



**Wexford Rape &
Sexual Abuse Support
Service (WR&SASS)**

TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

R&SASS

Fundraising

Over 400 people enjoyed ‘The Best of Wexford from Head To Toe’ cookery and lifestyle event in Clayton Whites Hotel which raised a generous €10,000 for Wexford Rape and Sexual Abuse Support Service.

The fundraiser attracted 35 business stands featuring products and services in health, fashion, make-up, nails, art, jewellery and pottery.

Celebrity chef Kevin Dundon proved so popular that extra seats had to be organised to cater for the number of people who turned up. The Dunbrody House man proved himself to be an engaging and funny performer as he entertained with an interactive cookery demonstration, inviting three members of the audience on stage to help out and handing out food for everyone to taste.

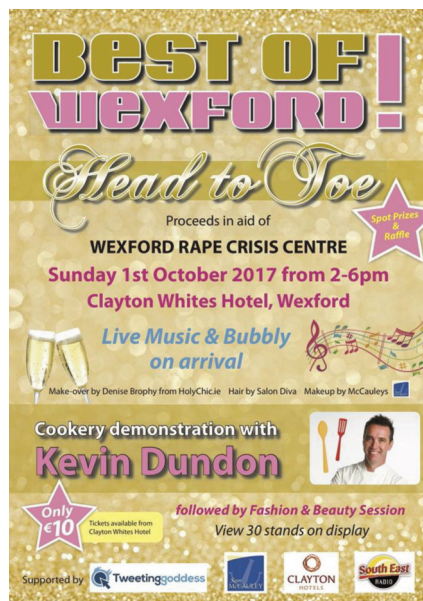
Arriving guests were treated to glasses of prosecco and live music and many won spot prizes in a raffle including pieces of Bláithín Ennis jewellery. There was fashion advice from fashion blogger Denise Brophy of HolyChic.ie. The event was sponsored and supported by BNY Mellon, South East Radio, Clayton Whites Hotel, Sam McCauley’s and Tweeting Goddess Samantha Kelly.

The Gorey-based Minister of State at the Department of Finance and the Department of Public Expenditure and Reform Michael D’Arcy TD showed his support for the work of the service by attending during the afternoon. All the money raised will be used to offer counselling therapy to clients who are on a waiting list.

We would like to thank the WR&SASS fundraising committee along with Kevin Dundon (Chef), BNY Mellon, Clayton Whites hotel, South East Radio, Sam McCauley’s, Denise Brophy (holychic.ie) for all their support with our fundraising events in 2017.

WR&SASS White Christmas Appeal in conjunction with South East Radio:

South East Radio supported the WR&SASS for their White Christmas Appeal in December 2017. Both organisations appealed to the public to get involved in last year’s Christmas Charity event to raise vital funds for the service. During December they asked people to get into the Christmas spirit and wear something white while donating what they could via their organisation, workplace or school. White Christmas helped to raise awareness of the services offered by the Wexford Rape Crisis Centre and to raise money to develop the service.



Contents

- Chairperson’s Foreword.....
- Manager’s Report.....
- About Us.....
- Our People.....
- Governance.....
- Statistical Overview of 2017.....
- Manuela Riedo Programme.....
- Training.....
- Awareness Raising.....
- Client voice.....
- Fundraising.....



Chairperson's Foreword

It is with great pride that I look back on the work of Wexford Rape Crisis and Sexual Abuse Support services.

I would like to take this opportunity to thank the volunteers on the Board who give selflessly of themselves in the care of lives of people who they may never meet.



The counsellors who worked in our four centres in 2017, Catherine, Jessica, Bernadette, Fiona and Sheila thank you for delivering a professional, dedicated, highly specialised help to all survivors who cross our threshold. You work changes lives. Be very proud of what you do as we are of you.

Clare our Manager and I have worked tirelessly since my election in July 2017 to develop the three key area of attention I have chosen to escalate. Clare has approached any agency, council and estate agent who can help us in our bid to find new premises. Many months of interaction have ensued with the OPW. This project is on-going.

My second priority was around building awareness. Our fundraising committee helped us greatly with our Best of Wexford - Head to Toe day. Wow! Thousands of daughters, mothers and grandmothers poured through the doors of Whites Hotel that Sunday! Likewise our White Christmas appeal with South East Radio saw people approach us on the streets of Gorey, Enniscorthy, Gorey and Wexford asking where the Centres were based. We controlled the airwaves for the Friday before Christmas, amazing profile! Such was our success that both projects will be repeated in 2018. Well done to our fundraising committee who helped with this. Also special thanks to Freda and Elaine for their 'hands on' work which was carried out for the centre in 2017.

My third priority is to Re-Brand. Our name is cumbersome and just like my other two priorities this one arose from our strategic plan workshop. We have commenced work with a local company on project and hope to launch our new image later in 2018.

Clare ensures these priorities will see fruition along with running all the day to day events in the centre and updating the Board at our six weekly meeting on all HR, financial and administrative matters. We are delighted as a Board to have Clare at the helm and would like to congratulate her on completion of her Masters in 2018, an MSc in Mindfulness based Interventions in UCD.

Mile buiochas to Clare, our team in the four centres and to the Board.

What a team! What a year!

Mairead Sinnott
Chairperson

Client Voice

Mary is a woman in her early 50s. She came for counselling because as a young girl a man in authority sexually assaulted her. She didn't know how to tell anyone what had happened so she kept it to herself and attempted suicide within the first year. She could no longer concentrate in school and ended up dropping out before her leaving cert. She got married at a young age but remained silent even in her marriage. She felt ashamed and dirty about what had happened. She had no confidence and was unable to say No to anyone. She spent most of her life just trying to get by and trying to please everyone else around her. She had no sense of her own identity. Shortly after she started her journey in counselling, she decided to report what had happened to be to the Gardai and after an investigation, the DPP decided to prosecute her abuser. After all these years Mary was finally able to use her voice. She was in counselling for several years as she needed support throughout the entire legal process and because she had years of silence to heal from. Mary left counselling a completely transformed woman! She had grown in confidence. She learnt how to be assertive and is now no longer ashamed of a past experience she had once tried to hide. All the relationships in her life were also enriched through counselling. Her marriage became stronger and her role as a mother became deeper as she was able to connect more with her grown up children and their families. Mary told me that coming to the Rape Crisis Centre was the best decision of her life. She suffered in silence for over 30 years but now she is free and able to embrace the remainder of her years...

Group Work

A group of clients from the WR&SASS met over a 6 week period and created an amazing mosaic with local artist Helen McLean. The tree pictured across captures an expression of the clients and the journey they have been through.



Awareness Raising

Rosanna Davison very kindly lent her support to WR&SASS in October 2017. She met with the team and helped to highlight the issue of sexual violence along with the work of the WR&SASS.

