

Wexford  
Rape  
Crisis | Services for  
Domestic, Sexual  
and Gender-based  
Violence Est. 1995

# ANNUAL REPORT 2022

TÚSLA

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

 William Neville & Sons



AN ROINN DLÍ AGUS CIRT AGUS COMHIONANNAIS  
DEPARTMENT OF JUSTICE AND EQUALITY

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# CHAIRPERSON'S FOREWORD



The measure of an organisation is its ability to develop and evolve as the need arises.

Throughout 2022, Wexford Rape Crisis found itself in an evolving situation where the number of referrals to the organisation for counselling was increasing every month and the waiting list was growing. As the designated centre for Co Wexford for domestic, sexual and gender-based violence referrals for adult and adolescent counselling, the organisation had to respond.

Our Manager, Clare with the agreement of the Board of Directors put together a plan to increase counselling capacity and this involved the recruitment of new staff and a new staff structure. Tusla approved funding for a new Clinical Team Leader and an Administrator and throughout 2022, we acquired funding to recruit four new Counsellors, a Clinical Team Leader and Administrator. We were very pleased to welcome these new staff members to the organisation and they have all added further to the professionalism, quality of service and caring ethos of Wexford Rape Crisis. The organisation's total counselling capacity was significantly increased and a new staff team structure with increased clinical supervision was then put in place to fully support the expanded organisation from 9 to 13 staff.

On behalf of the Board of Directors, I would like to thank all of you, our very committed staff, for the great care and concern, empathy and professionalism with which you deal with all of our clients; adults, adolescents and their parents, taking them through a counselling process to give them the confidence and resources to rebuild their lives. During 2022, our Manager and Board of Directors took on the task of fully funding this new staff structure and the Board would like to thank our funders, Tusla DSGBV (core services), Tusla SATU (Waterford) and Dept of Justice (Victims of Crime funding) for responding to our need for extra resources as far as possible this year.

In response to our call for extra funding in the later part of 2021, we received a specific 3-year financial pledge from Wexford Businessman, Seamus Neville in early 2022 and this enabled us to fund 3 extra days of Adult Counselling and 2 extra days of Adolescent Counselling to extend over 3 years. This vital commitment to the organisation further assisted in addressing the growing waiting list. I would like to formally thank you for this funding which is greatly enhancing our service provision.

On behalf of Wexford Rape Crisis, I want to extend my sincere thanks and gratitude to all of you who so generously donated the proceeds of fundraising events, made personal contributions throughout the year and contributed to our annual bucket collection in December. We are very grateful to you for enabling us to fund more counselling hours and support the service.

Our annual bucket collection throughout the county requires a lot of time and effort to organise each year and I would like to thank our key volunteer, Freda Quinn, the co-ordinator of this fundraising day for all the time and effort she dedicated to it and thank you to all the volunteers who assisted us on the day in Wexford, Enniscorthy, Gorey and New Ross. We gratefully appreciate your involvement.

The feedback from students and teachers to the delivery of the Consent Education programme to Secondary schools throughout the county continues to be excellent. Well done to our Consent Education worker who has also contributed significantly to the development and design of the Teachers' Handbook, Resources and Training for the future delivery of the programme. This EU contract to fund the two-year pilot programme (due to finish in December 2022), has now been extended until June 2023, thereafter the programme will be funded by Department of Justice until the end of 2024.

The Board of Directors is very appreciative of the dedicated teamwork carried out by Management and staff to progress and implement actions from our Strategic Plan 2022-2025 and considerable progress has been made in 2022 in developing new models to further improve the quality of our service delivery and the organisation's ability to deal effectively with our waiting list.

The Board greatly appreciates the commitment and dedication of our Finance Officer for her immense contribution to keeping our finances on track and to developing new financial processes for the organisation.

On behalf of all the Board Directors, I would like to sincerely thank Clare, our Manager for her immense diligence, perseverance and tenacity in pursuing extra funding and resources for the organisation to tackle the waiting list and for her expertise in managing and developing the organisation. Thank you also to our Clinical Team Leader, Alison who has been a stalwart in meeting new clients and organising the capacity of the service to maximum efficiency.

Finally, I would like to acknowledge our Board of Directors who volunteer their time so generously to ensure excellent governance of the organisation. Three Board Members, Mairead Sinnott, John Cuddihy and Damien Jordan have completed their term of office on the Board and I would like to thank each one of you for giving WEXRC the benefits of your skills, expertise and absolute commitment to the governance, support and development of the crucial service we provide at Wexford Rape Crisis.

Laura Lawlor  
Chairperson

# MANAGER'S REPORT



2022 was Wexford Rape Crisis' first full year in our new premises at The Rocks, Maudlintown. Our building stands in the heart of the community and is clearly visible to all. Whilst we all agree that it is disheartening that such a service is needed, it is important that those who need our service, know that it is available and accessible to all.

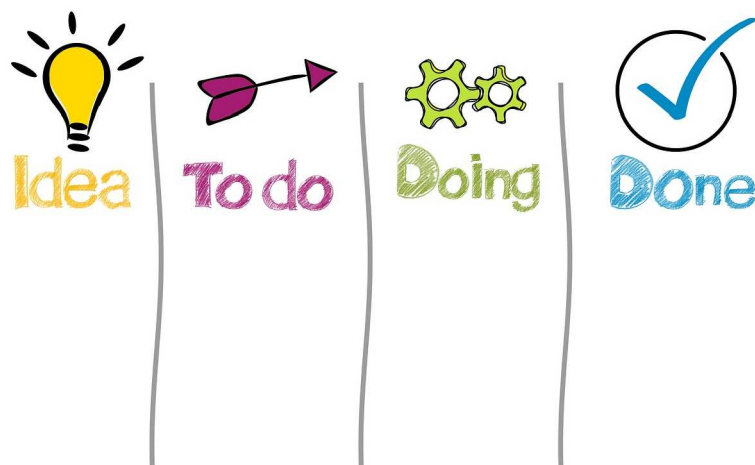
The demand for services with WEXRC continued to grow in 2022, following the lifting of Covid 19 restrictions in the latter part of 2021. New referrals grew by 60% from the previous year. Domestic violence referrals also grew by 50% from the previous year.

The implementation of Wexford Rape Crisis Strategic Plan (2022-2025) commenced in 2022 and was devised by key stakeholders to complete the next stage of development and objectives for the organisation. This report outlines key objectives achieved in 2022 and can be found throughout the report. Some of the significant outcomes include; The expansion of the team (Clinical Team Leader, Full-time Administrator, additional Adult and Adolescent counsellors), Group work (Well-being programme), the introduction of 'Holding Sessions' for those on the waiting-list for counselling, the introduction of evening appointments to better respond to client's needs, the introduction of a reflexology service and a creative art group for clients.

Our counselling team grew significantly in 2022 with an additional 2 adult and 2 Adolescent counsellors being recruited to meet the demand for counselling. 2 Student Counsellors with specific skills also joined the Adolescent counselling team. Our Parental Support service grew and developed to enable parents to better understand and support their children with the impact of trauma.

WEXRC's Consent Education Programme developed its junior and senior cycle programmes in schools throughout the county along with training and supporting teachers in the delivery of this essential programme. I would like to like to acknowledge the skills and expertise of the board of management who are continuously open to hearing about new proposals and creative ideas to help meet the needs of clients. I am eternally grateful to our front-line team of volunteers. They give their time and support on a day to day basis to ensure the smooth running of the service. A particular thanks to Freda Quinn who travels the length and breath of the Country to get the best prices on items for the centre.

I would also like to acknowledge our team of highly dedicated, professionals who work tirelessly to achieve the objectives of the service. I would like to thank our funders Túsla, the Department of Justice, our benefactors and the general public who continue to help resource the work that we do. Finally, to our clients who are at the core of what we do, thank you for trusting in the work that we do.



# OVERVIEW OF 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 (WEXRC). The service also formally expanded its 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

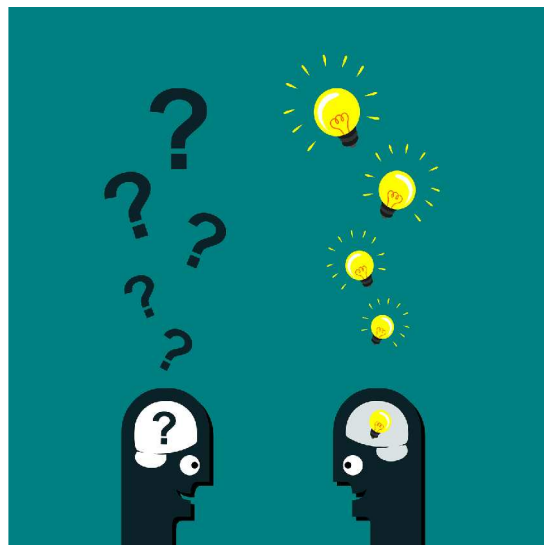
Is for a society free from sexual violence.

