story that comes with the childhood sexual abuse. It can take a long period of time to 'untangle' these issues and work to find a way to accept what has happened but yet move forward with their lives.

In the WR&SASS the team of counsellors work with and support women, men and young people who have been affected by sexual violence. They have an in-depth understanding of trauma and the effects it can have on the child as well as the grown adult dealing with past abuse. It is through this expertise as well as through the therapeutic relationship that the client is empowered to work through their issues and find the tools to cope on a day to day basis.

2016 saw the introduction of a new model of clinical supervision. All our counsellors now receive group and one to one supervision by the same supervisor. This ensures consistency of practice. There is also a formal place within the supervision model for the role of Manager. There is regular and appropriate communication between the Clinical Supervisor and Manager in relation to organisational matters including quality of the work, consistency of practice, development of policies and procedures and training needs. This has worked extremely well and has seen rapid and effective developments to the organisation.

WR&SASS Model of Supervision:



One to one counselling is the core of the work of the centre. In 2016, the team have been actively reviewing and developing our model of counselling as well as our policies and procedures to ensure the best possible service is delivered to our clients. The work on this model continues into 2017.

The service was delighted to be part of a pilot education programme for the Manuela Riedo Foundation. We were 1 of 3 centres nationally who delivered the programme to a group of young people. The aim of the programme was to educate young people in order to minimise sexual violence, convey what consent is and what constitutes a healthy relationship. 2017 will see further developments with this programme.

I would like to thank the counselling team for all their hard work, commitment and positivity in relation to the development of the centre in 2016. I would also like to thank Freda Quinn, our volunteer who is always willing and able to help and support in any way she can.

I would also like to thank the board of management for their on-going commitment, support and enthusiasm. In particular, I would like to thank Mary Gallagher who has been pivotal to the development of the centre over the past 13 years. She has lead the organisation in the position of Chairperson for over 6 years. We are indebted to her for her wealth of support and guidance. I would like to thank her most sincerely for sharing her skills, knowledge and expertise as she resigns from the board this year.

Clare Williams, Manager.

3. Mission Statement, History & Service Provision

Mission Statement:

Our mission is to provide a counselling service sensitive to the needs of survivors of Sexual Violence, Rape, Childhood Sexual Abuse and Sexual Harassment, that is empowering, non-judgmental and consistent in approach, that promotes the safety, privacy and dignity of the survivor.

Key principles which underpin the development of our service:

Violence & Sexual Abuse in relationships must always be viewed as an abuse of Human Rights. They must 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.

History:

The Wexford Rape & Sexual Abuse Support Service was established in 1995 as an indirect result of the Kilkenny Incest Investigation and the need for a free counselling service in the Co Wexford area. It quickly expanded as more and more survivors sought counselling.

The WR&SASS provides services to victims of sexual violence, as well as to those who support them e.g. families and friends. We provide a service to women, men and teenagers 14 years and up. We cover the geographical area of County Wexford offering our services in Wexford town, Gorey, Enniscorthy and New Ross.

The centre provided the following services in 2016:

- Telephone helpline
- Counselling and psychotherapy
- Court Accompaniment
- Garda Accompaniment
- Advocacy and Referral
- Preparation of Victim Impact Reports
- Crisis Support

The main aim of the centre is to work towards the elimination of sexual violence in our society. As such the centre is involved in working in a collaborative manner with relevant agencies to achieve this aim. In 2016, the centre worked with a wide range of agencies and networks from both the community/voluntary sector as well as with statutory bodies.

The Centre worked with the following in 2016:

- Wexford Support Network
- Wexford Child and Family Support Network
- Cosc Monitoring Committee for 2nd National Strategy
- Children and Young People's Services committee (CYPSC) and CYPSC Young People and Mental Health Working Group
- Rape Crisis Centre's Managers Forum
- Rape Crisis Network of Ireland (RCNI)
- Manuela Riedo Foundation

4. Core Statistics -Counselling Service:

In 2016, the team supported a total of **140** individuals in our counselling service.

Of the 140, there were **47** who carried over from **2015** and there were **93 new referrals in 2016.**

Of the **93 new referrals:**

- **78** were **female** and **15** were **male.**

Of the **93 new referrals:**

- **62** were from **Wexford**
- **14** were from **Gorey**
- **13** were from **Enniscorthy**
- **4** were from **New Ross.**

Out of the 93 new referrals, 8 of the referrals were minors. In 2017 the service worked with a total of 10 minors through our counselling service.

There was a total of **1,414** sessions of one to one counselling delivered in 2016. There were, on average **50** clients weekly attending for counselling during 2016.