Rosanna Davison with WR&SASS Team



Back: Jessica Du Bois (Counsellor), Clare Williams (Manager), Rosanna Davison, Joanna Saunders (BNY Mellon Volunteer), Christine Hore (Board member), Laura Lawlor (Board member)
Front: Bernadette Lacey (Counsellor), Catherine Murphy (Counsellor), Freda Quinn (Volunteer).



Clare Williams Manager WR&SASS & Rosanna Davison

Manager's Report

2017 was a significant year in the development of the Wexford Rape & Sexual Abuse Support Service (WR&SASS). New referrals to the Service increased by almost 100% in a four year period (since 2013). The service faced the challenge of balancing the demand for the service with resources available. This challenge is on-going and the service is working closely with Tusla to meet the needs of women, men and young people in Co. Wexford who have experienced sexual violence.

Having being part of the national pilot programme for the Manuela Riedo Programme, the WR&SASS were chosen as one of four centres nationally to integrate the programme at a local level. The programme is targeted at 15-17 year olds in secondary schools and aims to train teachers and youth leaders to ensure the on-going delivery of the programme. The programme commenced with the recruitment of our new Project Worker who began in post in Oct 2017 and is currently delivering the programme in schools in Co. Wexford. (More information on this is available further on in the report).

The WR&SASS counselling service forged a stronger relationship with the Wexford Women's Refuge in 2017 by becoming the designated counselling service for its clients. Tusla enabled this by providing a small grant to facilitate this service.

A new model of counselling was created by the counselling team that presents a potential beginning, middle and end to the counselling process for clients. Within this model specific reviews of counselling and feedback points from clients are delineated, whilst continuously evaluating their own pathway as well as that of the service provision to ensure best practice.

In the final quarter of 2017, The WR&SASS produced a short film called 'Say Something' in conjunction with Dalton Films. This powerful piece of work highlights the issue of sexual violence locally in our society and raises awareness of the help and support that is available in the WR&SASS. This powerful piece of work will be launched in 2018.

As a progressive service the centre is always looking at new ways to support and help the healing process for our clients. As such we engaged local artist Helen McLean to facilitate a 7 week art group through the medium of mosaic. The client group produced a magnificent piece of art that captures a 'Healing Tree' and signifies the healing that can occur for our clients.

Two of our panel counsellors left us at the end of 2017, Sheila Haskins and Fiona Hughes. We are indebted to them for the tremendous work they carried out in the centre over the past few years. I would like to say a huge thank-you to Catherine Murphy, Jessica Du Bois and Bernadette Lacey (counsellors) who continuously create a safe space for clients to begin a healing process that enables them to live life in the midst of the trauma they have suffered. Also I would like to thank Freda Quinn and Elaine Carter for their time, energy and enthusiasm they bring as volunteers to the service.

A word of thanks to our out-going chairperson Mary Gallagher whose support advice and guidance has been unwavering over the past 3 years. Finally to our new Chairperson, Mairead Sinnott and all the board members, a massive thank-you for their time, knowledge and expertise that they give to the WR&SASS.



About Us

Mission

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. As numbers increased so too did our outreach service which includes Gorey, Enniscorthy & New Ross. Our counsellors are professionally qualified and accredited relevant recognized Accreditation Bodies. We are also involved in local groups such as the Wexford Support Network on Domestic, Sexual and Gender Based Violence (WSN), The Children and Young Person's Services Committee (CYPSC) for Co Wexford, The Domestic Abuse Forum and the Children and Family Support Network (CFSN). The Service is also a member of the Manger's Forum for Rape Crisis Centres.

Mary Gallagher

The Board would like to wish Mary all the best in her future endeavours and thank her for the hugh amount of time, professionalism and dedication she showed to Wexford Rape crisis Centre from 2009 to 2017



Training

First Aid (Order of Malta)

Trauma (Felicity Kennedy)

Working from a Gestalt Approach (Catherine Power)

Data Protection (The Wheel)



Christine Hore (Board member WR&SASS), Catherine Murphy (Counsellor, WR&SASS), Lorraine Hill (Fundraising committee member, WR&SASS) and Mairead Sinnott (Chairperson, WR&SASS)



The fundraising committee WR&SASS 2017

The Manuela Programme

A comprehensive evidence informed education programme aimed at Transition Year Students for sexual violence prevention.

The Manuela Programme has resulted from a culmination of significant collaboration and from a shared vision on sexual violence education for prevention resulting from the tragic circumstances and death of Manuela in 2007 in Ireland.

The Manuela Riedo Foundation, TUSLA, the 16 Rape Crisis Centres and the Rape Crisis Network, collaborated on this important project. It is a fitting legacy to Manuela which has had the support and encouragement of her parents Hans Peter and Arlette Riedo. Sue Redmond has been instrumental through a wonderful and generous blend of her academic, research, facilitation and personal skills in the development of the Manuela Programme.

The programme secured EU funding for a thirty-month pilot initiative delivering 120 roll outs of the programme nationally and training 60 facilitators. Four part-time workers were employed in Wexford, Dublin, Galway and Kerry in October 2017. Their initial responsibilities for the last quarter of 2017 were:

- Engage in professional upskilling with the programme.
- Devise a comprehensive contact list of schools/alternative educational providers.
- Develop an information pack to be provided to schools delivering the same, key, consistent information in the four counties about the aims, objectives, outcomes of the programme.
- Design relevant document templates for use across the four counties including Parental Consent Forms, information letters for schools and parents, power point presentation capturing the essence of the Manuela Programme.
- Secure a number of roll-outs for quarter one 2018.
- Deliver a programme which was co-facilitated in two pairings of the workers. Wexford and Dublin co-facilitated a roll out in Gorey.
- Contact all relevant professionals for example, CYPSC, Meitheal Co-ordinators, alternative providers informing them of the Manuela Programme.

Carolyn Brohan
Manuela Project Worker

Our People

Board of Directors

Mary Gallagher	(Chairperson 27/11/2009 – July 2017)
Mairead Sinnott	(Chairperson July 2017 – present)
John Cuddihy	(Secretary)
Christine Hore	
Darron Jordan	
Laura Lawlor	
Damien Jordan	
Dr. Moira Slevin	

Board Meetings throughout the year:

31/1/2017	
14/3/2017	
9/5/2017	
11/7/2017	(Board meeting & AGM)
12/9/2017	
24/10/2017	
12/12/2017	

Staff / Team Roles:

Manager:	Clare Williams
Staff Counsellor:	Catherine Murphy
Staff Counsellor:	Jessica Du Bois
Panel Counsellor:	Bernadette Lacey
Panel Counsellor:	Sheila Haskins
Panel Counsellor:	Fiona Hughes
Volunteer:	Freda Quinn
Volunteer:	Elaine Carter
Clinical Supervisor:	
Ann Prendergast	(March 2016-March 2017)
Felicity Kennedy	(April 2017 – present)

Governance Code (John Cuddihy, Secretary of Board)

The Governance Code and the Risk Management Policy were the driving forces used to ensure a code of good practice governing the operation of the organisation during the past year.

