

THE DUBLIN RAPE CRISIS CENTRE
ANNUAL REPORT 2010



 RCC



THE SPIRAL - SYMBOL OF THE DRCC

The single spiral is one of the oldest and most recorded geometric motifs prominent in Celtic artwork, and can be seen, for example, in the highly decorated stone carvings of Newgrange burial mound, whose burial chamber each year is illuminated by a single shaft of light during the winter solstice.

For many cultures, including the Celts, the single spiral symbolised the sun, and concepts of growth, expansion and cosmic energy. In our logo, its broken circularity mirrors the client's often difficult and indirect journey of growth towards a fuller, more satisfying life.

“Preventing and healing the trauma of rape and sexual abuse” - The spiral is the symbolic expression of our mission statement, and of our clients’ unfolding individual journey from the darkness of sexual violence and abuse into the light, freedom and energy of healing.

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EIBHLÍN BYRNE
Chairperson of the Board

THE PRESENTATION of the Dublin Rape Crisis Centre's (DRCC) annual report comes against a backdrop of unprecedented challenge for our society. Its content is a stark reminder of personal tragedies being experienced and relived every day. Each statistic quoted represents a life forever changed. The report tells the story of a year's dedicated work with clients whose heroism in facing daily challenges is a testimony to the human spirit. However, this report is about a lot more, serving as a reminder to all who read it of obligations to the survivors of rape and sexual abuse; that their stories are not only heard but that a genuine commitment exists to creating a culture where such violations are not tolerated.

Much of our current public debate centres on an embattled economy, but debate about societal values premised on economic grounds yields little more than an economic response. Our current population, arguably the most articulate and liberated in the history of the State, has manifestly failed to actively promote values fit for 21st century Ireland. This annual report clearly articulates an urgent need to take a more proactive approach to challenging violence - sexual and otherwise. The perpetrators of violence are, of course, the guilty ones but for those who fail to challenge a culture of violence there is the sin of indifference.

When Robert D. Putnam spoke about social values in his book 'Bowling Alone: The Collapse and Revival of American Community' (New York, Simon & Schuster, 2002), he promised "no simple cures for our contemporary ills" but sought a renewal of civic engagement and social connectedness. Those survivors whose stories are told throughout this report, merit that solidarity, that social connectedness which does not permit isolation of those who suffer sexual abuse or, indeed, abuse in any form. Indifference should not be an option. As Nobel Laureate Elie Wiesel so relevantly put it in his speech, 'The Perils of Indifference', at the 7th White House Millennium Evening:

"Indifference can be tempting, more than that, seductive. It is so much easier to look away from victims. It is, after all, awkward, troublesome, to be involved in another person's pain and despair. Indifference is always the friend of the enemy, for it always benefits the aggressor – never his victim, whose pain is magnified".

Rape and sexual violence are lonely burdens to carry. Many can sympathise, a few can empathise but only those who have suffered the violation of sexual assault can truly say they understand. At the DRCC sanctuary is provided by a deeply committed team which allows, firstly, sharing the burden, and ultimately the beginnings of recovery. I would like to take this opportunity to thank staff members and volunteers who commit themselves to this valuable service, and to acknowledge the personal cost of sharing on a daily basis the pain of the people we serve.

To those who offer therapeutic interventions and education programmes, who operate help lines every day of the year, who attend at the Sexual Assault Treatment Unit (SATU), who maintain our finances and administration, and who keep the centre running, a very sincere thank you.

The level and range of services outlined in this annual report are testimony to the dedication of a relatively small number of staff and to the increasing need for services. On 294 occasions volunteers attended at SATU to support victims; over 9,000 people received a telephone counselling service, while 549 received face to face counselling. Communities benefited from a number of outreach services, and families were assisted in rebuilding relationships.

In an increasingly difficult economic climate I would like to acknowledge the energy and drive of Ellen O'Malley-Dunlop, CEO of the DRCC, who works tirelessly to stretch diminishing resources. My fellow Board members offer their expertise and insight with great dedication despite the many demands from their personal and professional lives. I would like to thank them for their continued generosity of spirit. There are other professionals who contribute skills to the centre which greatly enhance the capacity of the DRCC to deliver a timely, professional service. To them also I would like to express my gratitude.

The DRCC does not stand alone in its work for and on behalf of the victims of abuse and violence. Changing times have seen increasing co-operation between agencies to offer support to victims, and also to challenge an increasingly violent society. Inter-agency links maximise scarce resources and will best serve clients, so I look forward to strengthening co-operation and collaboration not just within the DRCC but with its many partners.

Finally, to those men and women who are survivors of rape and abuse, I re-affirm the commitment of the DRCC to ensure you are not isolated in your pain, and that the tragedy of indifference will not be allowed to mar your journey to recovery.

"Each time a person stands up for an ideal or acts to improve the lot of others...he sends forth a tiny ripple of hope, and crossing each other from a million different centres of energy and daring, these ripples build a current that can sweep down the mightiest walls of oppression and resistance". Robert F. Kennedy.

EIBHLIN BYRNE
Chairperson of the Board

CURRENT BOARD OF DIRECTORS OF THE DRCC:

Eibhlin Byrne (Chairperson), Graham Crisp, Eugene Davy, Tom Doherty, Malinda Dolan, Frances Gardiner, Maud McKee, David O'Brien, Yvonne Pim, Simon Pratt.

CHIEF EXECUTIVE'S REPORT



ELLEN O'MALLEY-DUNLOP
Chief Executive

A LOT MORE TO DO WITH A LOT LESS RESOURCES

THE ECONOMIC LANDSCAPE

Like every other part of Irish society, the Dublin Rape Crisis Centre (DRCC) has been badly hit by the overall economic crisis. During the mythic Celtic Tiger years, the centre continued to receive its main grant from the Health Service Executive. While demand for the centre's services from victims of rape and sexual abuse had been escalating on an annual basis, the HSE grant remained the same. Prior to the recession, however, the centre was able to respond to the rise in numbers of victims seeking help because of extra finances generated by the fundraising department, through the generosity of its supporters and the public.

2010 presented us with a very different scenario. With the country's finances in turmoil, the centre's already frozen grant was cut by 5%, yet the grant was conditional upon the centre maintaining the same level of services. No one was untouched by the financial crisis. Our fundraising was more difficult as many of our supporters were also badly affected by the financial situation. This put a huge strain on management and staff, but both their commitment to the DRCC, and their generosity, were demonstrated by a willingness to take necessary salary cuts while continuing to deliver such in-demand services.

In 2009 we saw a huge rise in the number of victims requiring the centre's services, which was definitely connected to the publication of the Ryan and Murphy Reports. Both had an enormous effect on Irish society, in general, and they opened the door even wider to demands on the centre's services. While increases in demand for services in 2009 can be linked to the publication of the Ryan and Murphy Reports, we continued to see the knock-on effect of these as demonstrated by the numbers in the 2010 statistics report.

The services of the DRCC to Dublin, to the Greater Dublin area, to the immediate surrounding counties, and to the whole country via the National 24-Hour Helpline service, continue to be a much needed resource that must

be maintained. The scars of rape and sexual abuse take a long time to heal. Therefore, it is imperative that adequate funding be given, as promised, to all organisations providing services to survivors of rape and sexual abuse.

IN THE BEGINNING

In January 2010, the conference held at Dublin Castle entitled, 'Rape Law: Victims on Trial?' was co-hosted by the DRCC and the Law School in Trinity College Dublin. Chaired by The Honourable Mr Justice Paul Carney, the conference was opened by President Mary McAleese who gave a very poignant and moving speech on the criminal justice system in Ireland and on the crucial service to society that each complainant makes when they are able to stay the course of the trial process. The Director of Public Prosecutions Mr. James Hamilton, Professor Liz Kelly, Dr. Paul O'Mahony, Senator Ivana Bacik and Tom O'Malley were among the speakers addressing 250 delegates. It was a very informative and thought provoking conference which generated much lively discussion on the dilemmas relating to the trial process for victims of rape. One delegate, who herself had been a complainant and whose accused was found guilty, said her experience of the trial process was such that she felt she was the one on trial, and that the system needed to change.

Ireland still has the highest attrition rate of over 12 European countries. Our conviction rate is 7%, which is unacceptable in 21st century Ireland. Victims need more recognition and protection, and the criminal justice system's imbalance with its over-emphasis on the rights of the accused, needs to be redressed without taking from the accused's rights.

THE RECOMMENDATIONS OF THE RYAN REPORT

There were 99 recommendations from the Ryan Report to ensure there would never be a repetition in Irish society of the atrocities documented in this report. These included two very important recommendations: enshrining the rights of the child in the Constitution, and putting child protection guidelines on a statutory basis.

In 2010 the DRCC joined with Barnardos, One in Four, CARI, RCNI, the Children's Rights Alliance, the ISPCC and the Irish Association of Young People in Care, to launch The Saving Childhood Group to lobby Government for legislative and constitutional changes that are so necessary to prioritising children and children's

rights in a meaningful way. This collaboration of major child protection charities and frontline services for survivors is a very positive step, and demonstrates the importance and total commitment of all the agencies to making changes for safeguarding our children.

The Saving Childhood Group continues to lobby for improvements to the child welfare and protection system, and while some progress has been made in the last year, there is much more to do. The improvement of our child protection systems will ensure all children are better protected from harm and abuse today and in the future.

STRATEGIC PLAN

DRCC's vision is for an Irish society free of rape, childhood sexual abuse and other forms of sexual violence. Our mission is to prevent and heal the trauma of rape and sexual abuse.

A five-year strategic plan was developed by the centre in 2010. This is ambitious but realistic and proposes to continue the good work of the DRCC to 2014 and beyond. However, it takes into account the current economic climate and endeavours within depleting resources to find ways to continue to deliver a service that is compassionate, professional, comprehensive, caring, and value for money.