## Wexford Rape Crisis Mission Statement

"Wexford Rape Crisis is a client-centred support service for those who 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

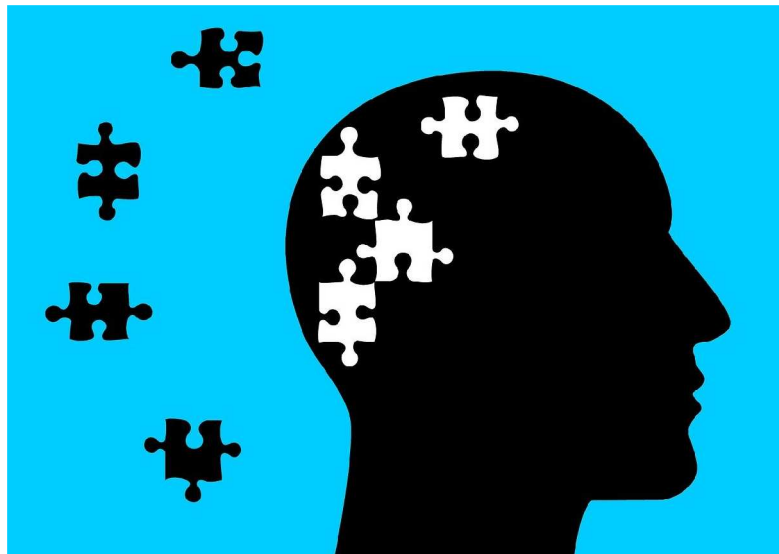
Violence and sexual abuse in relationships must always be viewed as an abuse of Human Rights. It should not be rationalised or minimised and there must never be an acceptable or tolerable level of violence. Anyone can be a victim of sexual violence, irrespective of age, race, income or employment status. 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 & 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 organizations 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.**





# CURRENT MANAGEMENT/COMMITTEE MEMBERSHIP



## Board of Directors:

Laura Lawlor (Chairperson) John Cuddihy (Secretary), Mairead Sinnott, Damien Jordan, Dr. Moira Slevin, Joan Roche and Kate O'Donnell.

## Audit Sub-Committee:

John Cuddihy, Annette O'Neill, Damien Jordan, Lorene Crowley.

## Director Biographies:

**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.

**Ms. Máireád 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.

**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. 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.

**Ms. Joan Roche:** Joan trained in St. Vincent's Hospital, Elm Park, Dublin as a registered General Nurse. Joan has extensive nursing experience in both medical and surgical nursing case having worked in St. Vincent's, Blackrock Clinic, The National Rehabilitation Centre and The Emergency Department, Wexford General Hospital. Joan retired from nursing in 2017.





## BOARD MEETINGS 2022



26th January, 2022  
23rd February, 2022  
30th March, 2022  
27th April, 2022  
25th May, 2022  
29th June, 2022 (AGM)  
31st August, 2022  
28th September, 2022  
26th October, 2022  
30th November, 2022  
14th December, 2022

## AUDIT COMMITTEE MEETINGS

24th June, 2022  
21st September, 2022



## FRONT LINE TEAM

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

Clare commenced as Manager with WEXRC 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 a 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.

**Alison Barry, Clinical Team Leader**

Alison is a psychotherapist who has been working in the field of mental health and wellness for 13 years. She is fully accredited with the Irish Council of Psychotherapy (ICP) and with APPI (Association for Psychoanalysis and Psychotherapy in Ireland). She has worked for the HSE for the last 10 years, as well as in private practice and with charities. She has worked with clients of all ages and backgrounds. Alison is passionate about people and her mission is to provide a safe space for all to come and find healing

**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.

**Bernadette Lacey, Staff 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-judgmental 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.

### **Sarah Farrell, Staff Counsellor. BSc (Hons) Counselling & Psychotherapy**

Sarah joined the team at Wexford Rape Crisis in June 2022, having worked as an Adult Counsellor since 2018. Sarah has a BSc (Hons) in Counselling and Psychotherapy from PCI college and is a fully accredited therapist with the IACP. Sarah likes to incorporate a Humanistic and integrative approach to her work, combining Psychodynamic theory, CBT skills, Mindfulness and Trauma informed practices with clients. Fundamentally, she maintains a person-centered approach to her work and strongly believes that the establishment of a safe, trustworthy relationship is central to the healing process. Sarah completed a Post Graduate Diploma in Palliative care from UCC in 2016, incorporating the knowledge and theory gained in relation to grief and bereavement, into her Counselling practice also. Sarah considers it a privilege to be a part of each individuals unique healing journey and is very pleased at the opportunity to be a part of the team at Wexford Rape Crisis.

### **Fiona Clancy, Adolescent Counsellor, BSoc Sc, Diploma in Psychotherapy, MIACP.**

Fiona is a fully accredited Humanistic & Integrative Psychotherapist and has worked as a Psychotherapist with adults who have experienced trauma since 2005. Fiona has also gained post-graduate qualifications in Child & Adolescent Psychotherapy and Therapeutic Play and has been working therapeutically with children and adolescents since 2007. Fiona's work experience also includes working in family centres, in homeless services and in a residential setting for adolescents in care. Fiona's role in Wexford Rape Crisis is to provide psychotherapy to adolescents and young adults who have been impacted by sexual, domestic or gender-based violence. Fiona believes that at the core of therapy is the therapeutic relationship and that the relationship or bond between client and therapist is central to healing. Fiona uses a variety of therapeutic approaches and creative mediums to support clients to begin to heal physically, emotionally, cognitively and spiritually from their trauma.

### **Claudia Blaess, Adolescent Therapist, B.A. (Hons) in Psychology, Diploma in Counselling and Psychotherapy**

Claudia is a fully accredited Psychotherapist and has been working with adults since 2014. Being passionate about working with young people, she has continuously engaged in training in this area, including how to care for vulnerable children, and has been working with adolescents since 2018. Claudia completed her degree in Psychology in 2021 with Dublin City University and is currently doing her MSc in Child and Adolescent Mental Wellbeing with Anglia Ruskin University.

In Wexford Rape Crisis, Claudia provides Psychotherapy for young people that have been impacted by sexual, domestic or gender-based violence. Claudia feels that a trusting and compassionate therapeutic relationship is the most important part of therapy to help the client to engage and face their emotions, a difficult and challenging process for any survivor of trauma. She uses a person-centred approach, as well as tools from cognitive behavioural therapy or creative mediums to give the young person a safe space to heal. Claudia also provides parenting support for parents looking to gain tools in supporting their children during these difficult times and after.

### **Kit Kenny, Counselling Psychologist. BA (Hons) Psychology, MSc in Counselling Psychology, Certificate in CBT, Cert in Sand Therapy**

Kit is a Counselling Psychologist and works therapeutically with children, adolescents, and adults. Using a person-centered approach, she explores clients issues and goals and offers appropriate evidence based therapy. Her experience has included working with primary and secondary school students. Therapy for children includes the use of play therapy techniques as appropriate. Conditions treated include loss, through death or separation, anxiety, anger management, adhd, and Asperger's to name a few.

As a contract worker for the HSE for 10+ years she worked with Adult clients; In Wexford Self Harm Intervention Programme – Counselling for suicidal thoughts and self-harm. Counselling in Primary care; Issues included working with Depression & anxiety, panic attacks stress, low self-esteem and relationship problems

Kit is a member of the Psychological Society of Ireland and abides by its Code and practices.

**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 centres 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.

**Joanne O'Leary, Administrator**

Joanne joined the Team in June 2022 as the full time Administrator. Joanne has a long history of working in administration and worked in Law Firms as a Legal Secretary for almost twenty years. Joanne is looking forward to her future at Wexford Rape Crisis

**Freda Quinn, Volunteer**

Freda began volunteering for WEXRC 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.



# COUNSELLOR PROFILES



## CLAUDIA BLAESS

Claudia Blaess, Adolescent Therapist, B.A. (Hons) in Psychology, Diploma in Counselling and Psychotherapy

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## SARAH FARRELL

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## KIT KENNY

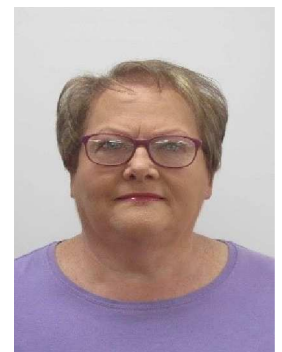
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Counselling in Primary care; Issues included working with Depression & anxiety, panic attacks stress, low self-esteem and relationship problems.

Kit is a member of the Psychological Society of Ireland and abides by its Code and practices. Qualifications; BA (Hons) Psychology, MSc in Counselling Psychology, Certificate in CBT, Cert in Sand Therapy.





# NEW ROLES WITHIN WEXRC

## Wexford Rape Crisis (WEXRC) new roles:

Following the pandemic, the demand for WEXRC services grew immensely. The service was over-whelmed with the number of calls from clients who were seeking support for issues in relation to Domestic, Sexual and Gender-based violence.

Following WEXRC's strategic planning process, the organisation identified the need for 2 new roles to help resource the centre.

### Full-time Administrator – Joanne O' Leary

Following a recruitment campaign in the second quarter of 2022, Joanne O'Leary was appointed to this role and joined WEXRC in June of 2022. Joanne is the first point of contact for any queries for support. New clients generally tend to call the centre first and Joanne takes their query and passes it onto our Clinical Team Leader. Joanne is the liaison person between all clients and their respective counsellor to set-up, reschedule and plan counselling appointments. Joanne also inputs statistics into our database and provides regular reports in relation to the number of clients on the waiting-list in each respective town in the County. In addition, Joanne provides administration support to the entire team.