The Governance Code which was approved by the Board in November 2016 was implemented in full during 2017. The effectiveness of its implementation was monitored by way of regular reviews undertaken by both the Board of Directors and the new Audit Sub Committee throughout the year.

A regular focus was maintained on the five key principles of the code with various actions implemented some of which are as follows:

Leading the Organisation

A Strategic Review of the Organisation was carried out involving a number of interactive workshops for Board of Directors and Employees resulting in the implementation of a new five year plan across a range of key areas including:

- Raising Awareness
- Branding
- Relationships
- Services and Supports
- Human Resources Management and Development
- Premises
- Social Media
- Policies and Procedures

Exercising Control over the Organisation

The Board have approved the implementation of an Audit Sub Committee which has been put in place as of May 2017.

A Health and Safety Policy was implemented.

Manager attended Data Protection training session.

Physical security under review in the context of potential change of premises.

Broader Data Protection Policies are under review in the context of imminent changes at foot of GDPR.

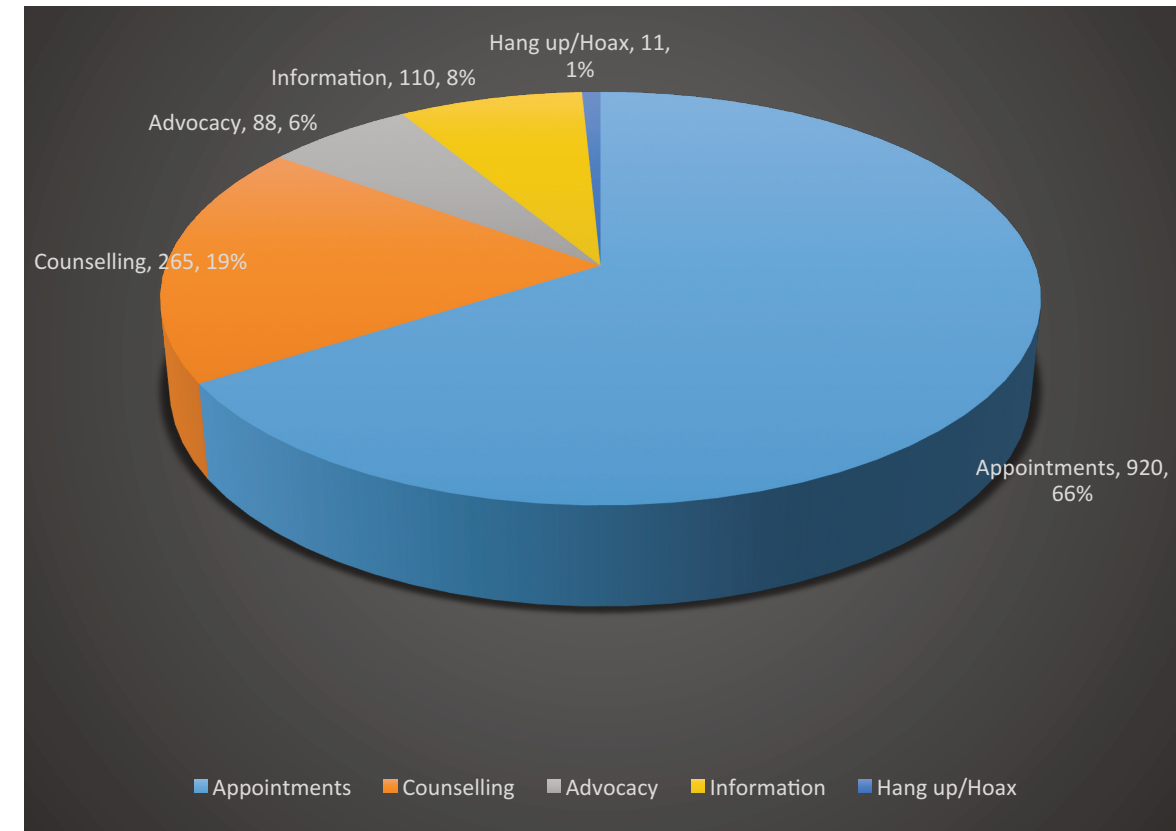
Internal Financial and Management Controls:

Signing Authority for Bank and Credit Union Accounts require dual sign off by Manager and one Board Member.

Managers detailed Financial Report presented and discussed at all Board Meetings.

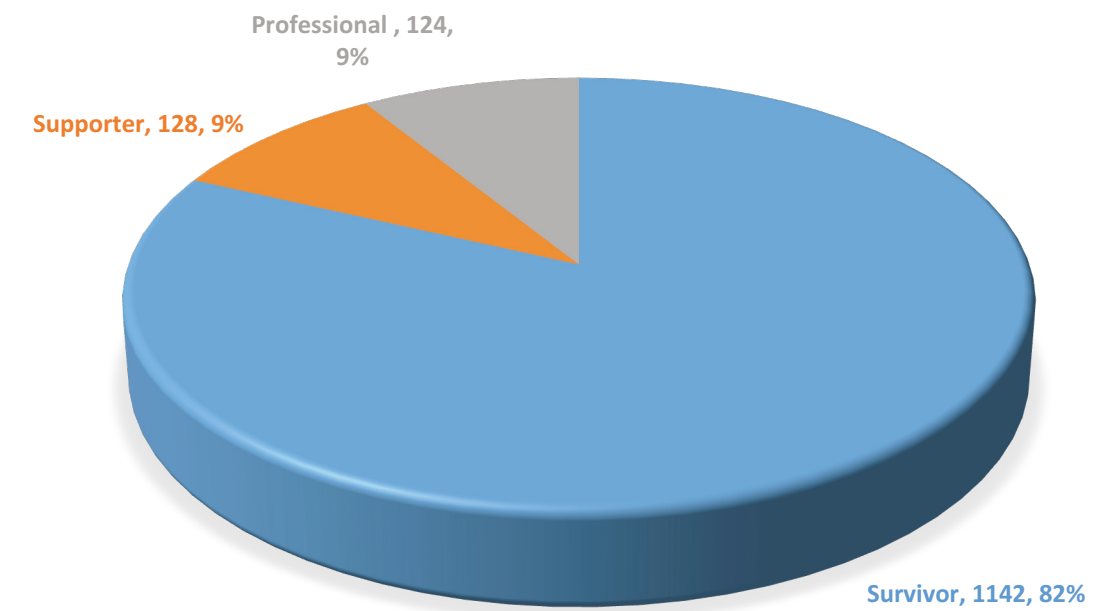
Audit Sub Committee members have also been involved in discussions with the Manager with regard to efficiencies around financial reporting.