COLLABORATION

The DRCC has been working with other organisations in the field to ensure victims of these heinous crimes of rape and sexual abuse are given the best possible service so they can come through their trauma and get on with their lives. We work across the NGO sector by taking part in the Irish Observatory on Violence Against Women which is linked into the European Observatory on Violence Against Women. We have worked with One in Four, Women's Aid, CARI, the National Women's Council of Ireland, and many other NGOs in the field. We also work with the HSE, the Department of Justice and Equality and other statutory agencies. We are very grateful for the support of Cosc, The National Office for the Prevention of Domestic, Sexual and Gender-based Violence, and all our colleagues on the National Steering Committee on Violence Against Women. 2010 saw the launch of the National Strategy on the Prevention of Domestic, Sexual and Gender-based Violence by the Department of Justice and the Cosc office.

In 2010, through the support of the Cosc office, we were able to extend the Awareness Raising Campaign

developed in 2009 nationwide. With the extra support we received from advertising agency McCann Erickson, we were also able to extend the time limit on the campaign. In some areas this extension went from two to four weeks and up to six weeks in some other areas. The campaign highlights the availability of the National 24-Hour Helpline 1 800 77 88 88 and the message *A new beginning at the end of the line*.

THE SAVI REPORT

The SAVI Report which was a national study of Irish experiences, beliefs and attitudes concerning sexual violence was launched 10 years ago. We now need a second SAVI so we can compare what has happened in Ireland over the intervening years. To deliver SAVI 2 is very costly. However, we need this important research, and hopefully can find creative ways of delivering this much needed second report to ensure the services we are providing are appropriately informed for the Ireland of 2010 and beyond.

CONCLUSION

I would like to thank our Chairperson Eibhlín Byrne and the Board of the DRCC for their commitment and dedication to the governance and overall work of the centre. I would like to thank the management team and the staff including psychotherapists, telephone counsellors, education and training department team, volunteer department team, administration team, receptionists, accounts manager, and all who have worked tirelessly and generously in a climate of further cut backs and financial constraints.

2010 saw the biggest response to our request for volunteers. The group of 70 amazing individuals who year after year continue to support the DRCC in providing 365 days a year, round the clock availability to the victims of rape and sexual assault, are testament to the generosity and commitment of us as a people to those who need our support and help. A very big 'go raibh míle maith agaibh' to all our volunteers.

Asking people for money in the current economic climate is very difficult, as is the giving of it, so, lastly, I would like to pay tribute to all the supporters of the Dublin Rape Crisis Centre who continue to give the financial support without which we could not operate. This support is needed now more than ever.

ELLEN O'MALLEY-DUNLOP
Chief Executive

OVERVIEW OF CLINICAL SERVICES 2010

2009 WAS A YEAR when we struggled to meet the challenges of increased demands on the National 24-Hour Helpline and face to face counselling services in a context where resources were more constrained due to the recession. 2010 showed a continued knock-on effect from the Ryan and Murphy Reports both in terms of the Helpline and requests for counselling.

As the Murphy Report was published in November 2009, its impact was still felt in relation to our Helpline in early 2010. 979 first-time calls were received in the first quarter of the year, compared to 857 first-time calls in the same quarter of 2009, showing an increase of 14%. The first-time calls for the first quarter of 2010 amounted to 29% of all first-time calls to the Helpline that year. In addition, throughout the year we had the *highest percentage in eight years of clients attending for child sexual abuse (CSA)*. The percentage of appointments dealing with CSA rose from 47.73% in 2009 to 52.35% in 2010 an increase of 4.62%.

On the other hand, the deepening recession in 2010 was also associated with increased reports of physical and sexual violence experienced by our service users. This led to an increase in demand for appointments which is borne out by the statistics. The number of call-outs to the Sexual Assault Treatment Unit (SATU) in 2010 relating to recent rape was 294, the highest in several years. Trained SATU volunteers frequently expressed horror concerning the gratuitous and mindless violence to which victims they met had been subjected. It was our experience from the Helpline and counselling services that there was a lot of anger and frustration in Irish society in 2010, and that victims of sexual and physical violence were, as often happens in a recession, bearing the brunt of the backlash. Calls to the Helpline were almost equally divided between calls relating to sexual violence in adulthood and CSA.

The negative impact of the deepening recession in 2010 was brought home to us as Helpline staff and volunteers reported calls from vulnerable people whose support systems had been affected by cutbacks and who did not know where to turn. These included people with learning disabilities and mental illness,

and while the Helpline personnel could offer a listening ear, they were often faced with a dearth of services to which such vulnerable people could currently be referred. In addition, Helpline personnel reported that almost every caller was experiencing an additional layer of worry, anxiety and depression related to financial difficulties, leading to problems with housing, childcare, unemployment and related stress.

For those already suffering the traumatic effects of rape and sexual abuse, financial worries and unemployment led to an exacerbation of their symptoms. This led to an increase in callers and clients feeling depressed, helpless and suicidal, and an increase in enquiries about the cost of counselling, coupled with worries that they might not be able to access our services if they could not pay. While potential new clients were reassured this would not prevent them from accessing the service, worries about money and unemployment were also more prevalent with existing clients where changing work/life situations were the source of much stress. This added to uncertainty and insecurity for the future in what were already difficult personal and familial situations.

Being able to provide outreach services in local communities seemed more important than ever in 2010 in a period where money was short and where easy access and low cost were essential elements of a user-friendly service. 20% of all appointments were offered in DRCC's outreach services. It was therefore very heartening to see the increase both in numbers of appointments and take-up of them as evidenced, for example, in our largest outreach service in Coolock. There was an increase of 5.66% in completed sessions in 2010, with 467 completed sessions compared to 442 in 2009. The take-up rate of appointments increased from 75.4% in 2009 to 76.8% in 2010, an increase of 1.4%.

Working closely with other organisations in the sector in 2010 was a great support and resource. This was evident in the increased co-operation that took place between agencies in the sector, including the DRCC, One in Four, Towards Healing, and the National Counselling Service, who worked together to respond in a concerted way to the flood of calls

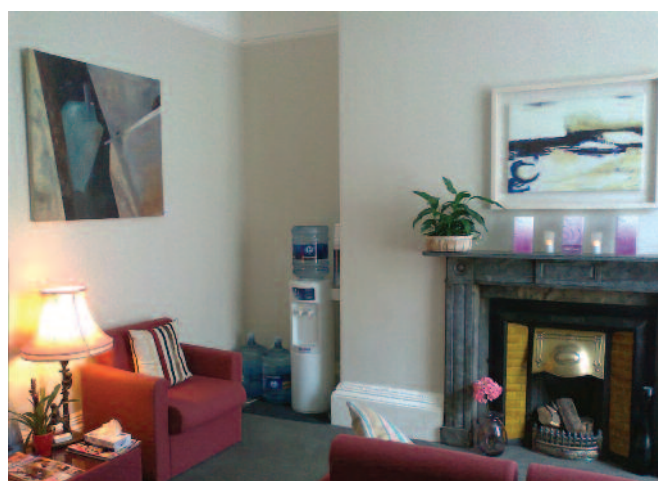
following the Murphy Report. We also continued to work closely with the SATU service in the Rotunda Hospital and attended quarterly liaison meetings there.

National 24-Hour Helpline

Our Helpline (1800 778888) operates 24 hours a day, seven days a week, 365 days a year. *There is always a telephone counsellor at the other end of the line.*

In 2010 the Helpline dealt with 11,618 calls.

- 83% of callers were female and 17% were male (compared to 14% males in 2008)
- 9,141 of the calls in 2010 were genuine counselling calls
- 3,382 of these calls were from first-time callers. This was an increase of 14.29% compared to first-time calls for 2008 (N=2,959)
- In addition, 3,239 repeat calls were received in this period
- 49.57% of the calls received in 2010 related to child sexual abuse (CSA) compared to 53% in 2009 and 45% in 2008. While, clearly, calls relating to CSA peaked in 2009, they remained elevated in 2010 with a 4.57% increase compared to 2008.
- 41.91% of calls to the DRCC's National 24-Hour Helpline in 2010 related to adult rape, and 6.15% related to adult sexual assault, totalling 48.06% of calls. Including statistics for sexual harassment (1.09%) and drug rape (1.24%), 50.39% of calls related to adult sexual violence, while 49.61% of the calls related to childhood sexual abuse.
- In 2008, 55% of calls related to adult sexual violence and 45% related to CSA. In 2009 the ratio was 53% CSA compared to 47% adult sexual violence, reflecting the impact of the Ryan and Murphy Reports on the Helpline service. In 2010, the ratio is almost 50:50, showing elevated numbers of calls relating to CSA, but also an increase in the number of calls relating to adult sexual violence.



DRCC Reception

Accompaniment at the Sexual Assault Treatment Unit

The centre's trained Sexual Assault Treatment Unit (SATU) volunteers accompany and support victims of sexual violence at SATU in the Rotunda Hospital. In 2010 trained volunteers from the DRCC carried out 294 such accompaniments. This compares to 286 in 2009, an increase of 2.79%.

Counselling and Therapy Services

In 2010, 11 therapists offered crisis counselling and long-term therapy in the DRCC in Leeson Street, and in four outreach counselling services in the Coolock Civic Centre, Tallaght Hospital, Tallaght Rehabilitation Project (TRP) in Jobstown, and the Dóchas Centre for female offenders.

A total of 5,007 individual appointments were made available by the therapy team in 2010, delivering a total of 3,790 individual client sessions. Allowing for cancellations and deducting 'no-shows', this represents a take-up rate of 75.69%, an increase of 0.69% compared to 2009.

549 clients were seen for face to face counselling in 2010. Of these, 87.25% were female and 12.75% male. Of the 3,790 completed sessions delivered 30.26% (N=1,147) were crisis appointments for men and women who had experienced recent rape or sexual

assault, i.e. within the previous 12 months. 69.66% (N=2,640) were assessment appointments for past rape, sexual assault and past CSA, i.e. which occurred outside the previous 12-month period. 0.08% (N=3) were supportive sessions which were offered to partners or family members with the clients' permission.

In addition to the 3,790 individual therapy sessions, usually of one hour's duration, 391 hours of group therapy were delivered giving a total of 4,181 individual and group client hours in 2010.