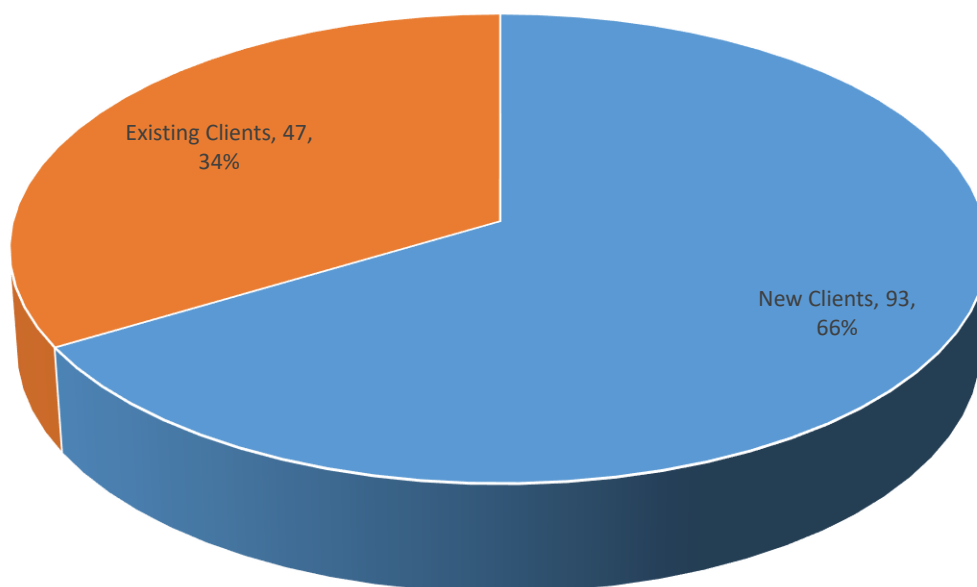
There were **2** clients who were accompanied to An Garda Siochana and **6** individuals who were accompanied to their respective court cases, each of different length.

5. Training:

In 2016, the Team completed training including:

- Clinical responses to Complex Trauma (Felicity Kennedy),
- Working therapeutically with adolescents (Blackfort Institute),
- Supporting clients with Childhood Sexual Abuse (Dublin Rape Crisis Centre)
- Contact and Awareness from a Gestalt Perspective (Catherine Power)
- Squashy Couch Sexual Health Training (Tusla)
- Meitheal Training (Tusla).