TELEPHONE LOG STATISTICS



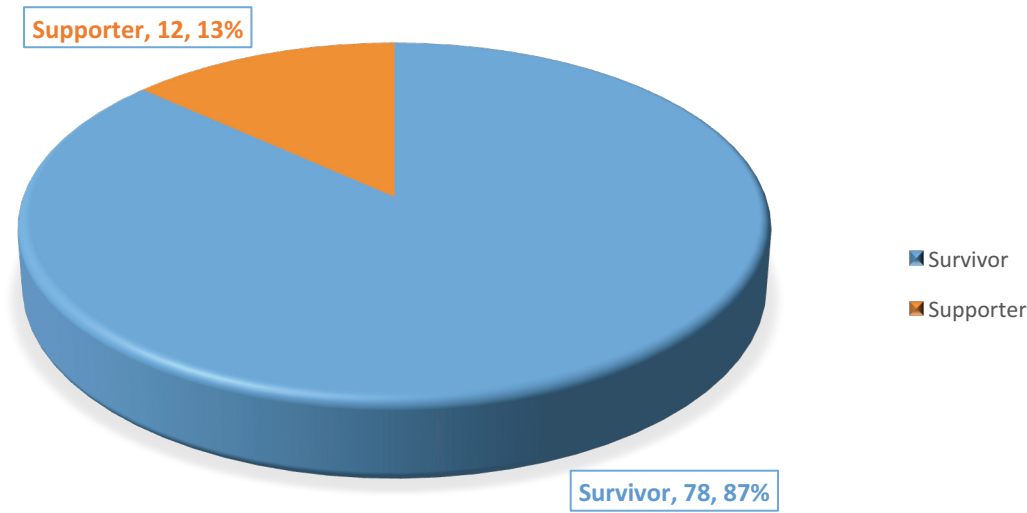
2016

HELPLINE CALLER TYPE



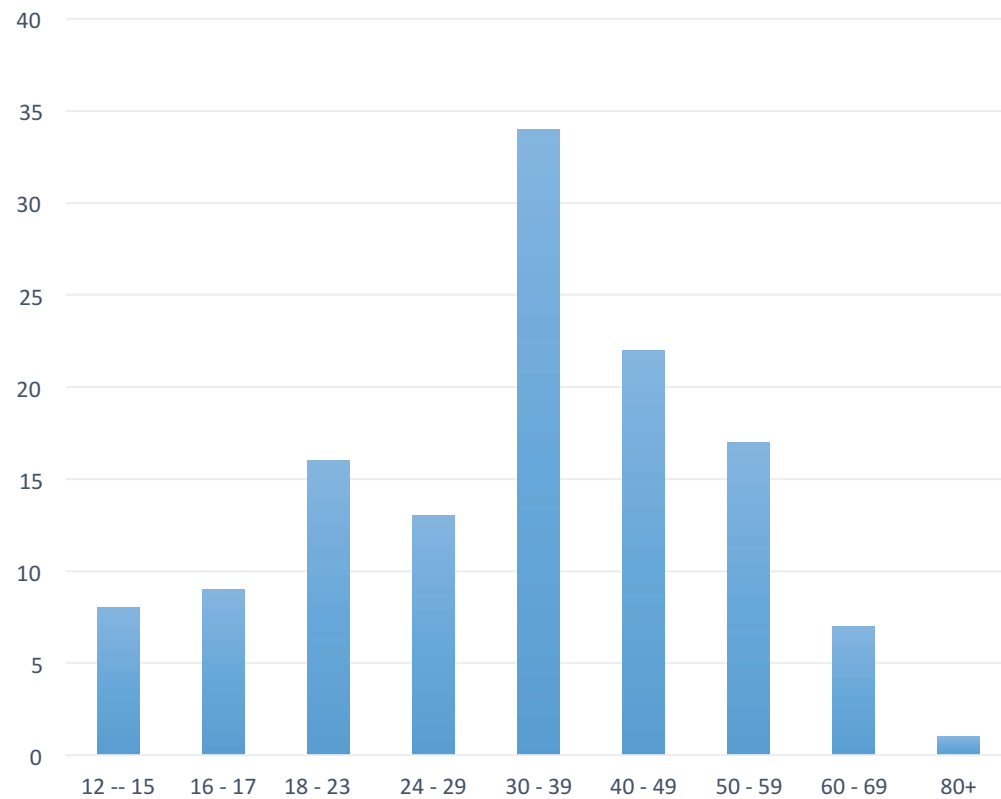
2016

NUMBER OF SURVIVORS/SUPPORTERS



(The above figures are based on 90 new clients to the service in 2017)

AGE OF CLIENT USING SERVICE



(The above figures show the age profile of clients using the service where known (127))

Transparent and Accountability

Document outlining the five Principles of the Governance Code has been signed by the Board of Directors and is displayed in our Offices.

Annual Audited Accounts are available on the organisation website.

Key stakeholders have been identified and a review of the organisation interaction with these is a work in progress.

Fund raising policy is under review and will be published on the organisation website on completion.

Complaints received are discussed at Board level where required and satisfactorily resolved.

Working Effectively

Board Meetings taking place every two months approx with break between June- Sept, Minutes of which are circulated in a timely manner.

All new Board Members undertake an induction process that includes an overview of the role of the board and individual board members, the Governance Code and the organisation's governing document, contained in the Directors' handbook.

Two new Board Members appointed in 2017.

Behaving with Integrity

A Directors Handbook has been introduced which outlines the expected standards of behaviour and what happens if these standards are not met.

Conflict of Interest for Board members is a standard Board meeting agenda item.

Risk Management Policy

Our Risk Management Policy provides a detailed overview of the potential risk areas that the Organisation should consider, and the steps that may be taken towards mitigation of such risks that may hinder the achievement of our goals.

The critical areas of risk which the Organisation focused on during 2017 were as follows:

Code of Conduct and Terms of Reference Documents were completed by all Directors.

A full review of our insurance cover was undertaken and found to be adequate.

A protocol for disclosure of potential conflict of interest was introduced and is a standard Board meeting agenda item.

A Strategic Review of the Organisation was completed to establish appropriate goals.

A review of Data Protection Policy and Procedures has commenced to include data privacy, storage and retention.

A Health and Safety Statement/Policy has been introduced.

A robust Financial Reporting system is in place and regularly reviewed.

A strong focus has been maintained on eliminating any reputational risk through positive media coverage and ongoing advice and support from our accountancy professionals.

Data Protection

During the past year the Manager has received training on Data Protection procedures and further training of Counsellors and Board members is planned.