DRCC Outreach Counselling Services to Local Communities

The DRCC has shown its commitment to local communities through the establishment of its four outreach services in Coolock, Tallaght, in the Dóchas Women's Prison and in Tallaght Rehabilitation Project (TRP). The expansion of services in the Tallaght and Coolock areas shows they meet a need, not only in the local community but also for people in surrounding communities and counties within easy access of Coolock and Tallaght, i.e. Kildare, Meath, Wicklow, Louth, Westmeath and Laois.

DRCC Outreach in the Dóchas Centre

In 2005 the DRCC started a counselling service in the Dóchas Centre, a medium security prison unit located in Mountjoy. A half-day counselling service is offered once a week by one of our experienced therapists. In 2010, 104 sessions were completed compared to 76 in 2008, an increase of 37% on 2008 figures.

Our sincere thanks to the governor and staff for their ongoing support of our service within the Dóchas Centre.

DRCC Outreach in Coolock Civic Centre

This service is used by clients from north Dublin but also from adjoining counties such as Kildare, Louth, and Meath. In 2010 four therapists provided a service spread over three days a week, on Tuesdays, Thursdays and Fridays, and the take-up has been very encouraging. 608 sessions were offered in 2010, of

which 467 were completed. This represents an increase of 5.66% in completed sessions in 2010 (N=467) compared to 2009 figures (N=442). The take-up rate of appointments increased from 75.4% in 2009 to 76.8% in 2010, an increase of 1.4%.

The DRCC would like to thank the manager of the Civic Centre and the staff at reception who provide unobtrusive and sensitive support to this confidential service.

Tallaght Outreach Counselling Service

In 2010 two therapists worked together in Tallaght Outreach to ensure eight sessions were available weekly on Saturdays. 236 sessions were offered of which 168 were fulfilled, a take-up rate of 71.2%. As the statistics show, the number of appointments offered and delivered to clients in the Tallaght area and adjoining counties such as Wicklow have almost trebled since the service opened in 2007.

The DRCC would like to thank the administrator, and staff of Tallaght Hospital for providing us with comfortable rooms, a warm welcome, ongoing support and back-up.

DRCC Outreach in Tallaght Rehabilitation Project (TRP)

In 2008 a pilot project to establish a DRCC outreach for people stabilised on methadone, in partnership with Tallaght Rehabilitation Project (TRP), was initiated in Kiltalown House, Jobstown, and opened in the summer of 2009. The pilot project was evaluated in February 2009 and deemed to be working satisfactorily with some slight adjustments. In 2010 one DRCC therapist worked fortnightly on Saturdays in Kiltalown House where 59 appointments were offered of which 39 were delivered, giving a take-up rate of 66%.

The DRCC would like to thank the manager and staff of TRP for providing us with a comfortable environment, warm welcome, ongoing support and back-up.

Group Therapy and Workshops

Participation in group therapy or workshops facilitated by two staff therapists is offered to clients, male and female, who have been in one-to-one counselling for some time. Six therapists facilitated three groups and a one-day workshop, resulting in 391 client group therapy and workshop hours being completed in 2010.

- Two therapists facilitated a 10-week mixed group for men and women who had experienced CSA, providing a safe and healing environment where clients of both sexes could safely share their experiences for the first time with a person of the opposite sex.
- Two skills-based groups facilitated by two therapists for victims of rape or sexual abuse were run twice in the year for six weeks, and provided a safe environment in which participants could learn to develop the skills of mindfulness, grounding, centering and relaxation.
- In addition, a one-day workshop was provided in relation to family systems, facilitated by two therapists. This provided an opportunity for clients to explore their often fractured and painful relationships with their families in the wake of their disclosure of abuse in the family or rape in their local community.

Conclusion

At the conclusion of a year which was very challenging in terms of the increased demands on clinical services, I would like to say a special thanks to all our dedicated staff involved in the provision of clinical services both directly and indirectly. Together in 2010 we worked with renewed determination, energy and commitment to fulfil our mission statement: *‘Preventing and healing the trauma of rape and sexual abuse’*.



Angela McCarthy
Head of Clinical Services

KEY SERVICES PROVIDED BY THE DRCC

- **National 24-Hour Helpline**
1800 77 88 88
- **Crisis Counselling Service for recent victims of rape and sexual assault**
- **Long-term therapy for adult victims of childhood sexual abuse and past sexual violence**
- **Coolock Outreach Counselling Service**
- **Dóchas Centre Counselling Service**
- **Tallaght Outreach Counselling Service**
- **Medical Accompaniment to the Sexual Assault Treatment Unit**
- **Court Accompaniment**
- **Outreach Talks to Schools and Community Groups**
- **Training of professionals who work with victims of rape, sexual assault and sexual abuse in Ireland**
- **Training programmes on preventing and dealing with bullying, harassment and sexual harassment in the workplace**
- **Legal Service**
- **Advocacy**
- **Campaigning, Lobbying and Awareness Raising**
- **Research and Statistics**

VOLUNTEER SERVICES DEPARTMENT REPORT

Introduction

THE VOLUNTEER DEPARTMENT co-ordinates and manages the recruitment, training, assessment and on-going supervision of 70 volunteers who cover four services provided by the DRCC

- the out of hours service of the National 24-Hour Helpline
- accompaniment to the Sexual Assault Treatment Unit (SATU)
- court and other accompaniments
- outreach talks

The staff of the Volunteer Services Department comprises one full-time manager and two part-time volunteer co-ordinators. The staff, through 'on-call' rotation, provides a 24-hour support and back-up service to all volunteers.

2010 was a very busy year for the department. Our advertising campaign to recruit new volunteers started in December 2009. We were delighted with the huge response from the public, and put the campaign's success down mainly to two factors: firstly, the DRCC's public awareness-raising campaign, which highlighted the good work carried out by the centre and, secondly, the team's efficiency in sourcing free advertising from national and local newspapers, and Dublin and Wicklow radio stations.

We received in excess of 250 enquiries which culminated in over 160 requests for application forms. Selection began with six group interviews held in mid- and late January 2010 followed by 65 individual interviews. From this process 46 candidates progressed to training, which is both intensive and comprehensive, on the last weekend of the month.

38 volunteers successfully completed their training and assessment period. In early March 2010 they attended their first volunteer support/supervision meeting and were given their first shift on the rota. Unlike previous years when volunteers would decide whether to work on Helpline shifts or SATU shifts, they now do both, maximising the training and experience of each volunteer, and utilising these resources as effectively as possible to cover all duties.

Our volunteers are from many different backgrounds and cultures, including Australia, Norway, Poland, South Africa, USA, Germany, Spain, Italy, Nigeria and England. This diverse mix brings a unique insight and rich tapestry of perspective and experience to our volunteer corps, mirroring the cultural diversity of our service users and therefore enhancing our service provision.

In May 2010 we held a graduation ceremony for our volunteers who completed their two year commitment with us, having started in 2008. We took this opportunity to express our gratitude, and to celebrate their achievement by presenting them with a unique piece of jewellery and a certificate.

In the feedback we receive from our volunteers on completion of their commitment we are consistently told:

- it has been one of the best experiences in their adult work/recreation life
- they have felt privileged to be there with someone at a distressing time in their life
- they have received excellent training and consistent support and assistance from the team
- the skills they learned and developed have had a very positive impact on their own lives
- a large number go on to further education in the mental health sector

On-Going Training

We feel it is very important to continuously develop and progress the skills and knowledge of the volunteers in related areas of mental health. At regular intervals we invite other organisations such as Pieta House, Samaritans, Granada Institute, CARI and Ruhama to give presentations on topics such as depression and suicide, sex trafficking, self-harm, self-care, children and sexual abuse, and the treatment of sexual offenders.

This year, two of the volunteer services staff attended a volunteer management training course. It was delivered by the Dublin City South Volunteer



Group of DRCC volunteers

Centre and was very helpful in highlighting the importance of good, clear policies and procedures in the management of volunteers. This is especially true for a department like ours, with upwards of 70 volunteers on our books at any time.

The National 24-Hour Helpline 1800 77 88 88

Our Helpline volunteers operate the out of hours service of the DRCC's National 24-Hour Helpline. On call at night, at weekends and bank holidays, they ensure the Helpline provides a 24-hour service 365 days a year by being at the end of the line, ready to listen, support and offer information to callers.

They receive calls from a wide range of people; from those who have personal experience of sexual violence, and family members supporting them, to professionals who are looking for specific information and support in their contact with victims.

SATU Support Personnel

24 hours a day, 365 days a year, our volunteers provide a support service to any victim of sexual violence attending the Sexual Assault Treatment Unit (SATU) in the Rotunda Hospital, Dublin. When a victim of rape or sexual assault is brought to the SATU for forensic testing the volunteer, who is 'on call', for 12 hours at a time, will be there to assist, to listen, to support, give information and create a link to the services of the DRCC.

In 2010 our volunteers attended 294 call-outs to the SATU, which is an increase on the last two years

even though there are other SATU units around the country. Feedback from volunteers attending the SATU in 2010 consistently highlighted an increase in the level of violence experienced by victims.

Court and other Accompaniments

The Volunteer Services Department provides court accompaniment to any member of the general public who has been a victim of sexual violence and is attending court in relation to this crime. This includes clients of the DRCC or other Rape Crisis Centres who request this service. We also provide a similar accompaniment service when requested by a victim making a statement to the Gardaí, or when accessing other relevant services.

In 2010 there were:

- 59 days of court accompaniment
- Four accompaniments for asylum-seekers to interviews at the Office of the Refugee Applications Commission (ORAC) or to the Refugee Appeals Tribunal
- Five Garda station accompaniments

Outreach Speakers

During 2010 82 talks were given by outreach volunteers. The majority of these were to second-level schools, three were for staff of foreign embassies, and the remainder to various groups, including community groups, colleges and public health nurses.