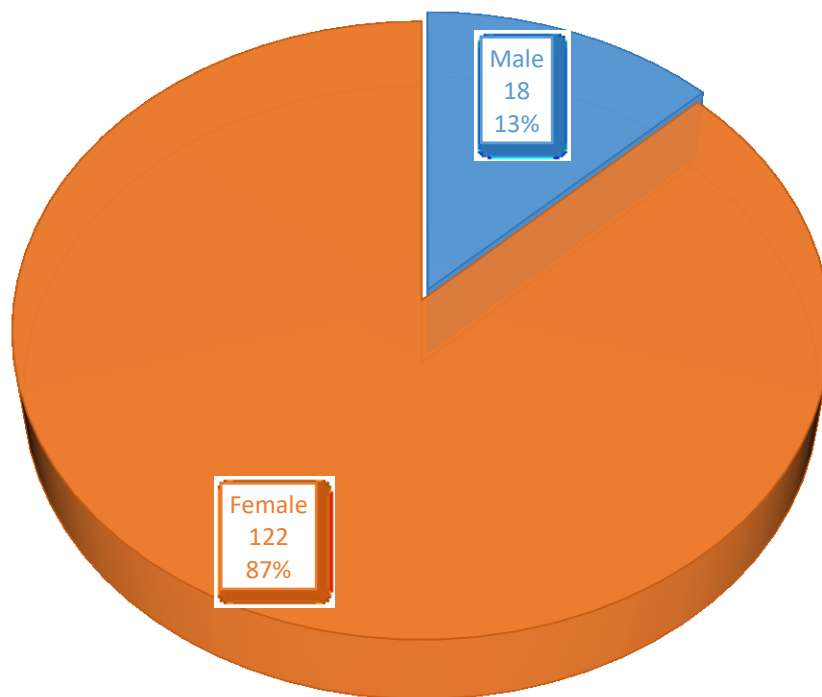
NO OF CLIENTS



■ New Clients ■ Existing Clients

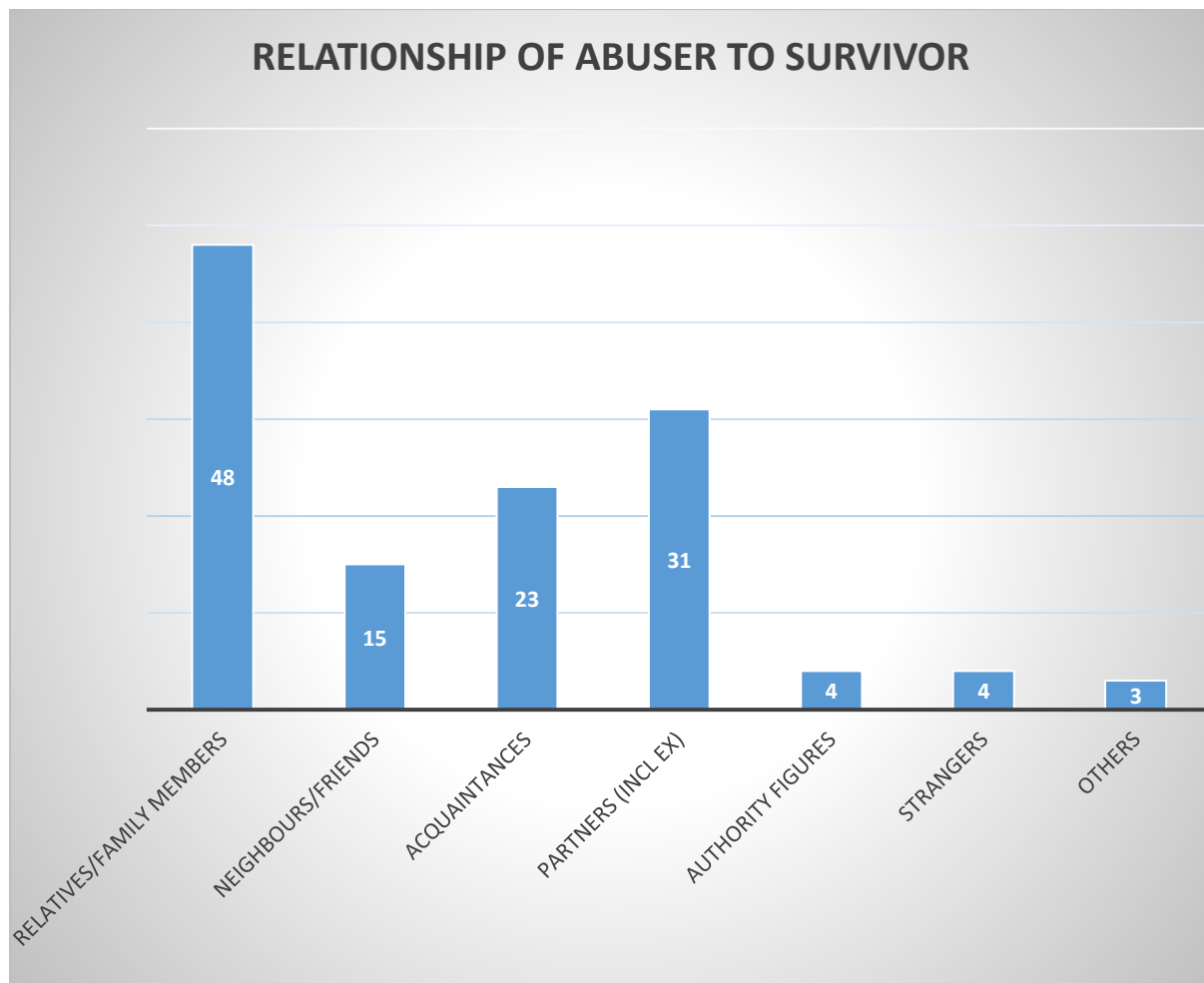
(New clients includes survivors and supporters)