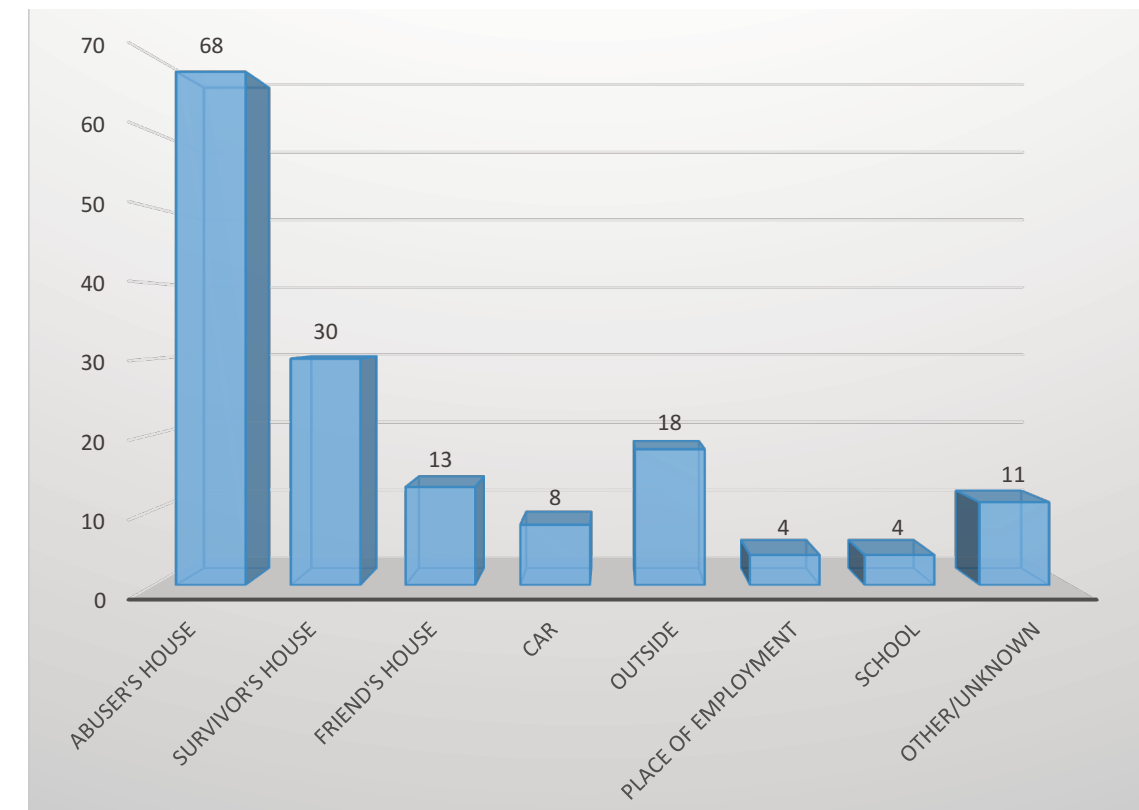
A review of documentation and the issue of Consent to process personal data are in progress.

The review also incorporates an examination of how we gather, store and retain personal data to ensure we comply with current and imminent legislation.

A review of our technology is incorporated in this review also to ensure we comply with the new demands on Data Controllers under GDPR.

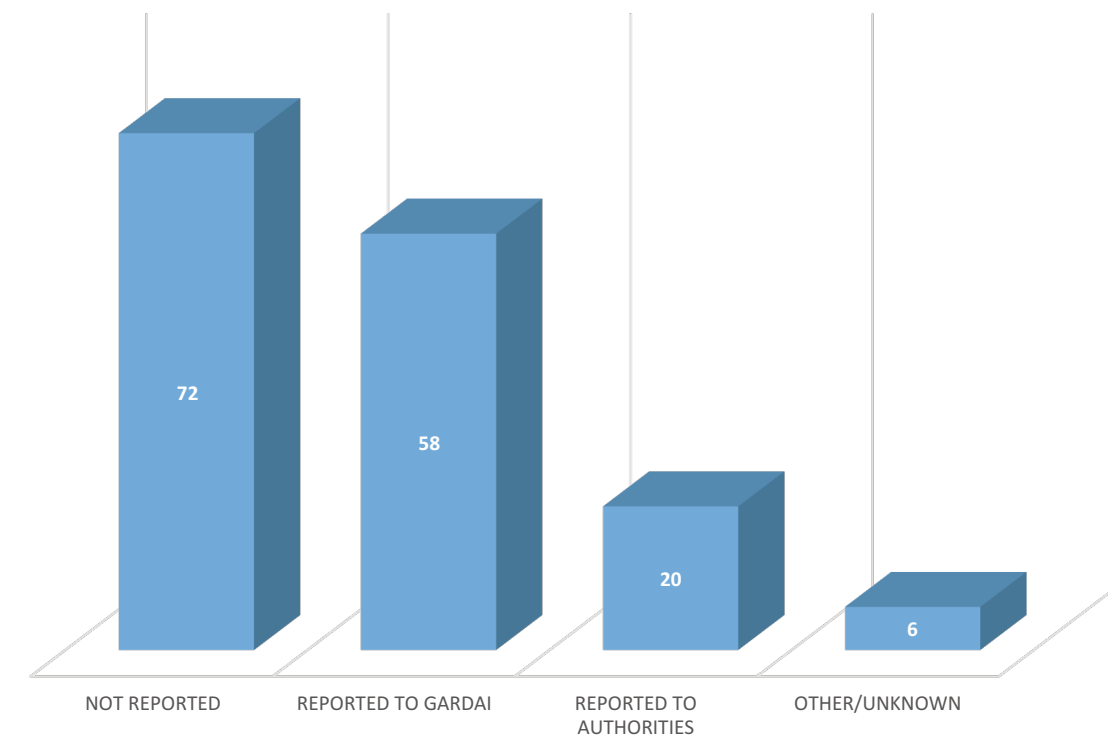
It is envisaged that changes will be required to our website to fully convey to the public how we use, store and retain their personal data in due course.