Mairead Mallon

Head of Volunteer Services

LEGAL SERVICE

THE LEGAL SERVICE got off to a busy start in 2010 with DRCC's hosting of the conference entitled, 'Rape Law: Victims on Trial?' in Dublin Castle on 16 January. Chaired by The Honourable Mr. Justice Paul Carney, it was attended by 250 delegates including criminal justice representatives, academics, lawyers, NGOs, and survivors. Senator Ivana Bacik presented detailed research, which the legal service had assisted with, on the use of past sexual history evidence in rape trials before the Central Criminal Court since 2003.

The service is now in its second year and has expanded to offer a comprehensive stand-alone legal advocacy and information service to both clients in therapy and those who contact the National 24-Hour Helpline.

Information & Assistance Provided

Queries ranged from explanations of the civil and criminal justice systems, particularly evidential requirements such as statement-taking and burden and standard of proof required, to time limits for taking civil actions; immigration (refugee and asylum issues, visas); victims' rights including welfare rights (court support and accompaniment); procedural rights (in-camera rule, limitations on questions about previous sexual history); 'special measures', participation rights, victim impact statement, and the right to separate legal representation.

Other related issues arising in connection with the complaint included requests for information regarding child protection, freedom of information applications, defamation and succession rights.

The legal service assisted clients by:

- facilitating consultations with solicitors to seek advice in pursuing civil actions, including

follow-up support for clients who go on to take civil proceedings

- contacting Gardaí to arrange for clients to make a statement, and seeking up-dates as to progress of an investigation
- making submissions to the Office of the Director of Public Prosecutions to review their decision in non-prosecutions
- drafting complaints to the Garda Ombudsman
- contacting HSE in relation to child protection concerns

Another feature of the development of the legal service has been capacity building by forging links with other NGO's and interested stakeholders, most notably other victims' groups, and establishing contacts within An Garda Síochána, specifically the Domestic Violence and Sexual Assault Investigation Unit (DVSAIU).

Benefit of Legal Service

Unlike the vast majority of defendants in rape cases who will be granted full free legal aid, rape complainants, by contrast, (other than within a narrow band of those granted separate legal representation) have no statutory entitlement to legal advice or assistance. They are expected to navigate the complex legal system alone, with little or no legal information or support as to their rights. The DRCC's legal information service is free and is a vital tool in its mission to provide holistic support to victims of rape, sexual assault and child sexual abuse.

Ciara Hanley Legal Service

EDUCATION AND TRAINING DEPARTMENT REPORT

THE EDUCATION AND TRAINING DEPARTMENT, of the Dublin Rape Crisis Centre (DRCC) provides a wide range of training programmes to professionals and volunteers, tailored to meet the needs of organisations and staff in a variety of roles. This training is designed to enhance and develop the knowledge and skills of participants and to promote, develop and support best practice in the delivery of services. The DRCC sees this as a key aspect of its mission of *'preventing and healing the trauma of rape and sexual abuse'*.

Training programmes are provided for staff and volunteers in many roles: teachers, counsellors and psychotherapists, psychologists, psychiatrists, youth workers, people working in addiction services, residential child care workers, nurses, psychiatric nurses, Gardaí, prison officers, rape crisis workers, social workers, workers with homelessness, workers with domestic violence, those offering services to asylum seekers and refugees, social researchers, and many more.

2010 was again a year of diminished resources for training, with many organisations finding their training budgets reduced or eliminated. The Education and Training Department does not receive any core funding, and must generate its funding from training income, and so it was in this continually difficult climate of increasing demand for training, but diminished resources, that the DRCC continued to provide its education and training service.

BodyRight A Sexual Violence Awareness and Prevention Programme for Young People

BodyRight is a programme which has been developed by the DRCC with funding provided by Cosc, The National Office for the Prevention of Domestic, Sexual and Gender-based Violence, for use with young people in schools and other youth education and youth work settings. It is delivered by staff of the school, or other setting who have received training from the DRCC in the facilitation of the programme.

BodyRight raises awareness as to what constitutes sexual violence, and educates young people concerning the facts, the law, the meaning and legal implications of consent, and the impact of sexual violence. It provides an opportunity for young people to explore and examine, in a non-threatening environment, their own and others' attitudes and behaviours with regard to sexual violence, and how these attitudes affect the person who experiences sexual violence.

The programme aims to empower young people to stay safer by increasing their awareness and understanding of sexual violence, and by allowing them to develop skills to help them make their own decisions and to withstand coercion. The programme includes elements of skill building, including introducing the concept of mindful self study, developing awareness of boundaries, and introducing resourcing skills to support the young person in decision making and in holding their position. It offers them information on supports available to any young person who has experienced any form of sexual violence. The issues raised and skills learned are relevant to other issues and situations with which young people may also have to deal with.

The DRCC offers a three-day training programme to appropriate staff of schools, Youthreach Centres, and other youth work and alternative educational settings, to introduce them to the **BodyRight** programme and to equip them to facilitate it. This training was provided on four occasions in 2010 to a total of 50 facilitators from a variety of settings including Youthreach, Community Training Centres, secondary schools, and for staff working with young people with intellectual disability. We were pleased to collaborate with the National Youth Council of Ireland (NYCI) in providing a training programme for youth workers from organisations affiliated to the NYCI.

The DRCC continues to develop new resources for this programme. In 2010 these included a new module which introduces young people to a very useful concept for understanding the variations in their own coping capacities, and in how to resource themselves to maintain on-going well being.

The European Refugee Fund: Working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma

In 2009 the DRCC received funding from the European Refugee Fund (ERF), administered through Pobal, to develop and deliver a pilot two-day training programme. Entitled, *'Working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma'*, it was aimed at staff of any organisation providing a service which is accessed by refugees and asylum seekers. The ERF extended this funding for a further six months to allow us to develop and deliver three more training programmes in the first six months of 2010.

This extension period saw us develop and deliver three more in-depth and specific training programmes. Our experience delivering the two-day training programmes in 2009, and feedback from some participants, highlighted a need for more in-depth training for those working in on-going one-to-one support roles with traumatised asylum seekers and refugees. In the extension phase of the project, we developed and delivered a four-day training programme for these staff. We also developed and delivered training for primary school staff and others working with young children, entitled, *'Trauma and the Child: towards understanding and supporting the children of Asylum Seekers and Refugees whose parents have experienced sexual violence and other trauma'*. This was offered as a five-day Department of Education recognised course in early July. We also provided a programme specifically for community interpreters, entitled, *'Interpreting for refugees and asylum seekers who have experienced sexual violence and other trauma'*. This project was independently evaluated, and a report was submitted to the ERF and Pobal.

We are delighted our application to the next round of ERF funding has been successful, with the ERF agreeing to part-fund a further project over the period November 2010 to October 2013. This will allow us to continue to offer training programmes to support service providers over the next three years in

working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma.

The training that will be offered on an annual basis includes:

- a two-day programme delivered twice per year for service providers in a variety of roles and organisations
- a four-day programme for those in more in-depth, face to face support roles
- a three-day programme for community interpreters
- a three-day programme for those in specific roles or agencies
- a five-day programme for primary school staff and others working with children of refugees and asylum seekers

Training Programmes

We provide a wide range of training programmes varying in content and depth depending on the needs of particular organisations or groups. These include:

- working with issues of child sexual abuse
- issues in the aftermath of rape
- vicarious traumatisation and self care
- counselling skills
- training for Helpline staff/telephone counsellors
- training for reception staff
- training for accompaniment to sexual assault treatment units
- training on dignity at work and preventing and dealing with bullying, harassment and sexual harassment

Training Seminars at the DRCC

Individuals involved in working with those who have experienced sexual violence can attend training programmes at DRCC to develop their understanding

and skills in this area. In February we provided a four-day intensive in-service course for counsellors and psychotherapists, entitled, '*Child Sexual Abuse: the counselling process*'.

Our training programme also includes introductory one-day workshops on issues of child sexual abuse, rape and sexual assault, held regularly throughout the year. Information about our training programmes is available on our website www.drcc.ie

Post Graduate Certificate 12-day Course: 'Issues of Sexual Violence: the Counselling Process'

The DRCC is keen to share the experience and expertise which it has developed over three decades, with other counsellors and psychotherapists, to support them in working with their clients who have experienced sexual abuse in childhood and sexual assault and rape in their adult lives. Our in-depth training programme for psychotherapists and counsellors, which has been running for many years, is now well established and is provided once a year in a series of six two-day modules in the autumn. The course explores issues arising in working as a psychotherapist/counsellor with adolescent and adult clients who have experienced child sexual abuse, rape, sexual assault or sexual harassment. It is designed to enhance and develop the existing understanding and skills of participants when working with these clients, and to allow those working in specialised areas, such as addiction, to feel equipped to deal with issues of sexual violence appropriately as they arise. The learning is relevant also to clients who have experienced other trauma.

Training for Organisations

The DRCC provides training programmes in response to requests from an individual organisation or a group of organisations for training specific to their needs. We have provided training for many community and voluntary organisations, and for many agencies in the state health sector throughout Ireland.

In 2010 this included inputs on a number of counselling/psychotherapy and other training courses, and a programme for Helpline volunteers for The Rape Crisis & Sexual Abuse Centre (N.E).

Northern Ireland

We were very pleased to be invited to provide a four-day training programme for staff of Contact Youth, Northern Ireland's independent counselling service, which provides a 24-hour helpline – Lifeline, and counselling services in over 100 community based venues across Northern Ireland. The collaboration with Contact Youth (renamed Contact to reflect that it now works with people of every age) will continue, and is bringing significant and very valuable reciprocal learning.

We were also invited to provide training for Newry Women's Aid, which was attended by staff working with issues of domestic violence in Newry and other centres in Northern Ireland. Again, there was significant learning for us in collaborating with a key service-provider to traumatised individuals in communities which have experienced high levels of trauma for decades. This training included a collaboration with senior PSNI officers with responsibility for sexual violence and domestic violence investigations.

Teenage Health Initiative

We are very glad to have an on-going involvement over many years with the Teenage Health Initiative training programme which is provided by the Health Service Executive Dublin North East, and are grateful to the programme's co-ordinator Mary Russell for this continuing opportunity to provide training to youth workers. The DRCC provides input on child sexual abuse, rape, vicarious traumatisation and self care in the programme which trains facilitators. The Teenage Health Initiative is a personal development and sex education programme aimed at delaying the onset of early sexual activity among teenagers.