### Clinical Team Leader – Alison Barry

Alison commenced as WEXRC's new Clinical Team Leader in Oct 2022. Alison meets all new clients for an initial intake to let them know about our services, how to access counselling and what it involves. She takes some basic information from clients to set them up on our waiting-list until a counsellor is free to take them on for one to one counselling. She also meets with Parents/Carers of young people to link them in with our adolescent team of counsellors aswell as directing Parents/Carers to this team for Parental Support, if they would like it. Alison also supports the team of adult and adolescent counsellors by meeting with them on a regular basis, providing line management, support and supervision.





# GROUP MANAGEMENT & GOVERNANCE CODE

## Governance 2022

During 2022 all of the activities undertaken by the organisation related directly to furthering our charitable purposes and all income and property has been applied towards those purposes.

We continue to rely heavily on the generous support of our funders (Tusla DSGBV, Tusla Waterford, Department of Justice & Benefactors) and have ensured compliance with all aspects of our Service Level Agreements with them.

Trustees, led by the Chair, undertook a full review of all aspects of the Charities Governance Code to familiarise themselves with the detail of the core principles. This review consolidated the Boards commitment to the 'Code' and built confidence in our regulatory compliance standards. The organisation has confirmed compliance with the 'Code' in our annual report to the Regulator.

In tandem with our Audit Sub Committee the Board conducted a thorough review of our current Risk Register in order to update relevant aspects that may have been affected by external environmental factors such as the Pandemic. The review was conducted via Board meetings focusing on risk categories: Governance, Operations, Finance, Environmental, and Reputational.

Our Strategic Planning Programme for 2022-2025, commenced in 2021 and has been completed. In the spirit of transparency, we continue to publish Annual Activity Reports and Annual Financial Reports both on our website and with the Charities Regulator, where this information may be easily accessed by the public and our stakeholders.

## CURRENT ACTIVE PROJECTS

**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.



**Adult 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.



**Parental/Carer Support:** Parental/Carer support is offered in WEXRC's Adolescent Counselling service, to any parent/carer who needs support in helping their adolescent through the trauma they have suffered. The parent/carer's adolescent may or may/not be attending counselling with WEXRC.

**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.

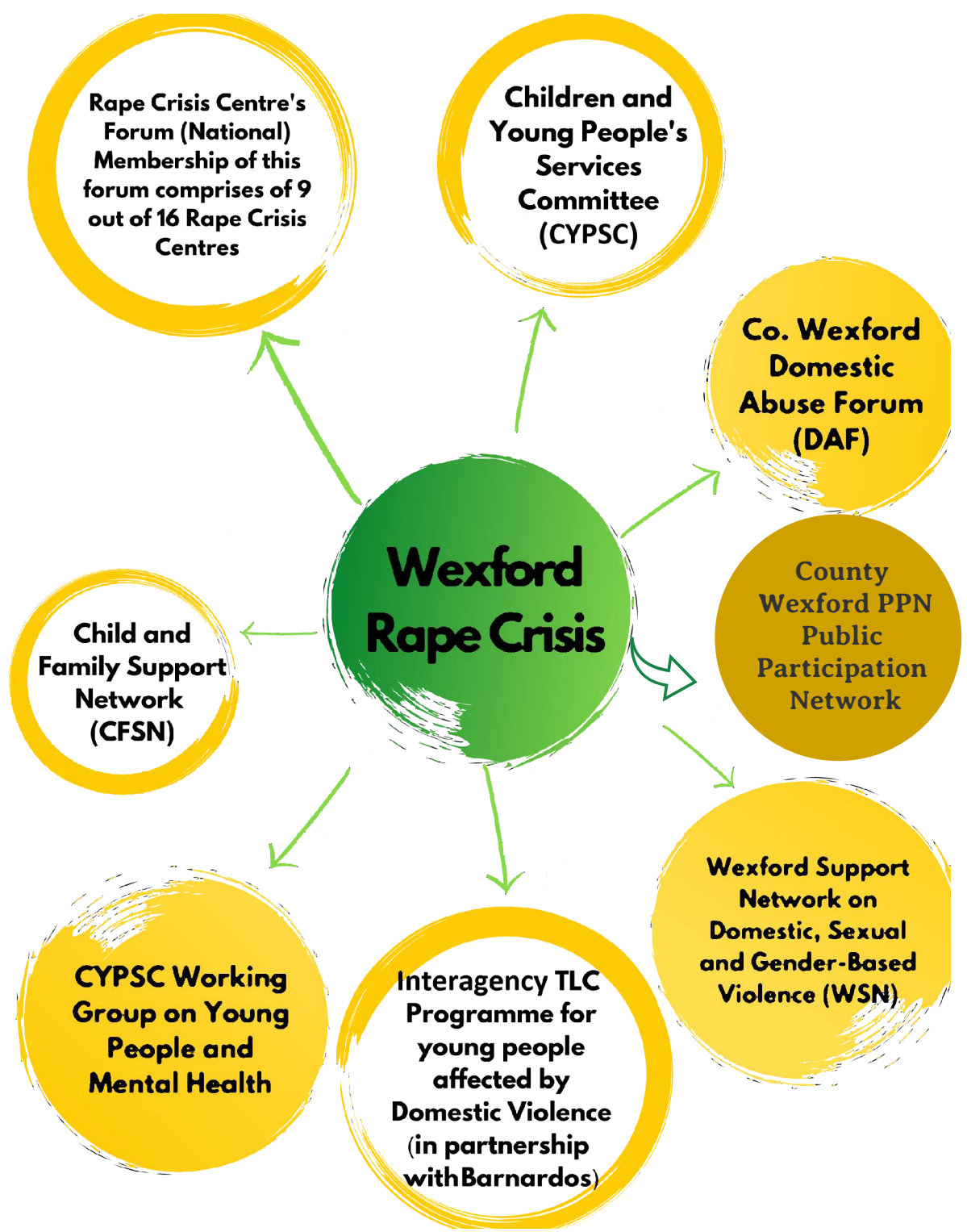
**Consent & Sexual Violence Education & Prevention Programme for Young People:** This is an educational interactive programme offered to young people in schools aimed to reduce levels of sexual violence in Ireland by the engagement of young people 13-17 years.



**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. Counselling sessions are charged at €20 per session. Clients will not be denied counselling due to financial challenges. A receipt will be issued for all fees.

**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 Centres Forum.

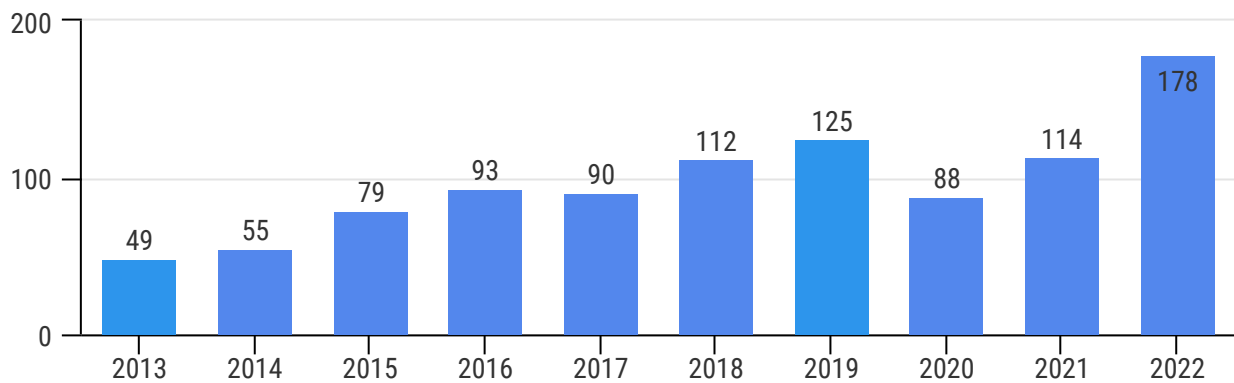


# ADULT COUNSELLING SERVICE 2022

Wexford Rape Crisis provides one to one counselling for any adult who has been impacted in any way by Domestic, Sexual or Gender-based violence. To access the service, clients call the freephone number and the Clinical Team Leader will arrange an initial meeting with them to begin the process of accessing counselling.

As can be seen from the graph below, new referrals to the service (adult and adolescent combined) have increased significantly over the past number of years, particularly in 2022. Between 2021 and 2022 new referrals have increased by 56%.

**WEXRC New Counselling Referrals 2013-2022**



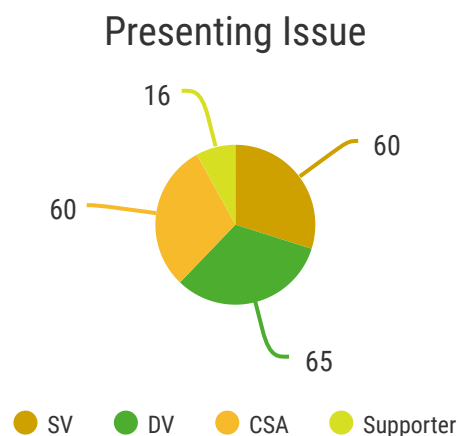
In the months of March and May 2022, WEXRC saw the highest number of adult clients on the waiting-list with up to 40 adults waiting to access counselling. As a result of funding received from the Department of Justice and a private benefactor, WEXRC recruited 2 further adult psychotherapists in June 2022. This had a positive impact on the waiting-list and reduced the number waiting to 20 in September. The shortest waiting period for counselling was 0 weeks and the longest waiting period was 22 weeks.