LOCATION OF ABUSE



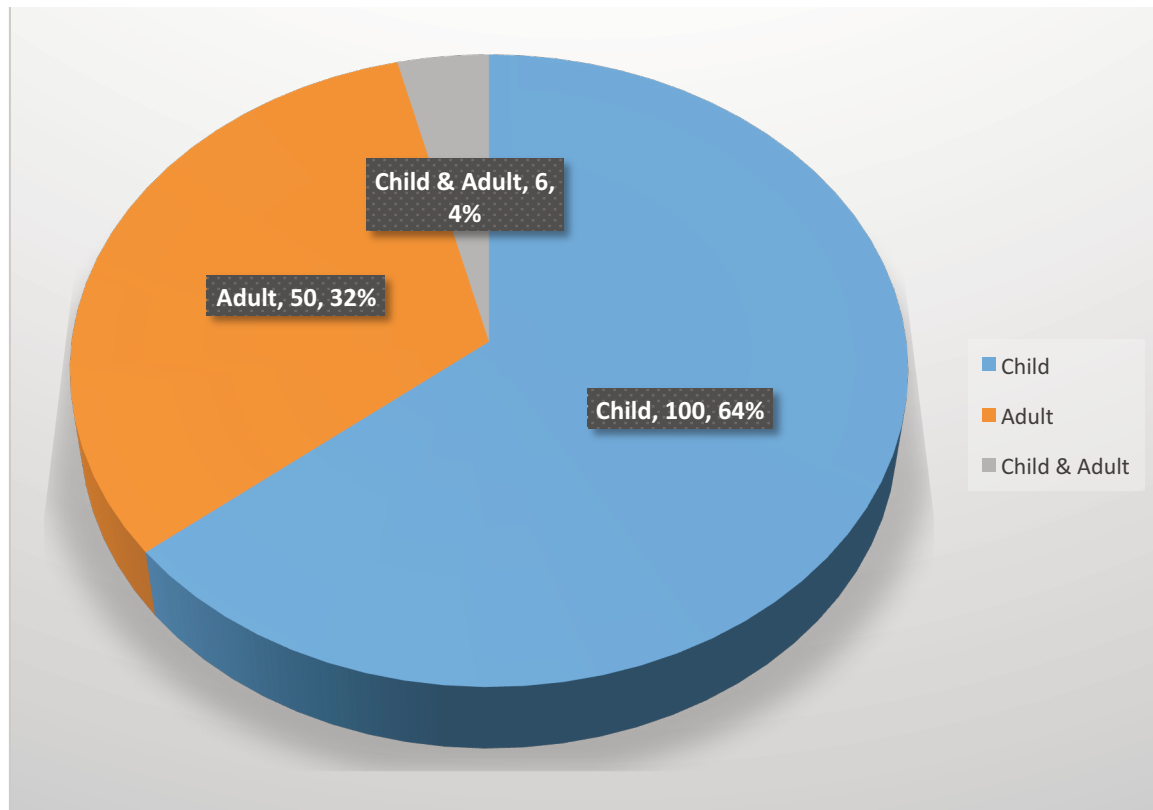
(The above figures are based on 156 incidents of abuse experienced by 140 clients who attended the service in 2017)

COMPLAINTS FILES



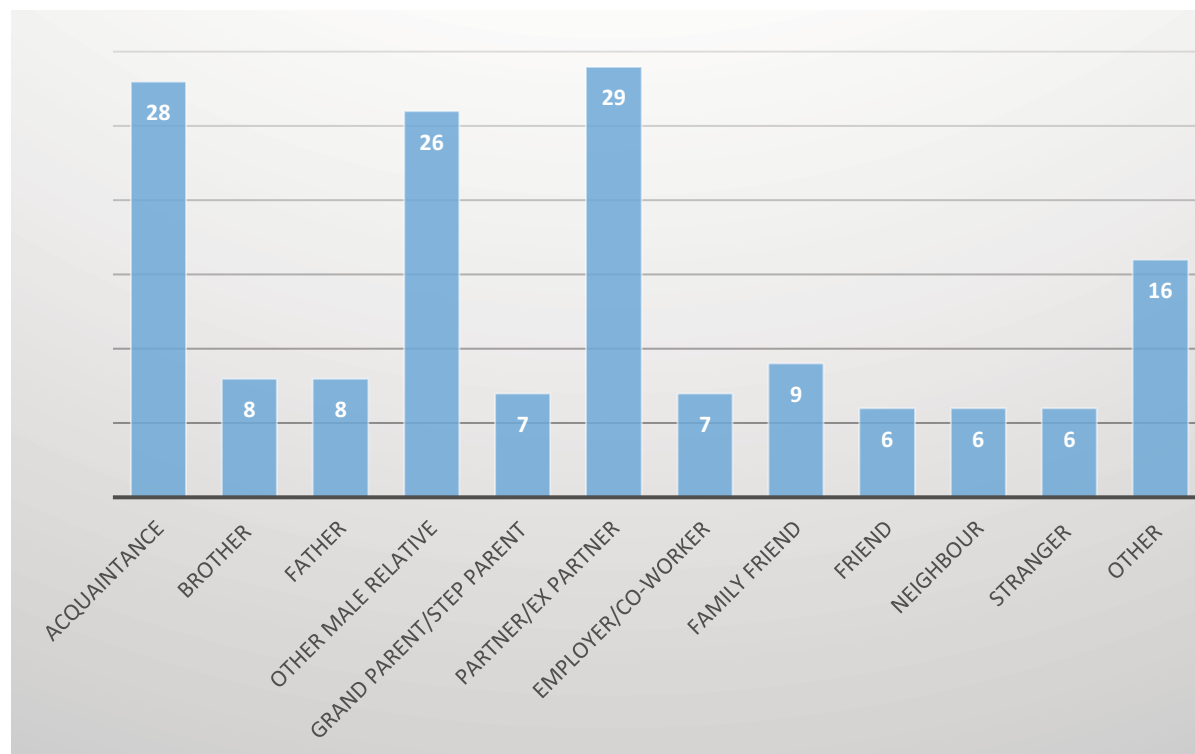
(The above figures are based on 156 incidents of abuse experienced by 140 clients who attended the service in 2017)

WHEN ABUSE WAS PERPETRATED



(The above figures are based on 156 incidents of abuse experienced by 140 clients who attended the service in 2017)

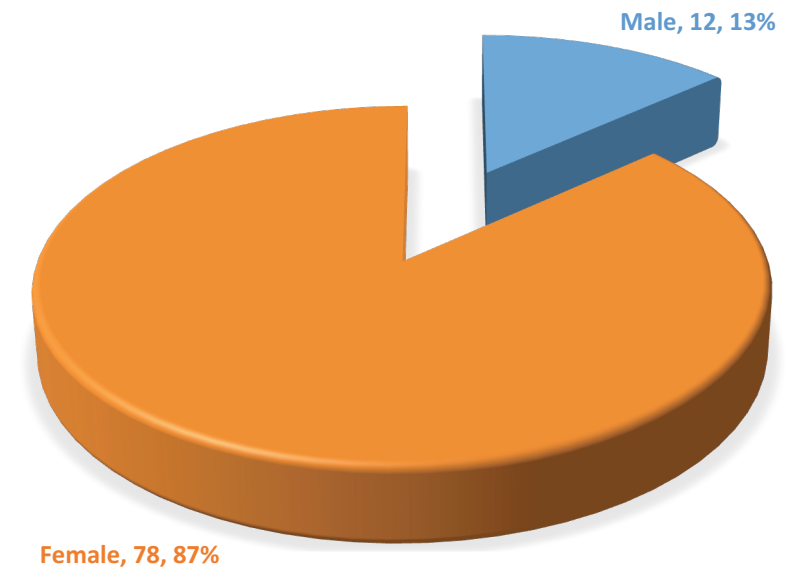
RELATIONSHIP OF ABUSER



(The above figures are based on 156 incidents of abuse experienced by 140 clients who attended the service in 2017)