Approach to Training

Our training is provided within an ethos of non-violence and care for participants, with respect for the existing knowledge and expertise of those who attend. We are aware that no matter how experienced the participant in training, the issues we are dealing with are powerful and sensitive and can resonate quite deeply. Our training approach is participative and experiential, but invitational and without pressure. Participants are encouraged and supported to take care towards themselves and to resource themselves throughout the training. This mirrors the approach to working with victims of trauma which we advocate in our training.

Preventing and Dealing with Bullying, Harassment and Sexual Harassment in the Workplace

The DRCC has been providing training since 1988 on the prevention of, and dealing with, bullying, harassment and sexual harassment. We provide a variety of seminars on this theme and worked with a number of state and voluntary agencies on these issues during 2010. These seminars are provided for businesses, the state sector and community and

voluntary organisations, aimed at staff, managers, human resources staff, equality officers, support contact people, and those who will investigate a complaint.

The DRCC provided programmes for organisations affiliated to the National Federation of Voluntary Bodies, to train staff in the role of Support Contact Person and Support Contact Service Co-ordinator. The DRCC has a particular specialisation in training for the role of Support Contact Person under Dignity at Work/Bullying and Harassment policies.

Consultancy Service

We offer a consultancy service to organisations to support them in developing policy and procedures. This includes child protection policies, good practice guidelines, and Dignity at Work and harassment and bullying policies.

Training programmes are provided for individuals, organisations, management and staff, or those in specific key roles, to assist them in developing, implementing and reviewing policies and procedures.

Leonie O'Dowd

Head of Education and Training



The Saving Childhood Group

From left to right are:

Ashley Balbirnie, CEO, ISPCC

Jennifer Gargan, CEO, Empowering People in Care (EPIC)

Maeve Lewis, CEO, One in Four

Ellen O'Malley-Dunlop, CEO, DRCC

Jillian Van Turnhout, CEO, Children's Rights Alliance

Cliona Saidleir, Policy and Communications Director, Rape Crisis Network Ireland

Mary Flaherty, CEO, CARl

Fergus Finlay, CEO, Barnardos

CONFERENCE 2010

REMARKS BY PRESIDENT McALEESE AT THE “RAPE LAW: VICTIMS ON TRIAL?” CONFERENCE IN DUBLIN CASTLE ON 16TH JANUARY 2010

DIA DHUÍBH AR MAIDIN A CHAIRDE. Tá an-áthas orm bheith i bhur measc. Míle bhuíochas díbh as an gcuireadh agus an fáilte a thug sibh dom.

I am very pleased to be here with you this morning, and thank you all very much for the warm and generous welcome. My thanks in particular to Brendan Spring for his introduction; to Ellen O'Malley-Dunlop for inviting me here to open this conference and, of course, to my former colleagues, the School of Law in Trinity College who are conference co-hosts.

Thirty years ago when the Dublin Rape Crisis Centre was in its infancy, I remember at its early meetings discussing the very topic we are discussing today - the difficult experience of the victim in rape trials. It has long been a fraught issue but the context in which it is discussed today is somewhat different from those start-up days. Back then some of the leading academic writers on Criminal Law could not bring themselves even to acknowledge the existence of sexual offences, though there is plenty of evidence from newspaper and other reports that violent sexual assaults were far from rare and victims were often shamed into silence and non-reporting. A pervasive and unhealthy delicacy lay around the discussion of these offences and it fatally inhibited the interrogation of the law, practices, and procedures governing them. The professions and agencies which dealt, both officially and unofficially, with sexual violence had not then developed the integrated network of endeavour which is now commonplace and which is much in evidence at this conference. Victims had few supports, few courageous role models and a mountain of very real fear to overcome before they could contemplate facing the rigours of a criminal trial in which the legal, psychological, emotional and physical pressures on them were likely to be considerable. So considerable, that they conduced to a culture of non-reporting of



President of Ireland, Mary McAleese, opening the Conference

such crimes which allowed rapists to indulge in the belief that they were untouchable.

Rape is one of the most heinous crimes in the criminal law canon, and to be accused of such a crime is also, of course, to be placed in the maelstrom of serious legal, psychological, emotional and physical pressures. However, where victims of a crime are so paralysed by fear of a process that is theoretically designed to protect them, that they fail to report crimes, or fail to follow through to trial, then it hardly needs to be said that the common good is compromised. The Dublin Rape Crisis Centre, along with others, has painstakingly helped change that culture of paralysis over these past decades, and law, attitudes, processes and procedures have all markedly improved. However, the recent publication of the Rape Crisis Network's study 'Rape and Justice in Ireland' indicates that many victims still feel let down by aspects of the complex of systems and processes that exist to protect and vindicate them. Why that should continue to be so; how those concerns can be effectively addressed, and what price is being paid by both victims and society as a result, are things which I know will be the subject of useful debate here today.

Later today I will attend the official opening of the Criminal Courts Complex in Dublin – a stunning new facility, a landmark building where the designers were tasked, among other things, with creating a victim-sensitive and appropriate environment,



Conference 2010 "Rape Law: Victims on Trial?" Conference speakers: I-r The Honourable Mr. Justice Paul Carney, (Chairman of Conference), Ellen O'Malley-Dunlop, CEO of DRCC, Mary McAleese, President of Ireland, Brendan Spring, former Chairman, DRCC.

including specially designed victim support rooms to give enhanced privacy, security and comfort for victims and their families. Such sensitivities would have been far from the thoughts of architects and planners in earlier eras and it is a credit to the work of victim support organisations like the DRCC that consciousness of the needs, rights and realities of victims has moved out of the shadows and into the mainstream. I hope that for future victims the physical environment of trials and consultations will at least offer a more positive experience.

But, of course, better bricks and mortar are only a part of the intricate set of constructs which affect victims of sexual violence. The trauma of such violence is often of itself life-altering, causing psychological and physical long-term damage. The strong person who the day before the rape could have confidently told their story in a police station or a witness box, is not in the same situation the day after the rape, or for many days thereafter. The strong person who could have shrugged off a vaginal examination for a routine medical check is in an utterly different situation when being medically examined post-alleged rape. The invasiveness of these procedures and practices, which are regarded as necessary to secure vital evidence and to ensure a fair trial, are much greater in the case of offences of sexual violence than in most other crimes.

And, again, thanks to the lobbying of the DRCC and other NGO's, today's medical, legal and police personnel are much better educated and trained in dealing with these matters than were their predecessors.

There has been a manifest continuum of public and professional education in these matters that still continues apace and that this conference will help to develop further. Yet for the individual victim who lives in a personal, social and community context there may be other factors at work, from attitudes and fears to events which can conduce to make a victim deeply uncomfortable at any or all stages of the post-rape criminal process. It may be questionable to what extent any such process dealing with such a dreadful event can be anything other than a grimly tough and uncomfortable experience. But one thing is not debatable and that is the fact that both victim and society have a strong vested interest in ensuring that there is a criminal process, and that rapists do not remain at large because their victim's fortitude and resilience falter at some stage or other of that process for reasons that are foreseeable and reasonably avoidable.

The Dublin Rape Crisis Centre saw the need to befriend, counsel, advise and support victims who might otherwise either resile from reporting serious crimes, or who might experience the criminal process as a lonely journey in which they had to look out for themselves. The alleged rapist will have his or her own legal team, but in the criminal justice system victims of crime are not, as a general rule, formally represented in the same or a parallel way, and so do not have access to a range of official personal advisors or supports, apart from what might come their way informally via the prosecution and police team. The Centre has contributed hugely over the years in creating a voluntary framework of support and care on which victims can lean and depend to help them come successfully through what will inevitably be a difficult and challenging period of their lives. It has also contributed considerably to greater public awareness of the multiplicity of issues raised by sexual violence and the downstream consequences for victims.

We are no longer as ignorant, naïve or silent as we were thirty years ago. An insight into the chilling price paid for that silence was graphically set out in the Ryan and Murphy reports, both of which unmasked the dangers of a culture of unaccountability and left worrying questions about the areas of vulnerability to sexual violence and abuse which are still protected by cloaks of secrecy, privacy and noblesse oblige.

As a society we are stronger post Murphy and Ryan. As a society we are stronger every single time a rapist or sexual predator of any kind is called to account and held to account before our courts. But we would have no such reports and no successful convictions without victims who are prepared to initiate and sustain the process that leads over months and sometimes years to a court verdict. That process, of its nature, carries no guarantees in terms of outcome, but one thing is sure, if a victim does nothing for whatever reason, then his or her rapist will grow in confidence and in opportunity to wreak further havoc in the lives of the innocent. Victims who take on their attackers through the courts not only vindicate their own trauma and take back control over their lives, but they help to seriously limit the freedom of would-be rapists to continue their violent behaviour.

Every time a victim faces down an attacker in court they deserve support, respect and gratitude from the public, for theirs is not just a personal service or a personal crusade but a crucial public service. Whatever gets in the way of that public service is something the public needs to know about and to be interested in. That is where the scholarship and research conducted by academics with an interest in this area is of such importance, and why today's conference holds the potential to help us develop our criminal justice system in ways that punish the offender who rapes, and creates an encouraging environment in which victims can feel confident to do what it takes to ensure that punishment follows the crime.

So today's conference is a thought-provoking opportunity to discuss how the criminal justice system can be both meaningfully victim-sensitive and also fair to a person accused who is entitled to the presumption of innocence until found guilty beyond reasonable doubt. I thank you for this important work and wish you well with your discussions. Go raibh míle maith agaibh.

Mary McAleese
President of Ireland

DRCC Awareness Raising Campaign 2010



Samples of posters and a Dublin Bus superside panel from DRCC Awareness Raising Campaign 2010.



FUNDRAISING

THE SHORTFALL between our statutory funding and our outgoings will remain for the foreseeable future and we must continue to actively protect our service by fundraising. The Fundraising Department has grown and developed and is an integral part of the Dublin Rape Crisis Centre.