In an effort to further reduce waiting times for counselling, the team introduced ‘Holding Sessions’ in August 2022. A holding session is a cancellation (with advance notice) from an existing, on-going client that is offered to a client on the waiting-list. At the initial intake, the Clinical Team Leader will explain that holding sessions may become available and offer this as an option for a client that would like to avail of it. This has worked very well for a certain cohort of clients in availing of support whilst waiting for an on-going counselling slot.

The youngest client attending for adult counselling was 18 years and the oldest was aged 77 years.

As can be seen from the graph below, presenting issues comprised of Sexual Violence, Domestic violence, historical child sexual abuse and as a supporter to someone impacted by any of the above. Many clients presented with more than one of the above for support.

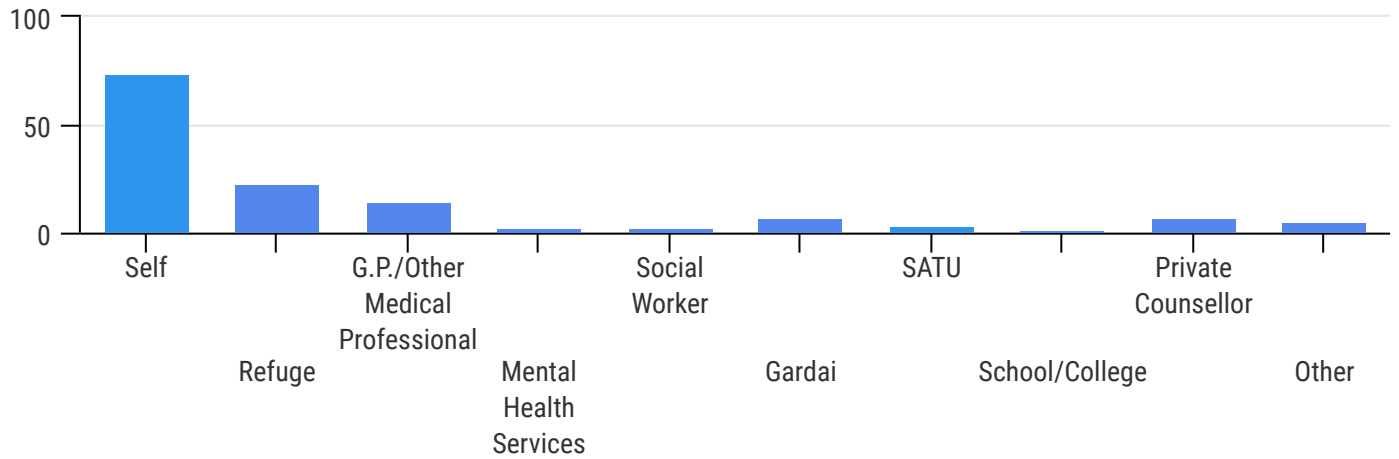
Sexual Violence:	60
Domestic Violence:	65
Historical Child Sexual Abuse:	60
Supporter:	16



**Referral Source:**

The majority of clients self-refer to the service and simply call the freephone number to access counselling.

**Referral Source**



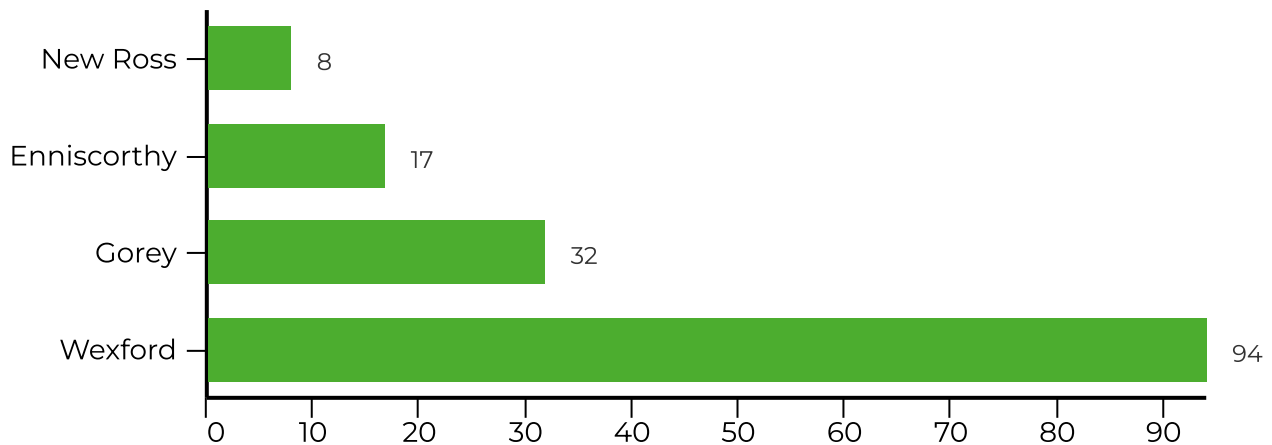
Self:	74	Gardai:	7
Refuge:	23	SATU:	4
G.P. or other medical professional:	15	School/College:	2
Mental Health Services:	3	Private Counsellor:	7
Social Worker:	3	Other:	6

**Location of Adult Counselling:**

Wexford Rape Crisis offers services from our new building at The Rocks, in Wexford town, however services are also available in the 3 other towns in the county.

**Town attended:**

Wexford: 94                      Enniscorthy: 17                      Gorey: 32                      New Ross: 8

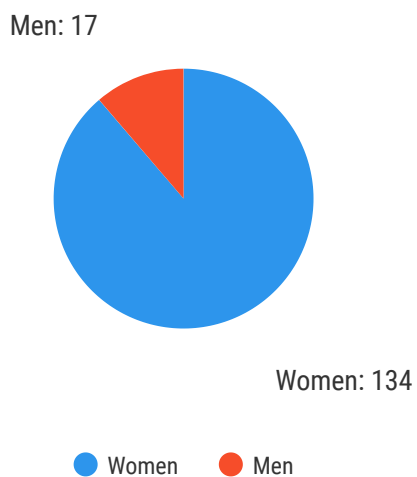


**Survivor/Supporter:**

Of the 151 clients, 137 were survivors and 14 were supporters.

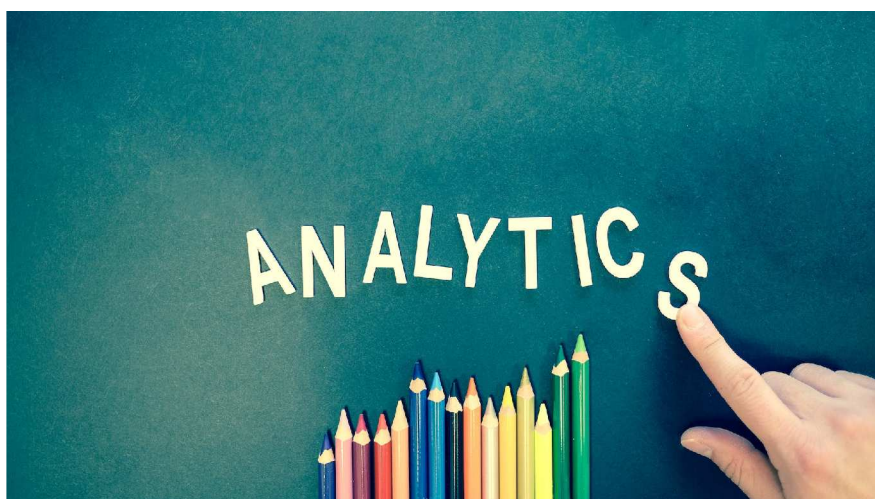
**Gender of clients attending WEXRC 2022:**

88% of clients presenting for counselling were female and 12% were male.