GENDER OF CLIENT

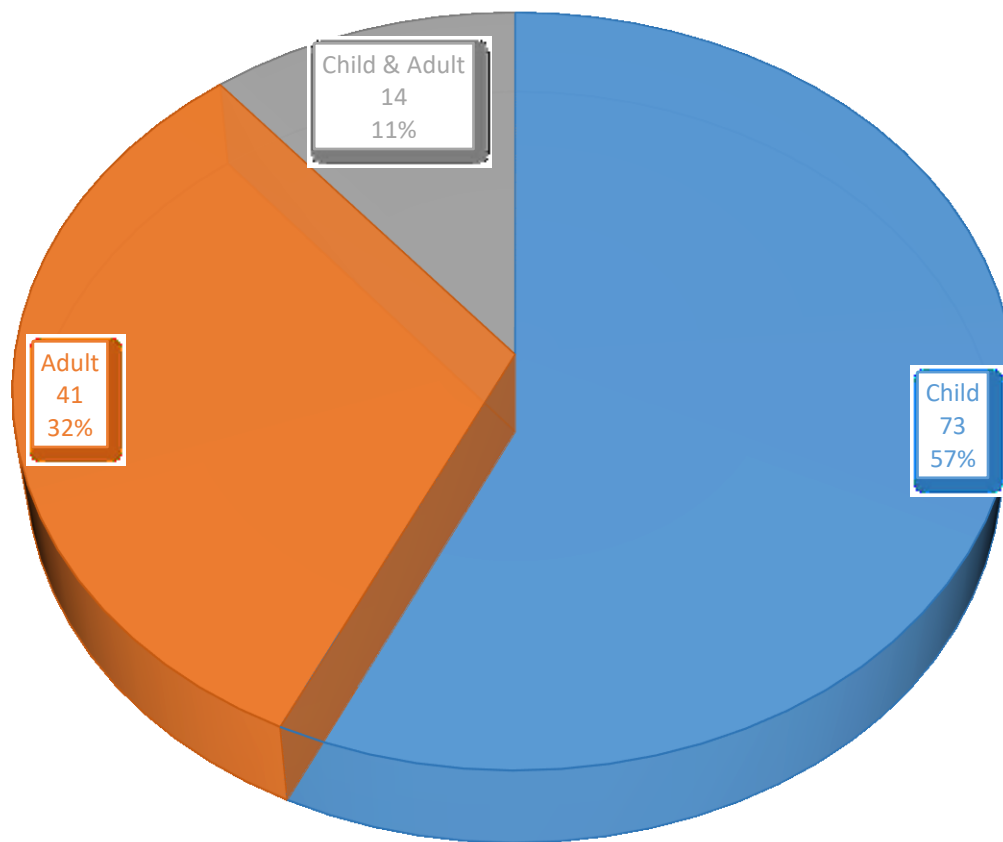


(above figures includes survivors and supporters)