We depend on the public to support our fundraising activities and we deeply appreciate the consistent generosity of our benefactors.

Most of our fundraising events are annual dates on the calendar. These are successful, thanks to the work of our fundraising volunteer committees that help us to organise each event.

Our fundraising volunteers give freely of their time and receive no payment.

Annie Gallagher, Colette Schütz
Fundraising Department

FRIENDS OF THE DUBLIN RAPE CRISIS CENTRE

The Friends of the Dublin Rape Crisis Centre is a group of committed people, dedicated to supporting our Fundraising Department.

Join the Friends of the Dublin Rape Crisis Centre to help organise our annual fundraising activities and explore new ideas and events.



Mini Marathon organised by former staff member Dacil Sanchez in Gran Canaria

ANNUAL FUNDRAISING EVENTS

CORPORATE QUIZ CHALLENGE

March

This event is supported by the corporate sector and involves up to 40 teams, with RTÉ broadcaster Pat Kenny hosting the event.

FLORA WOMEN'S MINI MARATHON

June

This 10k run/walk takes place in Dublin on the June Bank Holiday Monday and has support from all over the country. The Dublin Rape Crisis Centre is well represented and our participants raise money through sponsorship.

GOLF CLASSIC

June

Powerscourt Golf Club is the home of our annual golf classic. This is a popular event and golfers compete for the Perpetual Joe Carr Trophy.

INTERNATIONAL FASHION LUNCH

September

Hosted by Joe Supple, aka Miss Candy, this lunch takes place in September and is a spectacular afternoon of food, fashion and fun.

FLAG DAY COLLECTION

October

Held over three days, this fundraiser gives everyone the opportunity to support our work either by giving or volunteering to collect on our behalf.

THE WILDE BALL

October

This glamorous black tie ball, with champagne reception, dinner and dancing, is supported by 250 people each year.

LET'S DO LUNCH

December

Let's do Lunch is a fundraising event that takes place during the month of December and involves lunching with friends and everyone making a donation.

BECOME A VOLUNTEER

Join one of our Volunteer Teams – we recruit annually.
You can phone or email us for further information.

Give us a call at **01 661 4911**

or email us at: **volunteerservices@rcc.ie**

SUPPORT THE DRCC

Join the Friends of the Rape Crisis Centre to help us organise our regular fundraising activities and explore new ideas and events. We are always looking for new and innovative ideas.

Make a donation, whether that's a one-off contribution or you prefer to set up a monthly standing order with your bank.

Support one of our regular events with some friends. Maybe some of the current fundraising events appeal to you as corporate entertainment?

Give us a call at: **01 661 4911**

or email us at: **fundraising@rcc.ie**

Your help will make a difference
to those who seek our services.

STATISTICS 2010

A NOTE ON THE STATISTICS FOR 2010

Due to the nature of our work, detailed information was not gathered for all individuals who contacted the DRCC. The primary concern of the Centre is to help callers and clients and in many cases some or all of the detailed information on callers or clients was unavailable. The statistics below refer to the 12 month period from 1st January 2010 to 31st December 2010.

1. Contacts with the National 24-Hour Helpline, Jan 2010 - Dec 2010

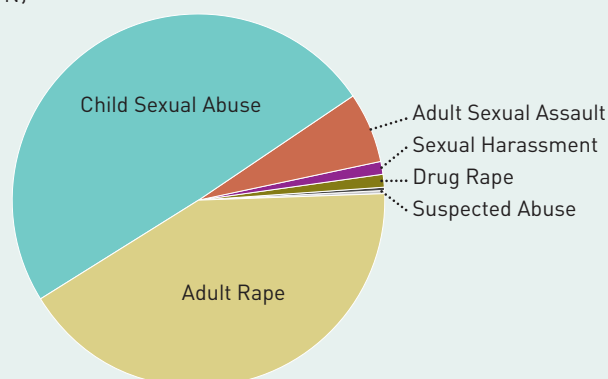
DESCRIPTION	2010
Total Counselling Calls	11,618
*Total Genuine Counselling Calls	9,141
First Time Callers	3,382
Repeat Calls	3,239
Information Calls	1,906
Calls with Details Undisclosed	475
Unrelated Counselling Calls	53
Text messages	86

* Total genuine counselling calls refers to the number of calls when hoax, hang-up, silent and obscene calls are subtracted from the total number of calls.

2. Contacts with the National 24-Hour Helpline, Jan 2010 - Dec 2010

BREAKDOWN BY TYPE OF ABUSE (WHERE KNOWN)

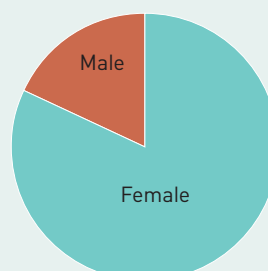
TYPE OF ABUSE	% OF CALLS
Adult Rape	41.91%
Child Sexual Abuse	49.31%
Adult Sexual Assault	6.15%
Sexual Harassment	1.09%
Drug Rape	1.24%
Ritual Abuse	0.04%
Suspected Abuse	0.26%



This table shows for all calls (first time and repeat calls) the type of abuse the caller experienced. 234 of the callers disclosed the fact that they experienced more than one type of abuse in their lives.

GENDER OF CALLER (WHERE KNOWN)

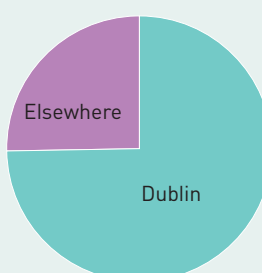
GENDER	% OF CALLS
Female	83%
Male	17%



3. Contacts with the National 24-Hour Helpline, Jan 2010 - Dec 2010

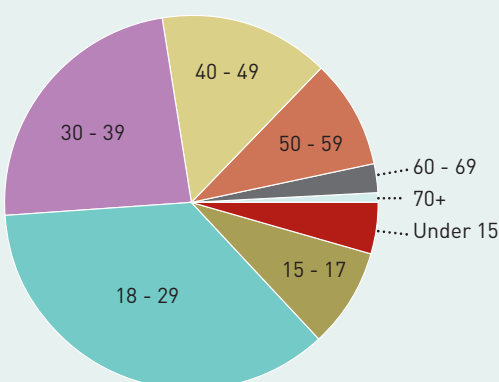
BREAKDOWN BY GEOGRAPHIC LOCATION (WHERE KNOWN)

GEOGRAPHIC LOCATION	% OF CALLS
Dublin	73.72%
Elsewhere	26.28%



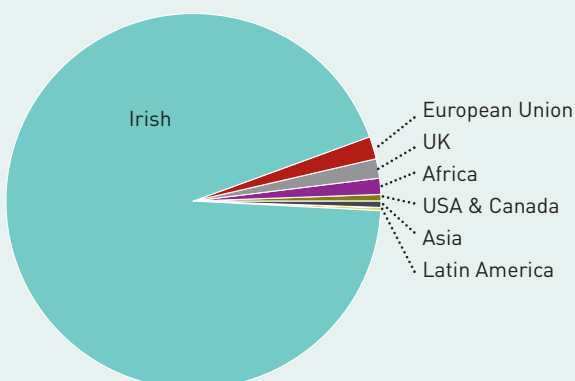
BREAKDOWN BY AGE (WHERE KNOWN)

AGE OF VICTIM	% OF CALLS
Under 15	4.65%
15 - 17	8.52%
18 - 29	35.99%
30 - 39	23.43%
40 - 49	14.70%
50 - 59	9.57%
60 - 69	2.58%
70+	0.56%



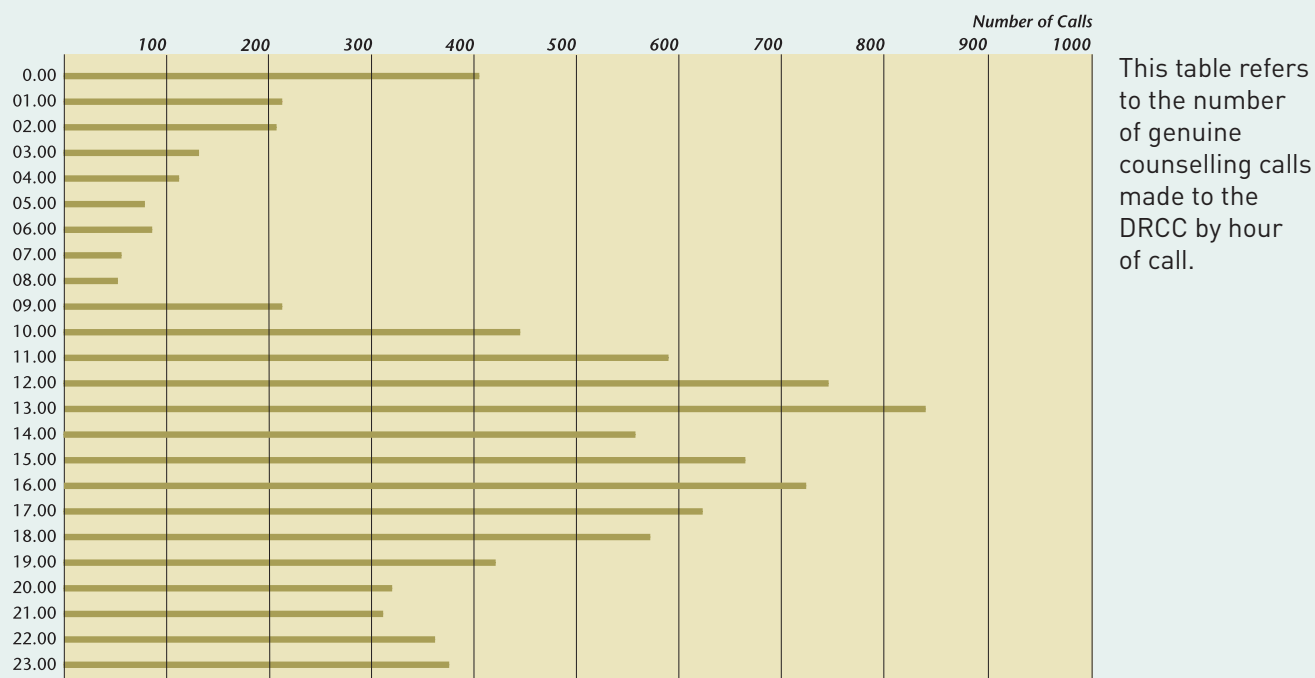
BREAKDOWN BY NATIONALITY (WHERE KNOWN)