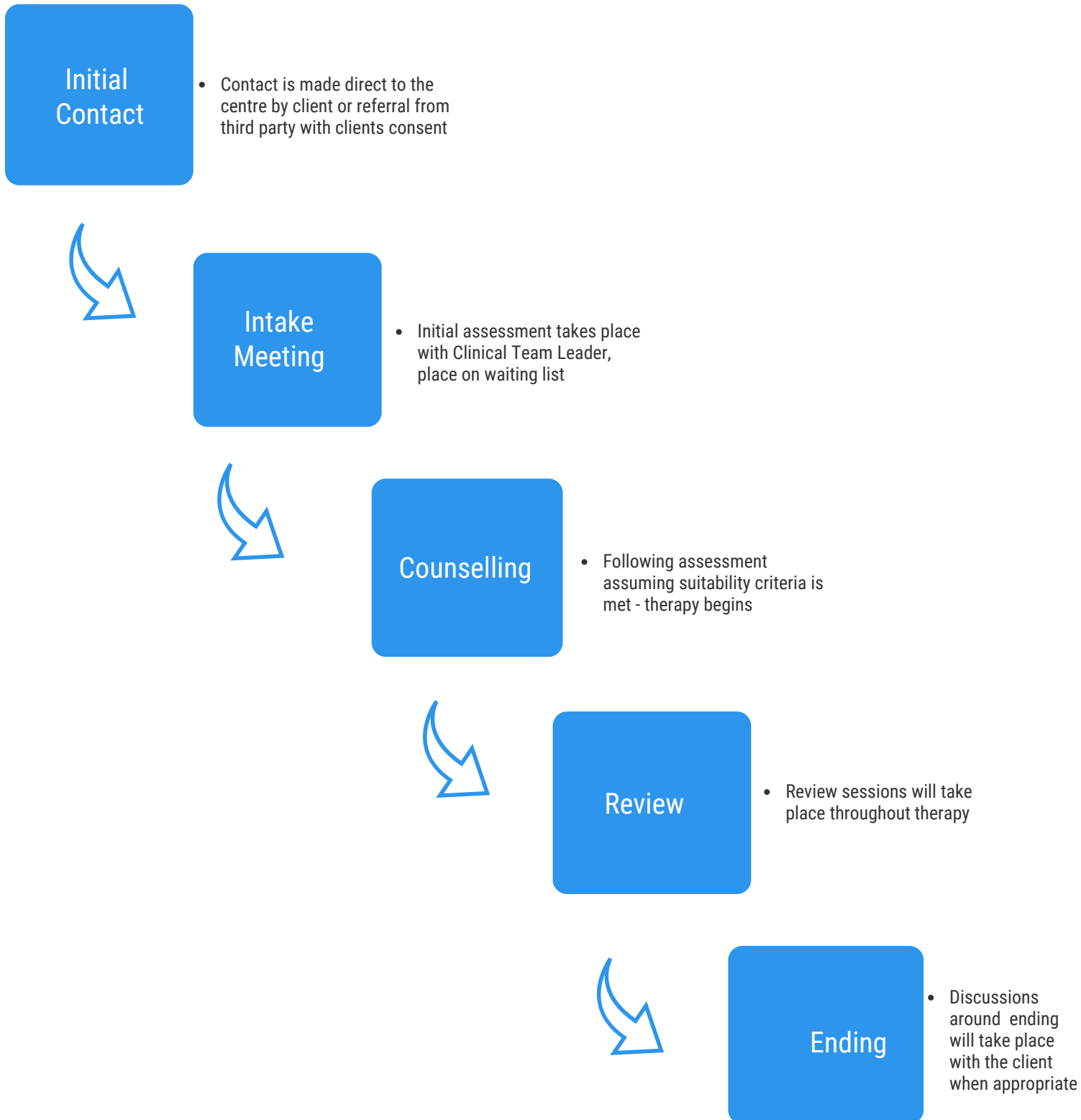


The total number of adult counselling hours in 2022 was 1,716.

Wexford Rape Crisis continues to work collaboratively with Wexford Women’s Refuge by providing one to one counselling for anyone impacted by Domestic Violence.



# ADULT REFERRAL PROCESS

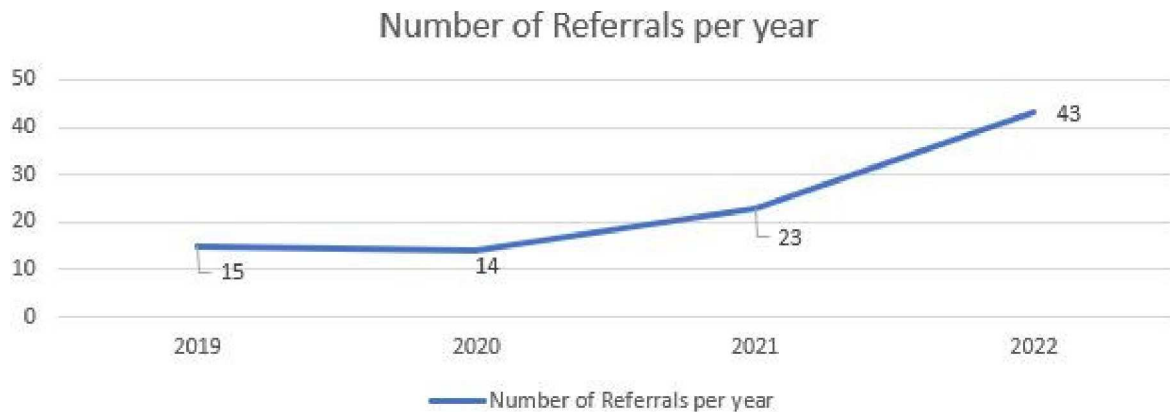




# ADOLESCENT COUNSELLING SERVICE 2022

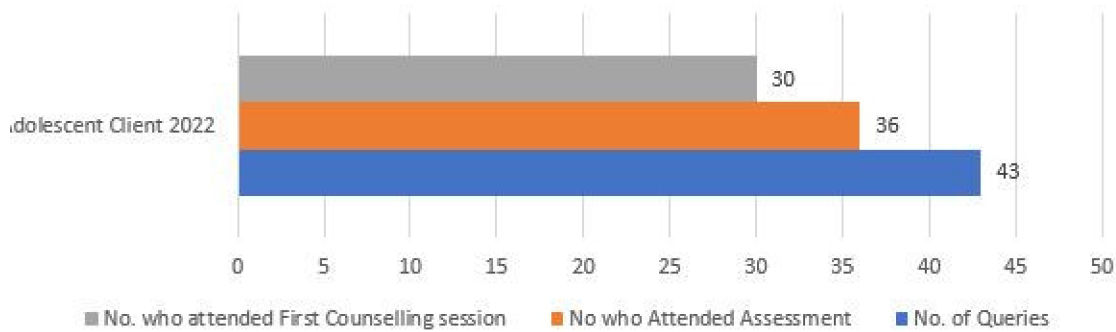
Wexford Rape Crisis offers counselling service to any young person, from the age of 12 upwards, who has been affected in any way by domestic, sexual or gender-based violence. We also offer therapeutic support to the young person's family/carers.

During 2022 our Adolescent counselling service has grown from strength to strength and has shown increased growth in referrals year on year from 2019. We have experienced an 87% growth in referrals from 2021 to 2022.



During 2022, our service had a total of 43 referrals for counselling within the adolescent service and of these 70% of the referrals went on to fully engage in counselling.

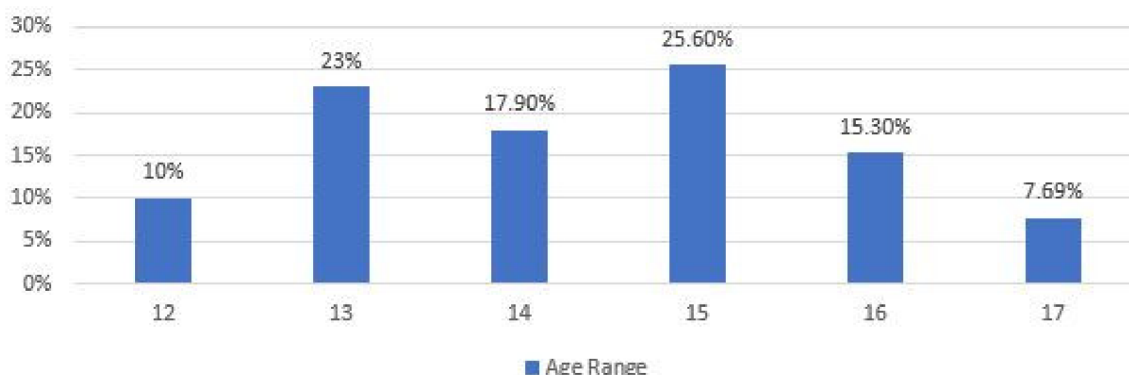
**Table 1. Referral Breakdown 2022**



Adolescent client age range January 2022 to December 2022

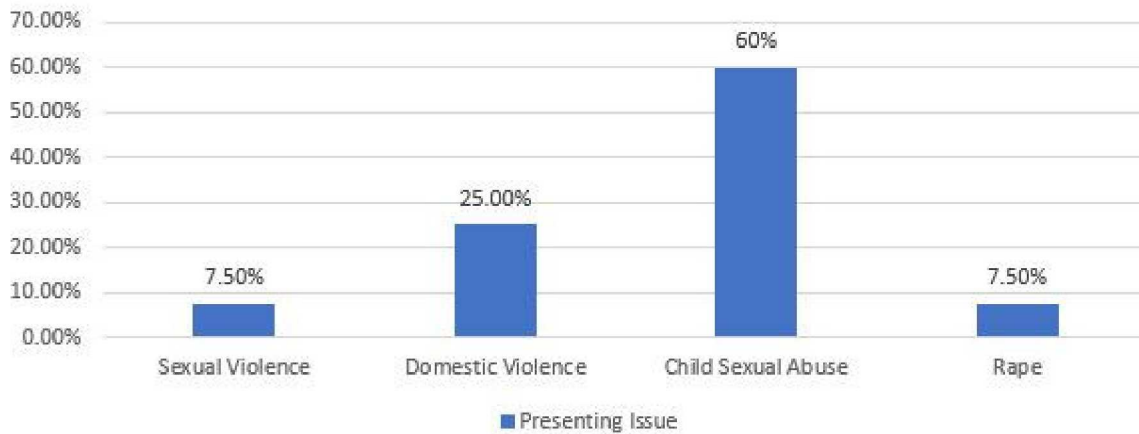
We offer counselling support to all ages between 12 and 17 with the majority of referrals being in the 13-15 age bracket.