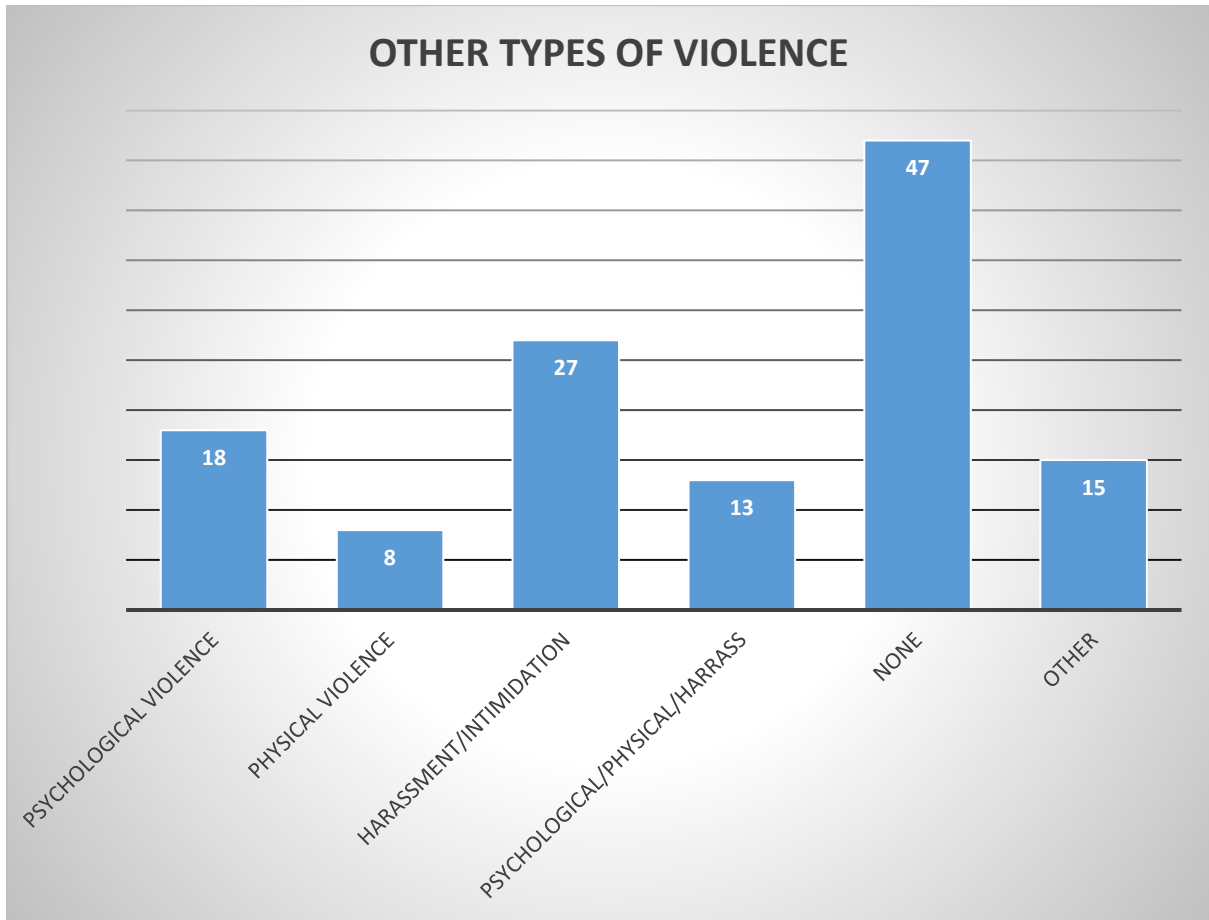




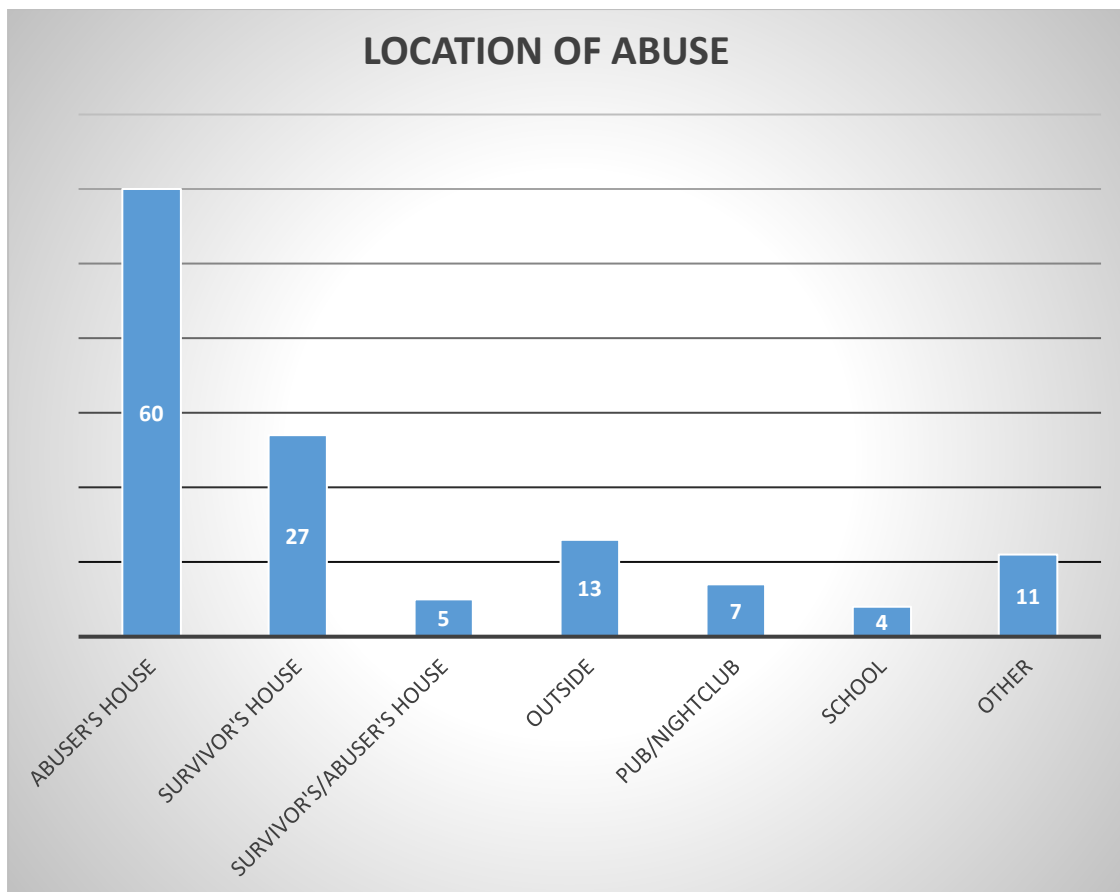
WHEN ABUSE WAS PERPETRATED