ORIGIN	% OF CALLS
Irish	93.64%
European Union	2.01%
UK	1.83%
Africa	1.34%
USA & Canada	0.47%
Asia	0.47%
Latin America	0.15%
Russia	0.06%
Australia	0.03%



4. Contacts with the National 24-Hour Helpline, Jan 2010 - Dec 2010

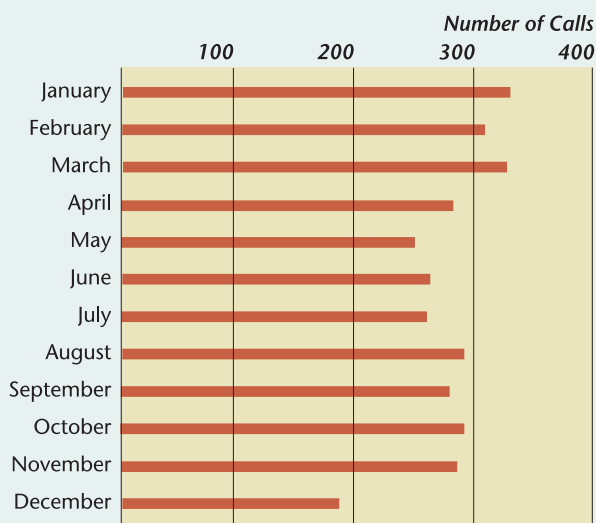
TIME OF CALL (CALLS MADE IN PREVIOUS HOUR)



5. Contacts with the National 24-Hour Helpline, Jan 2010 - Dec 2010

MONTH OF CALL

This graph shows the number of **first time calls** made to the DRCC by month.



6. Volunteer Services

ACCOMPANIMENT TO SEXUAL ASSAULT TREATMENT UNIT

In this period, DRCC trained volunteers attended the Sexual Assault Treatment Unit with 294 victims. In addition, they carried out 59 days of court accompaniment with victims of sexual violence or abuse, 4 accompaniments with asylum-seekers to interviews at the Office of the Refugee Applications Commissioner (ORAC) or Refugee Appeals Tribunal, and 5 accompaniments to Garda Stations.

OUTREACH AWARENESS TALKS

DRCC trained outreach volunteers delivered 82 outreach awareness talks. The majority were delivered in second level schools, 3 were for staff of Embassies, and the remainder were to a variety of adult groups, including community groups, colleges, and public health nurses.

7. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

In 2010, eleven therapists, working as two teams, offered a six-day counselling service from Monday to Saturday, in the DRCC on Leeson Street. In addition, four of the therapists, working on Tuesday, Thursday and Friday, offered 18 sessions per week, in the Outreach Counselling Service in Coolock. One therapist at the Dochas Centre, the national women's prison, also provided a half-day service per week. Two therapists worked in the DRCC Outreach service in Tallaght on Saturdays, while two therapists alternated over the year in the provision of counselling in Tallaght Rehabilitation Project, once a fortnight. In all, eight therapists worked in four Outreach services in 2010.

(A) CLIENT APPOINTMENTS SUMMARY

- A total of 5,007 individual appointments were made available by the Therapy Team in 2010.
- Of these, 3,790 individual client sessions were delivered in 2010. Allowing for cancellations and 'no-shows' deducted, this represents a take-up rate of 75.69%.
- Of the 3,790 completed sessions, 30.26% (N=1,147) were crisis appointments for men and women who had experienced a recent rape or sexual assault i.e. within the previous 12 months.
- 69.66% (N=2,640) were assessment appointments for past rape, sexual assault and past childhood sexual abuse i.e. which occurred outside the previous 12-month period.
- 0.08% (N=3) supportive sessions were offered to relatives of clients, with the clients' permission.
- In addition to the 3,790 individual therapy sessions, usually of one hour's duration, 391 hours of group therapy client hours were delivered in 2010.

Thus, a total of 4,181 individual and group client hours were delivered in 2010.

(B) GROUP THERAPY SUMMARY

Participation in group therapy or workshops is offered to clients who have been in one-to-one counselling for some time. Groups and workshops are always facilitated by two staff therapists. Six therapists facilitated groups and workshops in 2010.

TYPE OF GROUP	HOURS PER SESSION	DURATION	PARTICIPANTS	TOTAL CLIENT GROUP THERAPY HOURS
CSA Mixed Process group	2 hours	8 weeks	10 clients	160
Skills group 1	2 hours	6 weeks	10 clients	120
Skills group 2	1.5 hours	6 weeks	7 clients	63
Family Systems Workshop	6 hours	1 day	8 clients	48

Total: 391

391 client group therapy hours were completed in 2010.

8. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

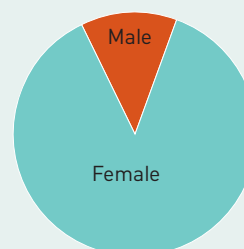
CLIENTS SEEN IN THE DRCC

(INCLUDING CRISIS AND LONG TERM SERVICE)

DESCRIPTION	NUMBER
Number of Clients Seen	549

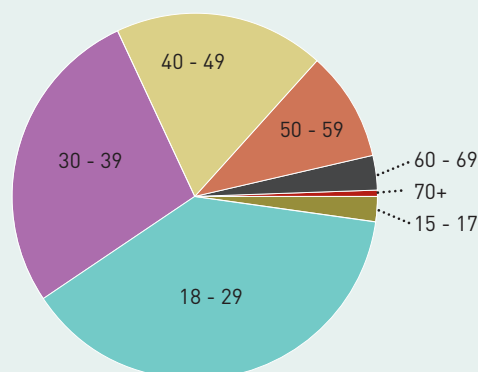
GENDER OF CLIENT USING THE COUNSELLING SERVICE

GENDER	%
Female	87.25%
Male	12.75%



AGE OF CLIENT USING THE SERVICE (WHERE KNOWN)

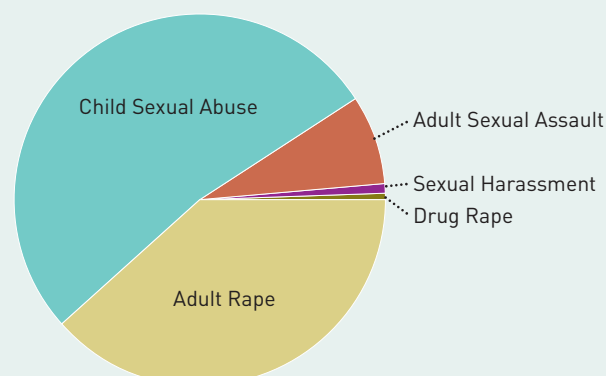
AGE OF VICTIM	%
15 - 17	2.34%
18 - 29	38.40%
30 - 39	27.48%
40 - 49	18.52%
50 - 59	9.75%
60 - 69	3.12%
70+	0.39%



9. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

BREAKDOWN BY TYPE OF ABUSE (WHERE KNOWN)

TYPE OF ABUSE	%
Adult Rape	38.57%
Child Sexual Abuse	52.35%
Adult Sexual Assault	7.94%
Sexual Harassment	0.65%
Drug Rape	0.49%



8.02% of clients disclosed that they experienced both adult rape and past child sexual abuse.

10. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

ANALYSIS OF ADDITIONAL TYPES OF VIOLENCE AND ABUSE EXPERIENCED BY CLIENTS, ALONG WITH RAPE, SEXUAL ASSAULT OR CHILD SEXUAL ABUSE

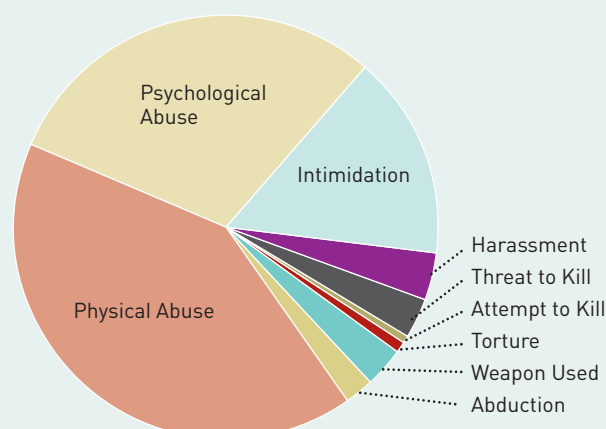
31.66% of clients reported experiencing other types of violence along with the main type of abuse.