**Table 2. Age Range**



We work with clients who have experienced domestic violence, gender-based violence and sexual violence. Within the Adolescent service, the majority of referrals that we work with are for sexual violence, specifically in relation to childhood sexual abuse.

Table 3. Presenting Issue



### Referral Source

Our adolescent service takes referrals from a wide variety of sources but the majority of referrals that come into the service are either self-referrals or referrals directly from Tusla. In 2021 we received a total of 6 referrals from Tusla and in 2022 we saw an increase of this figure to 16 referrals from Tusla showing the growth and development of the relationship between local social workers and Wexford Rape Crisis.

TABLE 4.

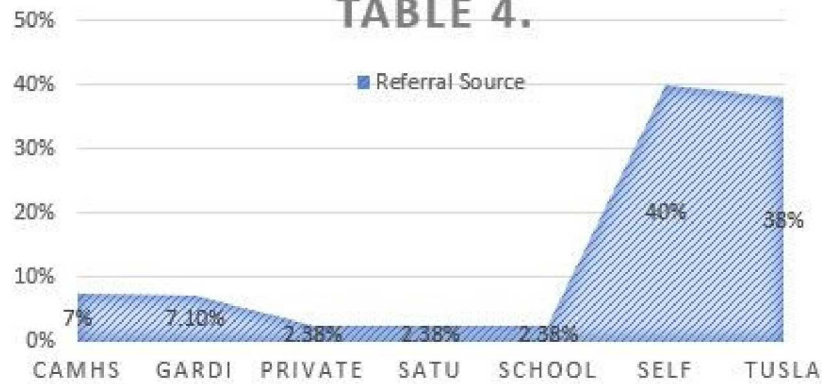
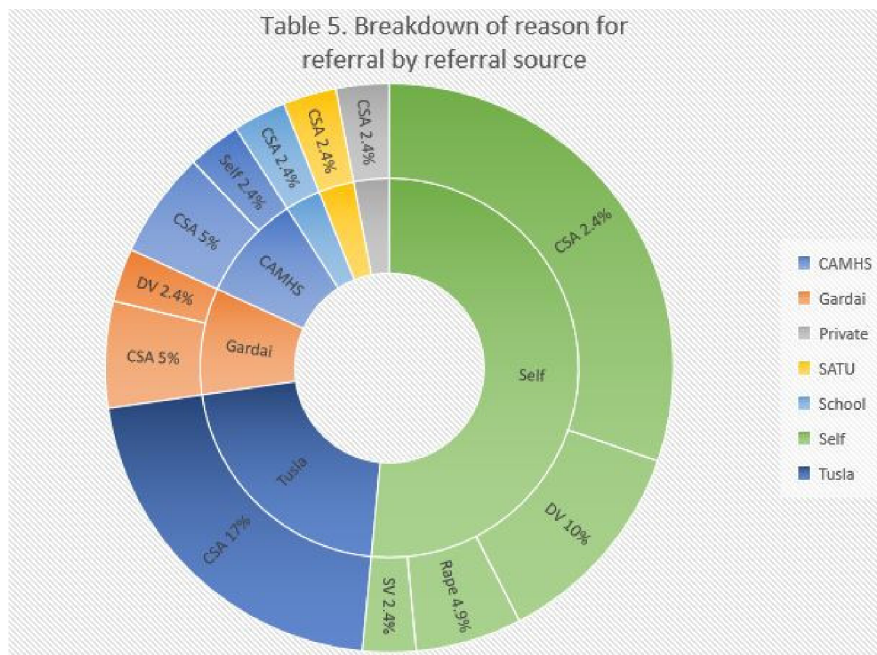
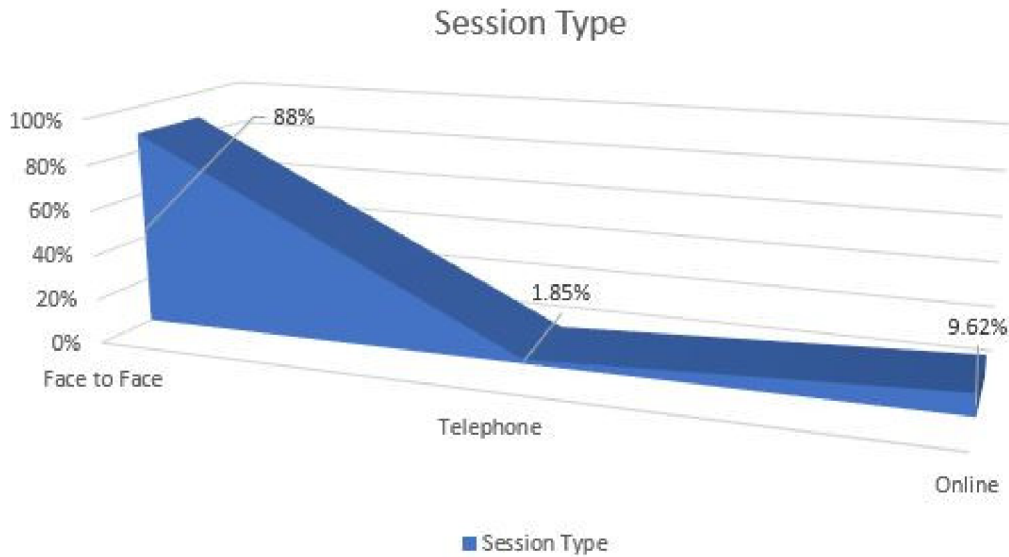


Table 5. Breakdown of reason for referral by referral source





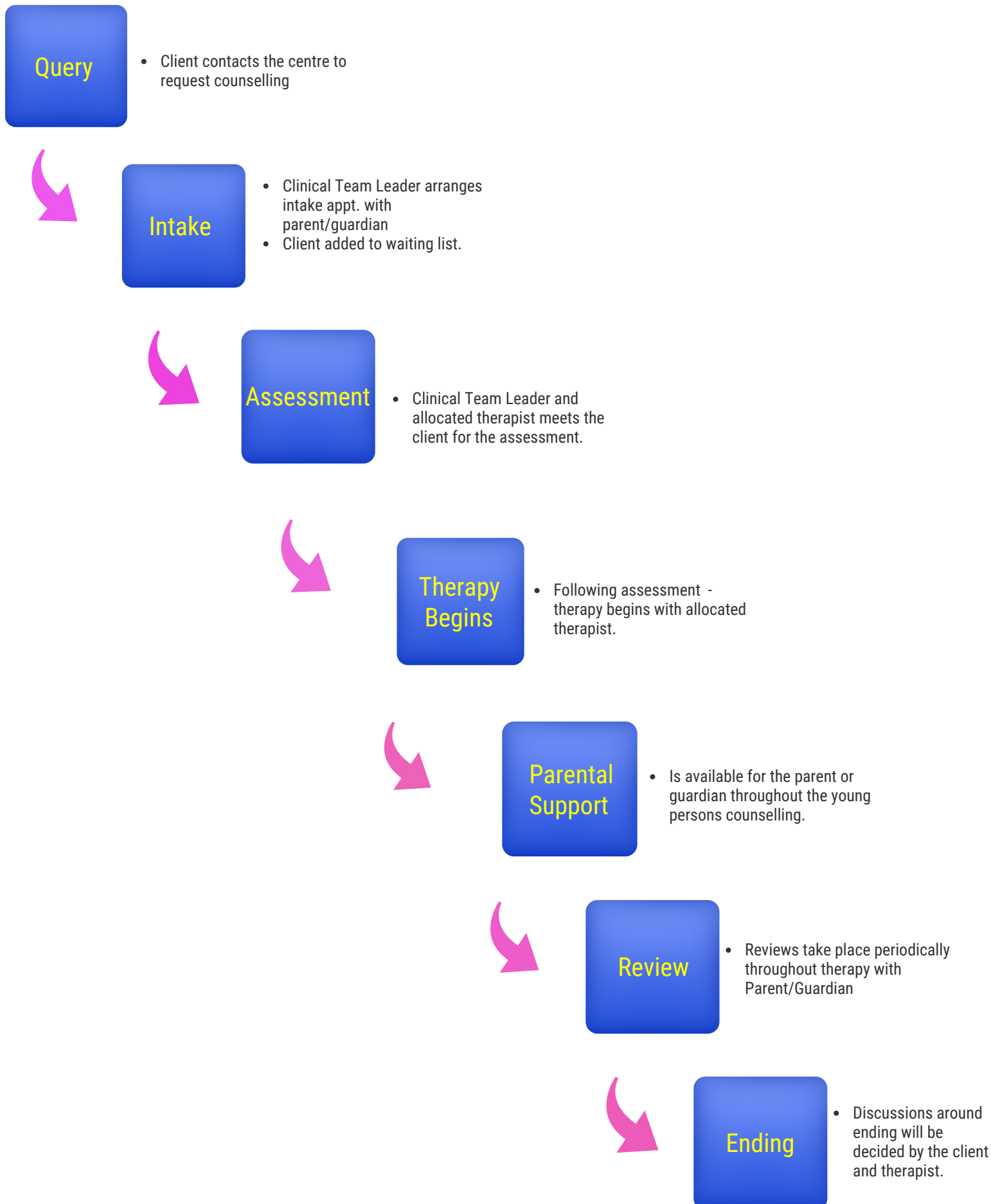
Within the adolescent service we are able to offer counselling via a number of avenues. clients can avail of counselling via telephone, over zoom or face to face. The majority of our clients prefer to attend in person and to have their sessions face to face with their therapist. This highlights the importance to clients of the interpersonal relationship of therapy. Whilst telephone and zoom session allow flexibility for client, especially in the wake of Covid, it is clear that client prefer to attend face o face for their sessions. The work of therapy can be difficult and challenging and having a safe space with a trusted face allows the challenges of the work to be overcome.