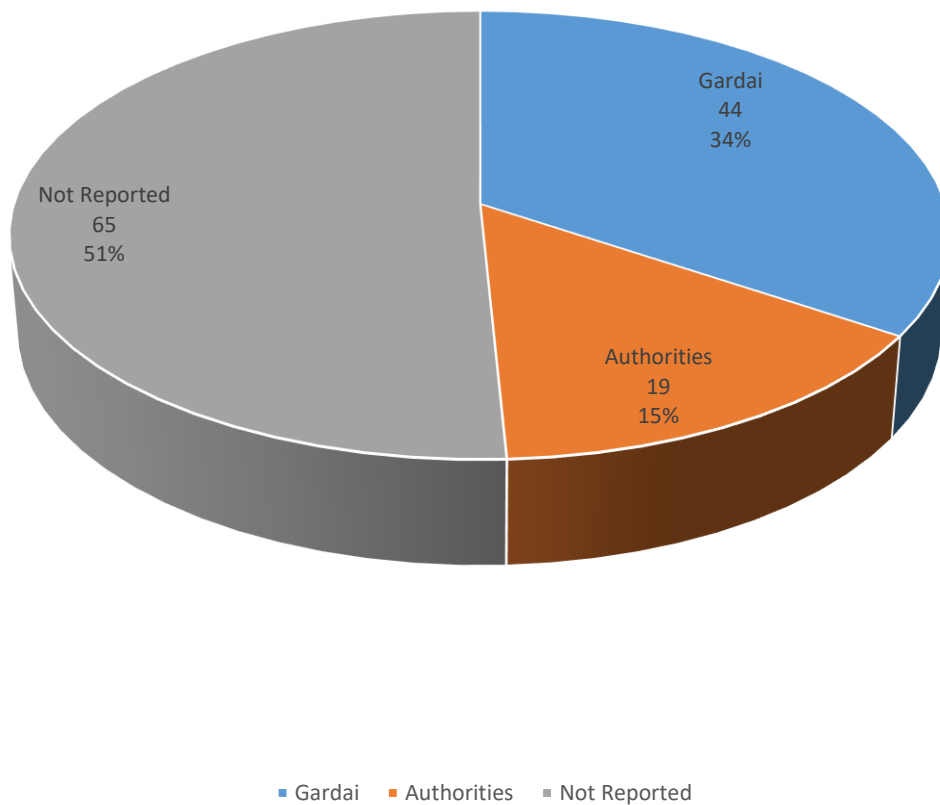
(above figures based on survivors only)



("Other" includes Threat to Kill, Neglect & Stalking)