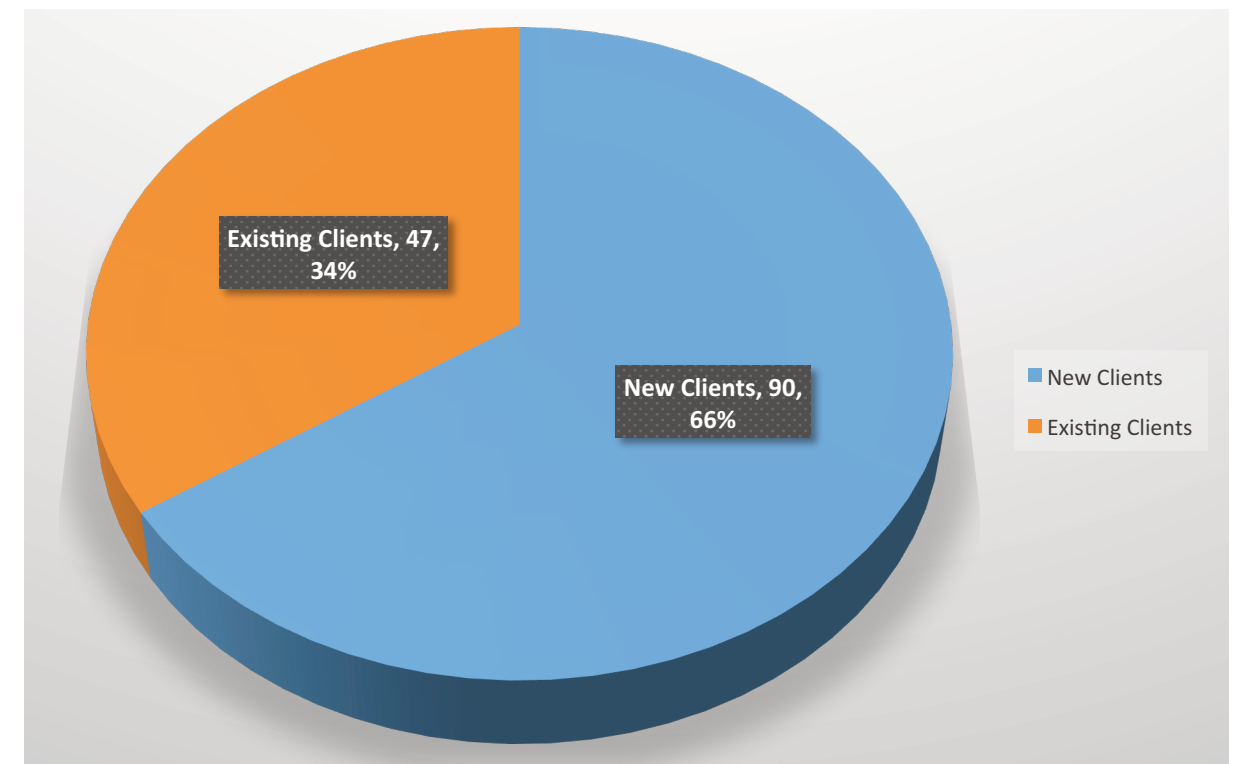
Statistical Overview 2017

GENDER OF CLIENT



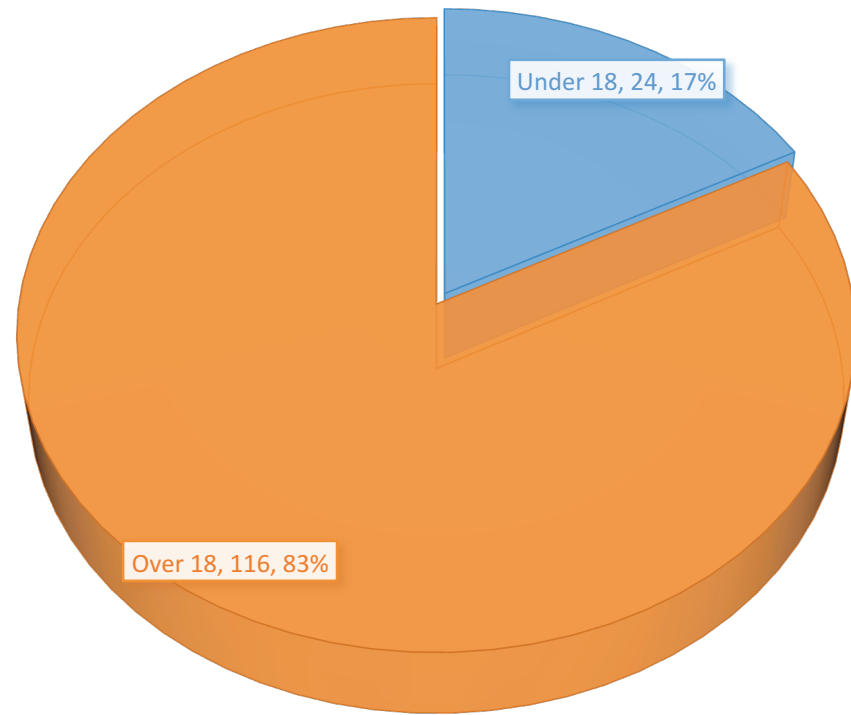
(The above figures are based on new clients)

NUMBER OF CLIENTS



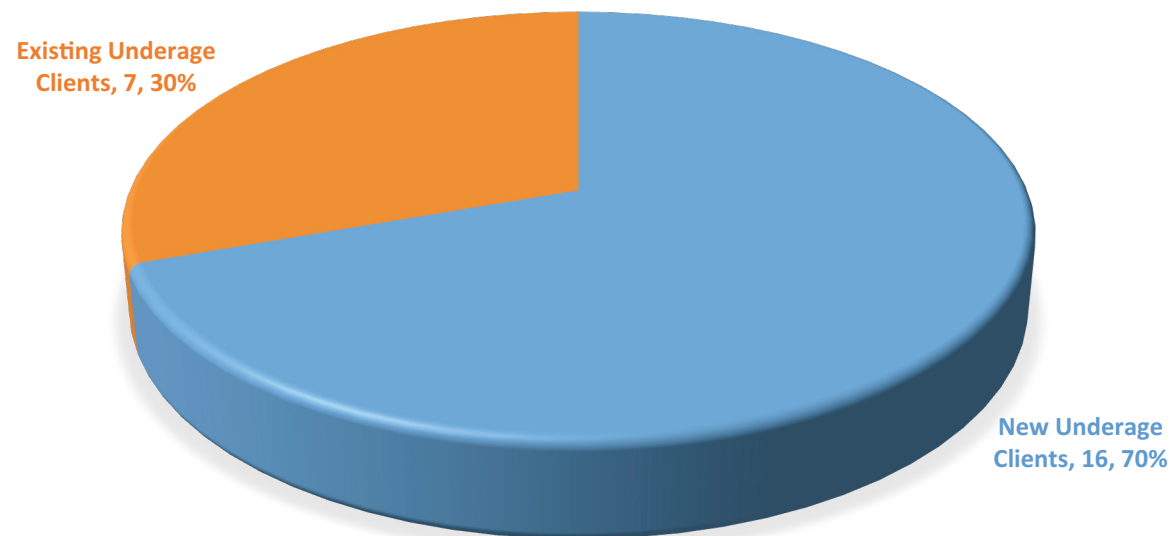
(The above figures include survivors and supporters)