**Service Development:**

The increased growth in the number of referrals to the adolescent counselling service, directly resulted in a growth in the team of adolescent therapists. In the second half of the year, we were delighted to welcome Claudia Blaess and Kit Kenny to our team of adolescent therapists. Both come to the service bringing a wealth of expertise and experience and have added this to our team of therapists.

The growth in the therapist team has allowed us to grow and develop our services. Within the adolescent counselling service, we were able to offer parental support services alongside adolescent counselling, allowing the adolescent team to work in conjunction with each other to provide support and therapy to the whole family unit. This co-working model of therapy allows full therapeutic intervention for the whole family, thereby helping to reduce the impact of the trauma on the whole family.

# ADOLESCENT REFERRAL AND INTAKE PROCESS



# ADOLESCENT CASE STUDY



## WEXRC Co-Working: A Case Study of Rose and Emma

Rose, age 14, was referred to Wexford Rape Crisis following the revelations that she had been raped at the age of 12 by a boy in her school. Rose found it difficult to talk about what happened and felt anxious all the time as the alleged perpetrator was at the same school. During the assessment meeting, Rose's mum, Emma had identified that she had also experienced sexual abuse as a child and was subsequently referred for her own individual counselling within the Adult Counselling Service.

Through their individual counselling sessions, it became known that Rose was engaging in self-harming behaviours as a coping mechanism following the trauma of the rape. Emma found it difficult to manage when Rose was either self-harming or expressing suicidal ideation and was struggling at times to respond appropriately to Rose when she was having angry outbursts. There was also a lack of appropriate boundaries put in place. At times Rose would get so anxious, that she wouldn't leave her room for days, which Emma found very difficult to manage. Therefore, parent support was suggested to Emma and she was happy to attend same.

Parent support looks at how to support a client with their parenting, focusing on communication skills, setting boundaries, attachment and importantly, how risk is addressed at home. It is a very pro-active and collaborative process, whereby the client will identify areas they are struggling with and focus on same.

Emma was fully committed to these sessions and addressed her difficulties in being able to hold any anger or distress expressed by Rose. Rose expressed in therapy that the lack of boundaries at home made her feel, that mum didn't care. It also meant that when Mum did try to say no in certain situations, it became a trigger for Rose, who saw this as rejection. Through parenting support, Emma became more confident in being able to hold Rose's emotions and was able to be there for her during stressful times.

It became clear after a few sessions that communication was a hindering factor in their relationship and that this was getting in the way of allowing them to move forward in their relationship. As an appropriate clinical intervention, it was suggested to provide joint sessions for Emma and Rose to allow them a space to come together to address these issues. In WEXRC, joint or co-worked sessions are offered to parent(s) and adolescent. In these sessions, both clients and counsellors attend. In this case Rose and Emma and their respective therapists attended. Joint sessions start with creating a framework for the sessions, which will vary depending on the client's need. Both had different coping mechanisms to deal with their own individual traumas and both struggled in not allowing these to negatively impact on each other, therefore listening to each other became a challenge. The aim of the joint sessions was to enable both mother and daughter to improve their listening and communication skills for each other.

For Rose and Emma, it was agreed to start with a block of six co-worked sessions, focusing on communication difficulties in their relationship. Some ground rules are agreed, mainly in relation to respect and confidentiality. Alternative space is also made available during the time of the session, should one client become too overwhelmed and require their own space.

Rose and Emma fully committed to this process and embarked with hope, on this challenging new journey. Both were able to express deep emotions and explored the complex dynamics within their relationship. The joint sessions allowed them to find a new closeness to each other. Both were able to raise their concerns in a safe environment. Communication skills were improved, and Rose and Emma worked on putting more effective boundaries in place at home. It was also discussed for Rose to change schools, to allow her to focus on managing her anxiety. They found it challenging at times as they practised their new skills, however they both reported seeing immense improvement in their relationship. Emma became more emotionally available for Rose and began to feel more confident responding to Rose's suicidal ideations and self-harming behaviour. Rose began to feel more comfortable to be honest with Emma and more open about her feelings. Both therapists would regularly check in to see how Rose and Emma were coping with the sessions and reflect back on the progress made. Both clients expressed that they felt their relationship had vastly improved and while there were some setbacks, the space offered by these joint worked sessions, has proved very effective for Emma and Rose and their relationship going forward.



## ADULT CASE STUDY

Mary contacted WEXRC as a supporter to her daughter, who was raped last year. Mary felt her daughter was not coping, however was not ready to access counselling. As such, Mary herself decided to access support, so that she could best support her daughter. Mary didn't know how to support her daughter and was feeling inadequate and guilty as a result.

Mary has been coming to the centre for six weeks now, and her focus has moved from her relationship with her daughter to her relationship with her own mother, which was distant and she often felt abandoned and unsupported during crisis periods in her life. Her coping mechanism had been to shut down any feelings of sadness/grief as this is what she learned in her own childhood, in order to support her mother who needed to be in the role of supporter to client at these times. Deep anger, frustration and feeling let down by her mother have surfaced and are being worked through at her own pace.

Mary acknowledges the challenge for her in making contact with her deepest emotions and also her fascination with the links between this and her own experience of mothering. She is currently using music as a means of moving beyond her resistance and finding this very helpful. She continues to have new awareness around her relationship with her daughter and is very hopeful that over time and continued sessions here she will be able to have a less fractured interaction with her and more insight into her own part in the difficulties in their relationship.





# CSVPP (CONSENT & SEXUAL VIOLENCE PREVENTION PROGRAMME)

## The Manuela Programme – EU funded pilot.

The education strand of Wexford Rape Crisis has evolved over the last number of years. In 2017 we were part of an EU funded pilot called the Manuela Programme supported by Tusla concluding in March 2020.



*Ms. Manuela Riedo.*

It possessed key targets for achievement across the four counties the programme was delivered in Wexford, Dublin, Galway and Kerry by four part-time workers. It was independently researched with the key findings presented in October 2020. This six-week initiative, was an evidenced informed sexual violence prevention programme culminating into a sexual violence prevention toolkit for educators that encouraged 15-17 year olds to think critically about healthy relationships, boundaries, consent and sexual violence prevention.

It was very interactive and included activities, videos and presentations aimed at engaging young people in a dialogue that challenged 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. As the initiative drew to a close it became evident there was an appetite and significant interest in its continuance or the evolution of it for others to engage in going forward.

Wexford Rape Crisis reflected and reviewed this with the result of the Consent and Sexual Violence Prevention Programme (CSVPP) evolving.

## Consent and Sexual Violence Prevention Programme (CSVPP)

From mid-2020 the CSVPP programme evolved and was specific to Wexford Rape Crisis offering a continued service through its education strand on a very part-time basis until 2021 where we became part of a further EU funded pilot called Consent-Ed. The CSVPP programme is premised over four sessions/weeks in a double class period, aiming to create and support a dialogue around the topics of sexual violence, consent, keeping safe, amongst other topics, in the hope it will lead to conscientious decision making in young people who engage in the programme.

It is an interactive process that challenges attitudes, creates knowledge and enhances skills in relation to the topics covered and primarily is aimed at Transition Year and senior cycle students. A number of key topics are underpinned by both a sexual violence prevention approach and strengths-based approach and will support and inform the holistic development of young people as in keeping with the outcomes in the TY Curricula with a number of key outcomes for practitioners and the young people who engage in this programme. CSVPP comprises of options for delivery to suit the differing needs of schools and organisations and can accommodate specific requests for the delivery of training, age-appropriate workshops or programmes for Junior Cycle classes too.



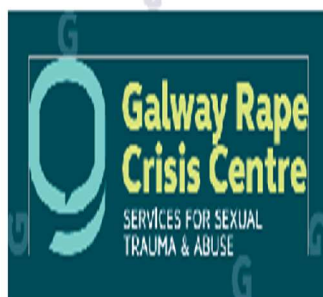
## Consent-Ed – EU funded pilot

This EU funded initiative entered into year two of its timeline in 2022 with its initial finish date in December. The Wexford pilot area contributed greatly and progressively to the pilot aims, objectives and outcomes with some key contributions in the following actions.