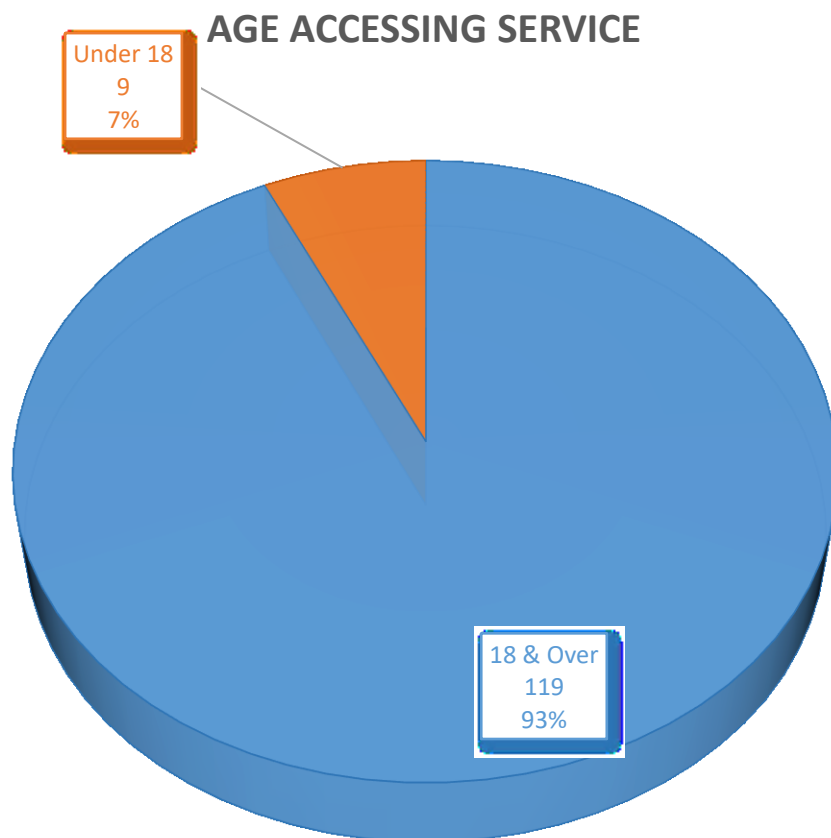


COMPLAINTS FILED BY SURVIVORS



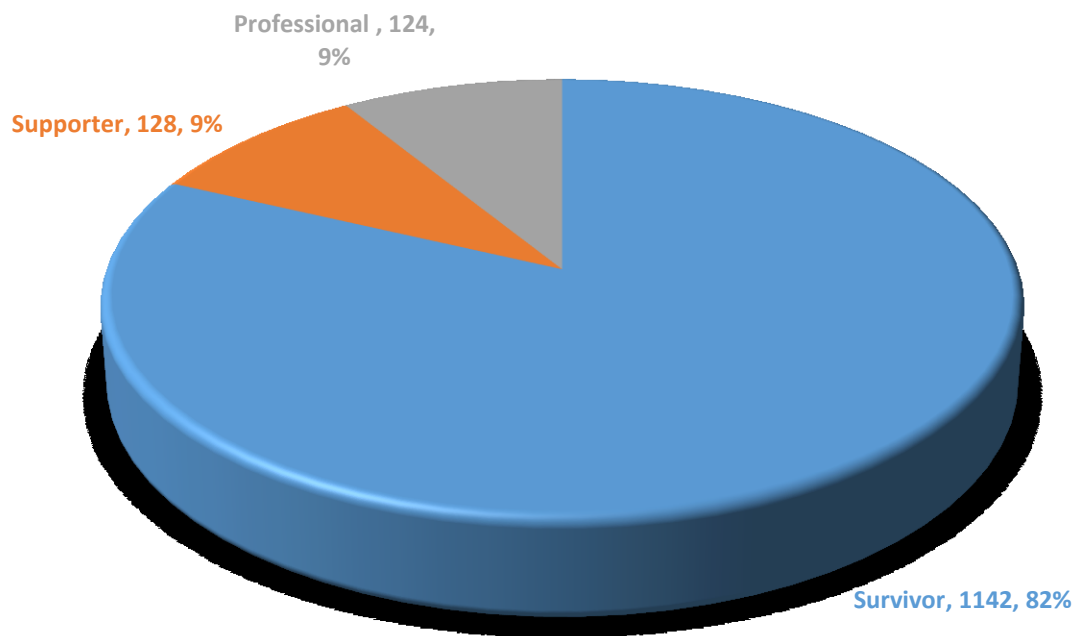
(Above figures is based on 128 Survivors

“Authorities” includes HSE/Tusla, Education Authority)

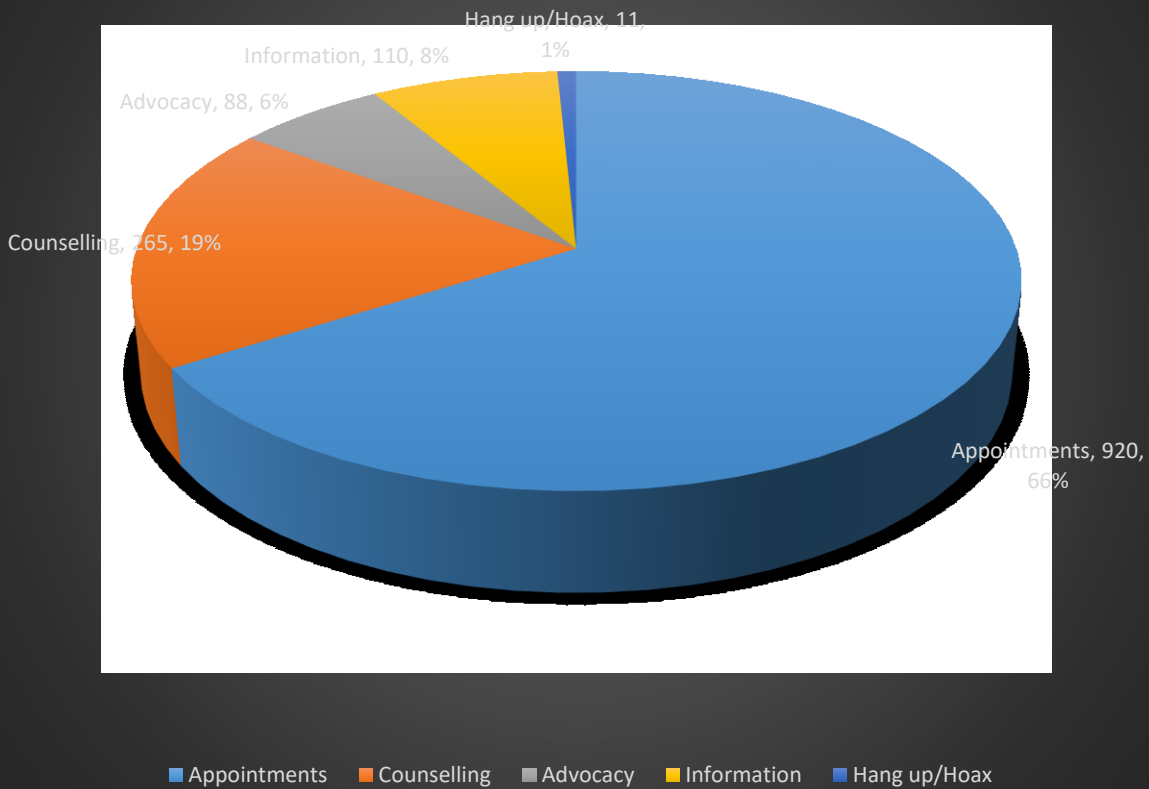


(above figures based on survivors only)