AGE ACCESSING SERVICE

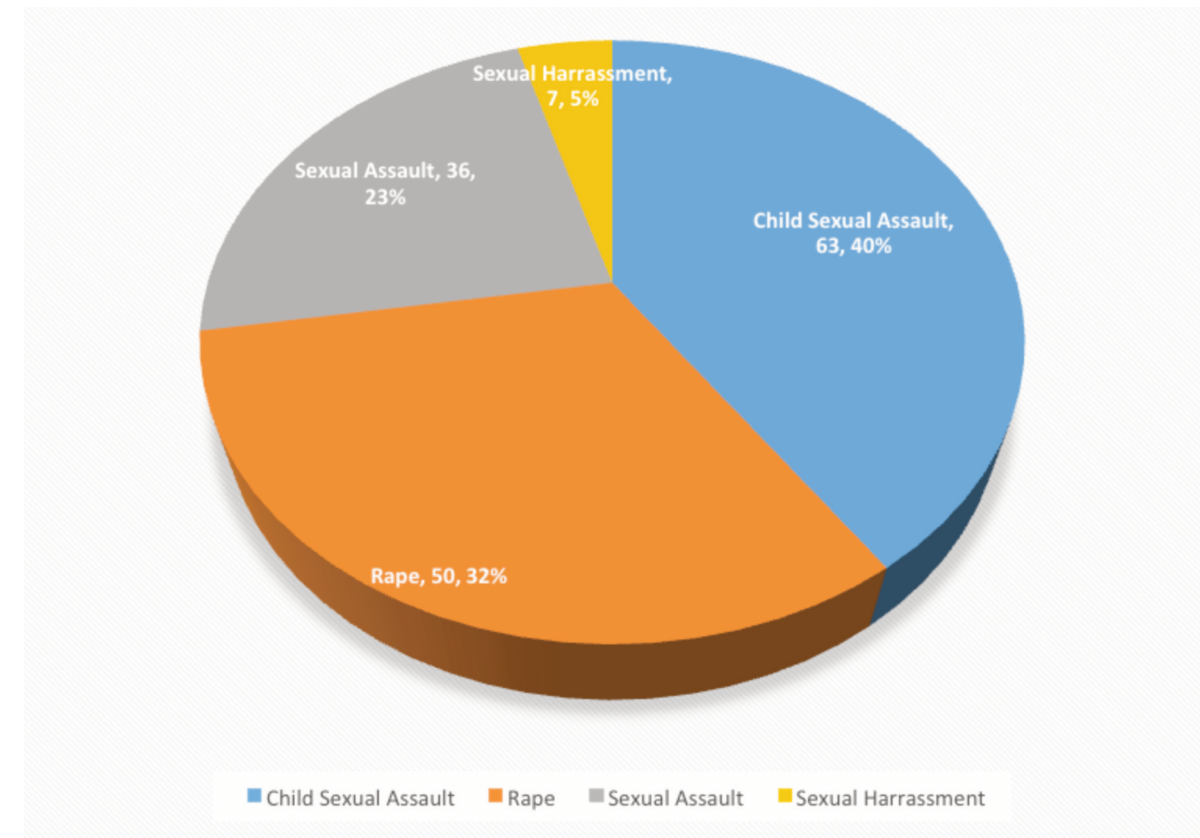


The above figures are based on 140 clients who were seen in 2017

UNDERAGE CLIENTS

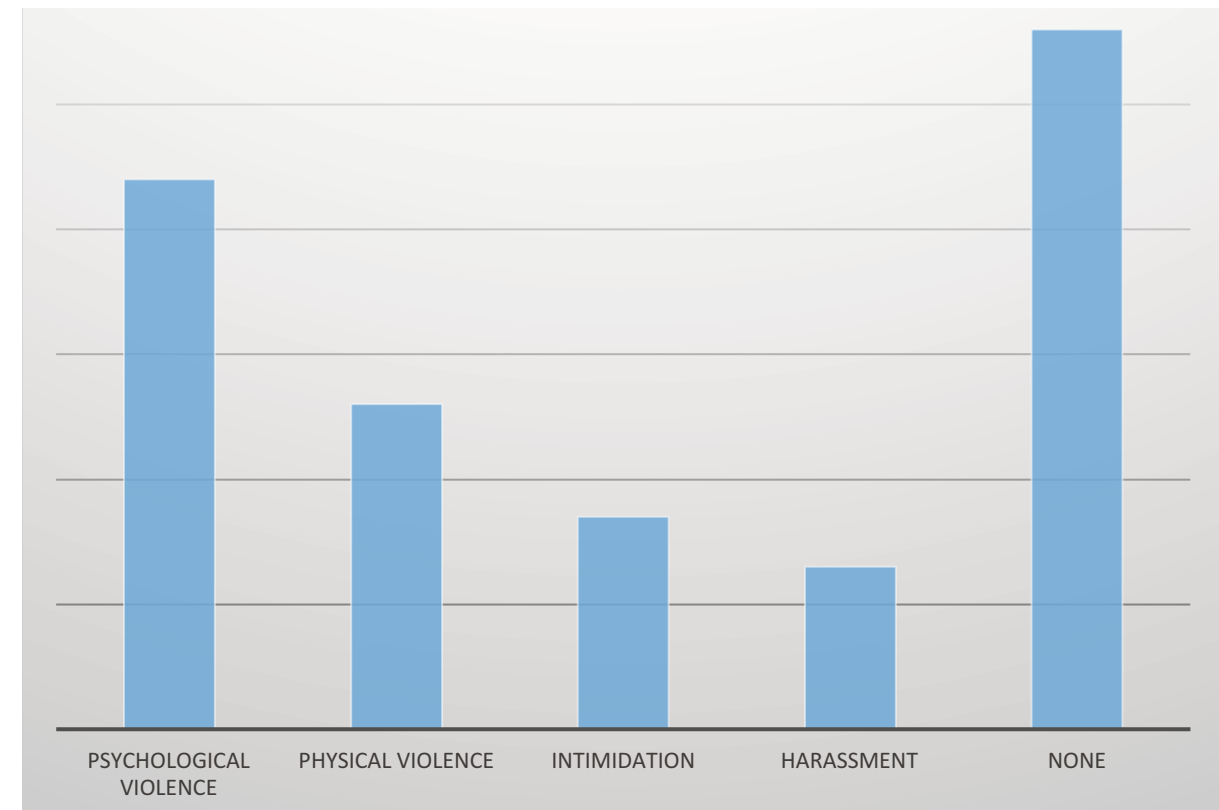


NATURE OF ABUSE



(The above figures are based on 140 clients seen in 2017 and of these there were 156 incidents of different types of abuse).

OTHER TYPES OF VIOLENCE



(The above figures are based on 140 clients seen in 2017 and of these there were 156 incidents of other types of abuse).