- Development and advancement of both the Senior and Junior Programme resources, Consent-Ed Edition 1, through delivery, review, evaluation and updating.
- Consent-Ed Senior Programme was delivered to eight secondary schools and one Youth Reach to approximately 300-330 students with some schools having second iterations.
- Consent-Ed Junior Programme was written, tested, piloted and delivered to four schools with 320 second year pupils in Q4 of 2022.
- Teacher/facilitator upskilling and training was a key feature of this initiative with three full workshop/training days delivered in May, November and December to a total of 40 teachers from twelve schools across county Wexford with some having representation on the different days.
- Teacher led delivery of Consent-Ed Senior and Junior Programmes occurred in seven schools to 768 pupils in Q.4 of 2022 supported by the Project Worker. A further teacher led delivery will occur early 2023 to approximately 98 students.
- 403 TY and 6th year students accessed 14 different one-off learning exchanges/workshops across county Wexford and Carlow.
- Pre-foundational and preparatory work for next phase of Consent-Ed for 2023.



The Project is funded  
by the European Union



# Wexford Rape Crisis Wellness Programme

## November 2022

The Wellness Programme was delivered to WEXRC clients over a six week period, two hours per week on Fridays 9am-11am and incorporated the following:

- **Body Movement:** Gentle stretching and flexibility exercises to bring awareness and focus into the body in the here and now
- **Mindfulness Practices:** Meditation on loving kindness and here and now
- **Breathing and grounding practices:** to focus on here and now
- **Gentle music:** To awaken and refresh sense of hearing
- **Creative practice:** Mandala exercise - Creating the life we choose to live going forward



There were up to 6 clients in attendance each week. Participants were enthusiastic and supportive of one another throughout the process.

**Criteria for attendance:** A willingness to participate in a group setting. Clients were also asked to discuss participation with their own therapist beforehand to decide if appropriate for them at that time in their therapeutic journey, and the possible benefits to them.

Testimonials from clients included:

" A marvellous way to centre and ground yourself in supportive space in the midst of a very busy world "

" Truly appreciated how helped me and my family at the most difficult time - thank you to you all"

Other feedback was around having a longer course and possibly experimenting with different times to hold course.

"I truly enjoyed the experience and was challenged and also enriched by the end of the course. Thank you for the opportunity to facilitate in this way it was memorable".

**Bernadette Lacey (Adult Psychotherapist)**



# ALTERNATIVE THERAPIES

## 'Felt Cushions' End of Project Report July 2022



**Project dates:** Six sessions plus final meet up through June and July 2022.

**Participants engaged:** There were seven respondents to the offer of sessions. After corresponding with all seven five attended the sessions.

**Stated aim:** To work with up to 10 clients over a period of six sessions from the Wexford Rape Crisis Centre to create felted pieces to take home. For participants to create felted cushions that will be used on the couches in the newly decorated and furnished counselling rooms of the Wexford Rape Crisis Centre.

**Participants Feedback:** Participants learnt a new skill that was their own. 'Learning a new skill that's mine.'

They were able to be creative in a safe environment. They felt 'able to lose myself in creativity in a safe space with other people who have been through similar experience.'

They felt proud of what they achieved. 'There was no judgement from anyone using your own creativity...I am proud of what I ended up with.' Meeting with other users of the services at the centre made them feel less alone in their journeys. 'So nice to meet other people who have been through similar experience so I don't feel so alone.'

They were happy to be able to give back something to the Centre. They liked the idea of the cushions being present in the counselling rooms to be seen and used by other clients. The participants enjoyed attending the Centre for something other than counselling, it gave them an opportunity to reflect on the buildings significance to them. There was lots of talk during the sessions about how they felt coming into the centre and how they related to the building.

There was an overall sense of relief conveyed to me by all of the participants at having time to be creative and also to meet other users of the services.

### Artist Feedback:

The project ran smoothly when it got going. As the area is sensitive regarding anonymity that had to be kept in mind at all times, from first contact onwards. It took time to set up and accommodate the individuals participating because of these circumstances. Working in small groups worked well. Using mediums and creating outcomes that allowed for free expression was very important to build confidence in self expression.

Different participants shared during the making sessions that they had been talking about the work they were doing in their counselling sessions and that it had inspired them to seek out other ways to be creative.

I love the objects that were created. I was surprised at the use of text in the end pieces and I feel there is scope for developing more work with this group and hopefully engaging others. I liked the combination of pictorial and abstract in the final cushions and I can see a way a language could develop among these participants to create other objects.

I felt the project achieved its objectives and that there is scope to develop more work with this core group and to build from it.

Participants achieved the following: They learnt new skills in creating textiles. They created pieces of work to bring home with them. They also made collaborative pieces of work with other service users that will remain permanently a part of the created objects inside the Wexford Rape Crisis Centre. They created a mark and opened up a space for supportive creative expression in the counselling rooms.

Jenni Roddy





# Reflexology

Geraldine Gainford (Shamwari Wellness - shamwariwellness.com ) facilitated reflexology sessions to past and present clients of WEXRC in 2022.



Reflexology is the application of pressure to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate stress.

The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body.

Reflexology is a really effective way to:

- Encourage self-healing
- Induce deep relaxation
- Improve sleep patterns
- Improve energy levels
- Reduce stress and anxiety
- Manage digestive issues
- Relax the nervous system

Thereby, helping to get all body systems back into balance for optimal mental, emotional and physical health.

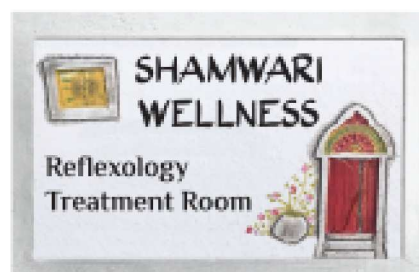
There was great interest from clients for reflexology sessions.

## Feedback from Geraldine:

"It's been a real pleasure to work with Clients of Wexford Rape Crisis since September 2022. The feedback from the Clients is that Reflexology has been really relaxing.

It has helped to reduce stress & anxiety, to improve sleep, one Client said their digestive issues which had been a problem for many years have been resolved.

The feedback I receive is always so lovely & positive, it's been an absolute joy for me to be involved with the Service and to hopefully offer an hour of recovery & healing to Clients at a very challenging time in the lives".



# PREMISES

Outside view of building



Self-care/Therapy Room



Therapy Room



Adolescent Therapy Room



Entrance hall



In November, 2022, we had the privilege of showing The Minister for Justice, Helen McEntee around our magnificent premises



In picture from left to right: Mr. Tom Enright, Wex Co. Council, Ms. Helen McEntee, Minister for Justice and Clare Williams, Manager WEXRC



# FUNDERS 2022



**Text WXRRC to 50300 to donate €4**

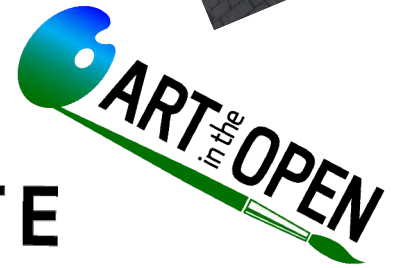
Texts cost €4.  
WRC will receive a minimum of €3.00.  
Service Provider: LIKECHARITY.  
Helpline 076 6805278



wexfordrapecrisis.com/donate  
FreePhone 1800 33 00 33

**Wexford Rape Crisis**  
Services for Domestic, Sexual and Gender-based Violence Est.1995

The Community Foundation for Ireland



Many thanks to all our funders and to everybody who has helped in anyway big or small in raising funds for WEXRC or assisted in our own annual fundraiser, without you, none of this would be possible x



moksha tattoo studio

# ACCOUNTS

## Wexford Rape and Sexual Abuse Support Services DAC

### Profit and loss account Financial year ended 31 December 2022

	Note	2022 €	2021 €
Income		<u>570,511</u>	<u>422,379</u>
Gross Profit		570,511	422,379
Administrative expenses		<u>(454,902)</u>	<u>(336,388)</u>
Surplus		115,609	85,991
Other interest receivable and similar income		4	3
Interest payable and similar expenses		<u>(740)</u>	<u>(5,378)</u>
Profit for the financial year		<u>114,873</u>	<u>80,616</u>

WEXRC is extremely grateful to all our funders and benefactors who enabled us to provide essential services in 2022. Whilst our overall accounts show a profit in 2022, it is vital to highlight that the service core costs are not fully funded by the state/donors/benefactors.

Due to the demand for our services, we have significantly expanded our team, and not all our core roles are funded by the state. Each year WEXRC commences the year with a funding deficit, and has a continuing reliance on fundraising income to ensure core roles (not funded by the state) can continue to provide essential services to those impacted by domestic, sexual and gender-based violence.



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



**William Neville & Sons**



AN ROINN DLÍ AGUS CIRT AGUS COMHIONANNAIS  
DEPARTMENT OF JUSTICE AND EQUALITY

**Wexford Rape Crisis,  
The Rocks,  
Maudlintown,  
Wexford.**

**Free Phone: 1800 33 00 33**

**Office Phone: 053 9122722**

**Email: [support@wexfordrapecrisis.com](mailto:support@wexfordrapecrisis.com)**

**Opening Hours: 9:00am to 5:00pm Monday to Friday**



CHY Number 12420