HELPLINE CALLER TYPE



TELEPHONE LOG STATISTICS



7. Wexford Rape & Sexual Abuse Support Service Team 2016:**Manager and Client Assessor:**

Clare Williams B.A., BSc, Dip Mgt., Dip Groupwork, Dip. Addiction Studies

Staff Counsellors:

Catherine Murphy, Dip BSc. MIACP

Jessica Du Bois, Dip PGCE, Cert Meagala, MIACP.

Panel Counsellors:

Fiona Hughes, Dip Psych, Post Grad Dip Integ Bodywork, MIAHIP, MICP.

Sheila Haskins, B.A., M.A., MIACP.

Bernadette Lacey, Dip HE, Dip Gestalt Psycho, RGN, MIACP.

Volunteer:

Freda Quinn.

8. Client Story

I am a 54 year old woman. My childhood years were taken away from me because I was abused and raped by my step-father. I lived in fear every single day. The extent of the trauma that I experienced became very real for me when I started counselling with the Wexford Rape & Sexual Abuse Support Service (WR&SASS).

I learned to overcome that terrible fear by talking about it in counselling. It has brought me through the most horrific times and it helped me take back my power and be able to face my abuser in court. I am not afraid of him anymore. For that I am very proud of and hold my head high.

My counsellor gave me the chance to safely talk about what I went through and having that one hour a week allowed me to gradually get the horrific abuse and the shame that I carried for so long out of my head. Sometimes it was so upsetting that I didn't think I could get through it. But now looking back I can see how important the counselling was in helping me become stronger, happier and a more confident person.

9. Governance

Wexford Rape & Sexual Abuse Support Service Board meetings dates and attendance record 2016:

Date:	In attendance:	Apologies:
3/Feb/2016	M. Gallagher	
	J. Cuddihy	
	M. Sinnott	
	U. Sinnott	
	L. Lawlor	
	A. McGuire	
	C. Hore	
	Dr. Jordan	
16/March/2016	M. Gallagher	U. Sinnott
	J. Cuddihy	Dr. Jordan
	M. Sinnott	
	L. Lawlor	
	A. McGuire	
	C. Hore	
17/May/2016	M. Gallagher	
	J. Cuddihy	
	M. Sinnott	
	L. Lawlor	
	A. McGuire	
	U. Sinnott	
	C. Hore	
	Dr. Jordan	
21/June/2016	M. Gallagher	M. Sinnott
	J. Cuddihy	
	L. Lawlor	
	A. McGuire	
	U. Sinnott	
	C. Hore	
	Dr. Jordan	
14/Sept/2016	M. Gallagher	A. McGuire
	J. Cuddihy	
	M. Sinnott	
	L. Lawlor	
	U. Sinnott	
	Dr. Jordan	
	Damien Jordan (1 st meeting)	
15/Nov/2016	J. Cuddihy	M. Gallagher
	U. Sinnott	Dr. Jordan

	M. Sinnott	A. McGuire
	L. Lawlor	
	D. Jordan	
	C. Hore	

**Wexford Rape & Sexual Abuse Support Service
Board of Directors 2016**

No.	Name	Commencement Date:
1	Mary Gallagher (Chairperson)	27/11/2004
4	Alan McGuire	27/7/2010
3	Ursula Sinnott	1/10/2011
2	John Cuddihy (Secretary)	25/11/2014
5	Mairead Sinnott	25/11/2014
6	Laura Lawlor	3/2/2015
7	Christine Hore	24/3/2015
8	Darron Jordan	11/11/2015
9	Damien Jordan	14/9/2016

The Governance Code: WR&SASS has adopted the Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland (the Governance Code). The Code consists of five key principles:

- Leading your organisation
- Exercising control over your organisation
- Transparency and Accountability
- Working effectively
- Behaving with Integrity
- Behaving with integrity.

WR&SASS is committed to implementation of the Code throughout its work.

WR&SASS is registered on the Register of Charities with the Charities Regulatory Authority CHY No. 20036324.CHY 12420.