CATEGORY	%
Adult Rape/Sexual Assault	53.8%
Child Sexual Abuse	46.2%



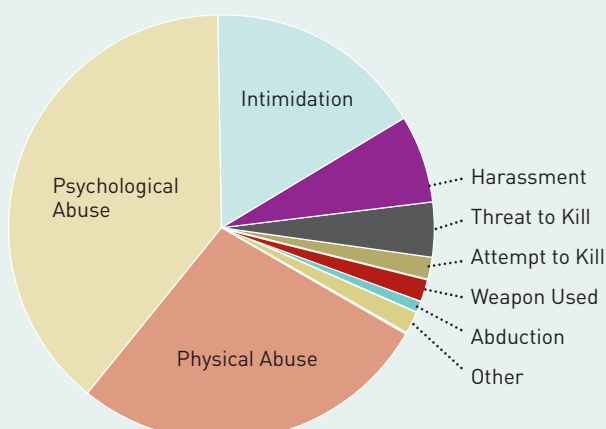
VIOLENT INCIDENTS REPORTED BY CLIENTS WHO ALSO EXPERIENCED ADULT RAPE/SEXUAL ASSAULT WHERE KNOWN, THE TYPES OF VIOLENCE EXPERIENCED WERE:

TYPE OF VIOLENCE EXPERIENCED BY ADULTS	%
Physical Abuse	41.17%
Psychological Abuse	30.15%
Intimidation	15.44%
Harassment	3.68%
Threat to Kill	2.94%
Attempt to Kill	0.74%
Torture	0.74%
Weapon Used	2.94%
Abduction	2.20%



VIOLENT INCIDENTS REPORTED BY CLIENTS WHO ALSO EXPERIENCED CHILD SEXUAL ABUSE WHERE KNOWN, THE TYPES OF VIOLENCE EXPERIENCED WERE:

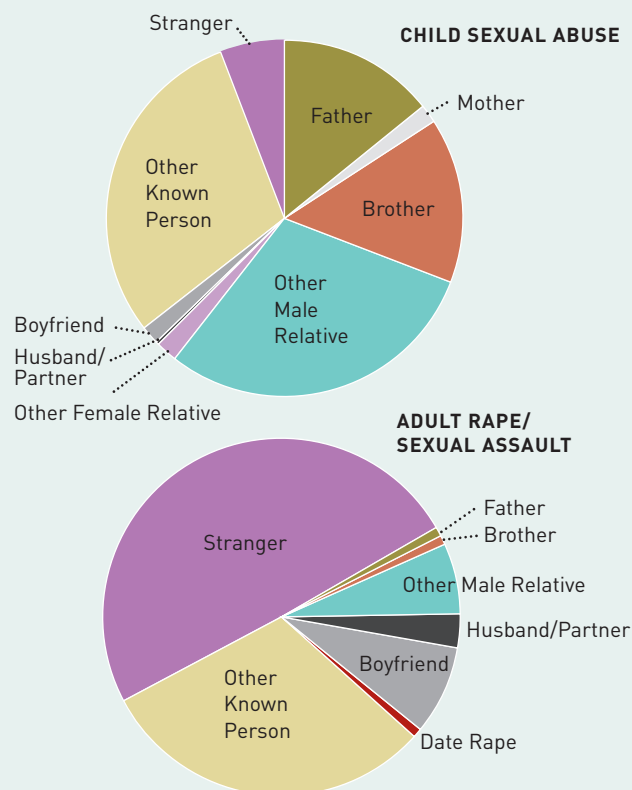
TYPE OF VIOLENCE EXPERIENCED BY CHILDREN	%
Physical Abuse	27.73%
Psychological Abuse	38.66%
Intimidation	16.81%
Harassment	6.72%
Threat to Kill	4.20%
Attempt to Kill	1.68%
Weapon Used	1.68%
Abduction	0.84%
Other	1.68%



11. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER (WHERE KNOWN)

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	14.24%	1.02%
Mother	1.86%	0%
Brother	14.86%	0.68%
Other Male Relative	29.72%	6.46%
Other Female Relative	1.86%	0%
Husband/Partner	0.31%	3.06%
Boyfriend	1.86%	8.17%
Date Rape	-	0.68%
Other Known Person	29.72%	30.61%
Stranger	5.57%	49.32%



12. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

PREGNANCY

263 female clients said they were at risk of pregnancy after rape/sexual assault and 25 (9.5%) said they became pregnant.

OUTCOME OF PREGNANCIES	NUMBER
Baby Kept	6
Baby Fostered	1
Baby Adopted	1
Pregnancy Terminated	10
Miscarried	6
Outcome Unknown	1

It is worth noting that many clients were not at risk of pregnancy for various reasons, including use of contraceptives, being beyond risk of pregnancy due to age, or being male, for example.

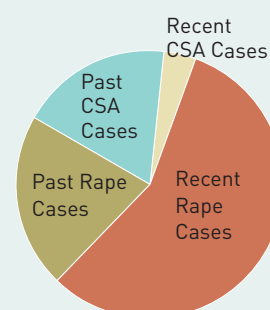
13. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

Statistics provided in this section relate to 267 clients who commenced therapy in the DRCC in 2010, where the reporting status was known. It is worth noting that reporting and convictions in this context refer to clients seen by our service in the year 2010, although the reports and convictions may have occurred in the previous years.

REPORTING TO GARDAÍ

Of the 267 cases where the reporting status was known, 81 cases were reported to the Gardaí, a reporting rate of 30.34%. Of these 81 cases, 5 cases (6.17%) were tried, resulting in 4 convictions or guilty pleas, and 1 acquittal.

CASES REPORTED	% OF TOTAL CASES REPORTED
Recent Rape Cases	56.79%
Past Rape Cases	20.99%
Past CSA Cases	18.52%
Recent CSA Cases	3.70%



Recent or past rape accounted for 77.78% of the 81 cases reported to the Gardaí, while childhood sexual abuse cases accounted for 22.22% of reports.

OUTCOME

Outcome information was known for 47 (58.02%) of the 81 cases reported.

OUTCOME	TOTAL
Dropped Charge (by Client or DPP)	6
Pending Charge	36
Went to Trial	5

Reporting of adult rape/sexual assault compared with reporting of CSA

Percentage of All * cases Reported to Gardaí:	30.34%
Percentage of Total* CSA Cases Reported:	14.52%
Percentage of Total* Rape/Sexual Assaults Reported:	44.06%

* Refers to the 267 cases where reporting status was known, 124 of which related to childhood sexual abuse and 143 to adult rape and sexual assault.

Clients who experienced adult rape/sexual assault were three times more likely to report to the Gardaí, than clients who had experienced childhood sexual abuse.

FACTORS AFFECTING RAPE REPORTING

TIME INTERVAL	%
Recent Rape/Sexual Assault Reported	56.79%
Past Rape/Sexual Assault Reported	20.99%

Clients who sought help for recent rape or sexual assault were almost three times more likely to report to the Gardaí, than clients who had experienced past rape or sexual assault.

VICTIM/OFFENDER RELATIONSHIP

Of the 81 cases that were reported to the Gardaí, 18 of them related to childhood sexual abuse. Of the 63 clients who reported rape or sexual assault (both recent and past) 53.97% had been raped or sexually assaulted by a stranger, while 46.03% had been raped or sexually assaulted by someone they knew.

In 2010, clients were more likely to report recent rape or sexual assault to the Gardaí, if the assailant was a stranger, rather than someone known to them.

RECENT RAPE / SEXUAL ASSAULT (WITHIN THE PREVIOUS TWELVE MONTHS)

47.6% of cases were reported where the assailant was a stranger to the client

26.9% of cases were reported where the client knew the assailant.

However, clients were three times more likely to report past rape or sexual assault where the assailant was known to the client.

PAST RAPE / SEXUAL ASSAULT

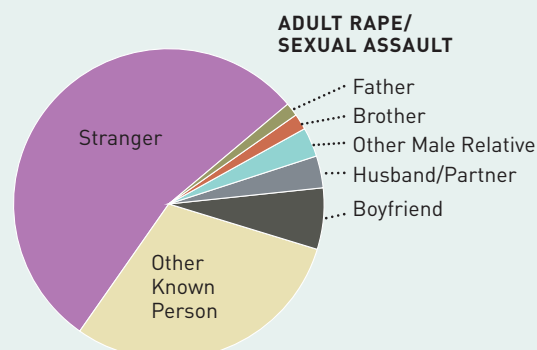
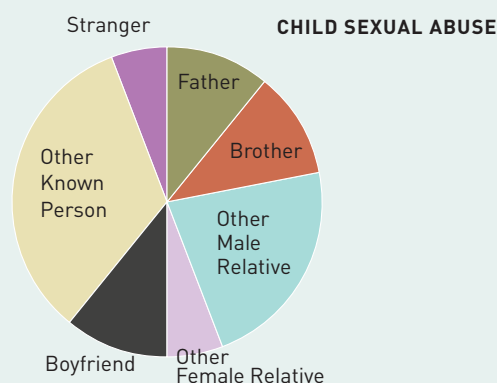
6.4% of cases were reported where the assailant was a stranger to the client.

19.1% of cases were reported where the assailant was known to the client.

14. Counselling and Psychotherapy Service Provision, Jan 2010 - Dec 2010

IN CASES REPORTED TO THE GARDAÍ, RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER (WHERE KNOWN)

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	11.11%	1.59%
Mother	0%	0%
Brother	11.11%	1.59%
Other Male Relative	22.22 %	3.17%
Other Female Relative	5.56%	0%
Husband/Partner	-	3.17%
Boyfriend	11.11%	6.35%
Date Rape	-	0%
Other Known Person	33.33%	30.16%
Stranger	5.56%	53.97%



DUBLIN RAPE CRISIS CENTRE LIMITED

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

Profit and Loss Account for the year ended 31st December 2010

	2010 €	2009 €
INCOME	1,956,884	2,012,022
OVERHEADS	-2,044,655	-2,130,982
DEFICIT FOR THE YEAR	-87,771	-118,960
GOVERNMENT GRANTS AMORTISED	15,960	16,012
	-71,811	-102,948
EXTRAORDINARY ITEM	83,475	119,000
INTEREST RECEIVABLE	33,515	45,738
SURPLUS/-DEFICIT AFTER EXTRAORDINARY ITEM	45,179	61,790
BALANCE FORWARD AT BEGINNING OF YEAR	691,276	629,486
BALANCE FORWARD AT END OF YEAR	736,455	691,276

Balance Sheet as at 31st December 2010

	2010 €	2009 €
ASSETS EMPLOYED		
FIXED ASSETS		
Tangible assets	327,151	359,598
CURRENT ASSETS		
Cash at bank / Building fund	1,253,184	1,267,020
Sundry receivables	111,366	7,500
	1,364,550	1,274,520
CREDITORS & PROVISIONS (Amounts falling due within 1 year)	353,462	325,098
NET CURRENT ASSETS	1,011,088	949,422
TOTAL ASSETS LESS LIABILITIES	1,338,239	1,308,920
REPRESENTED BY:		
CONTRIBUTION TO BUILDING FUND	470,834	470,834
GOVERNMENT GRANTS	130,950	146,810
SURPLUS ON PROFIT AND LOSS ACCOUNT	736,455	691,276
	1,338,239	1,308,920

FINANCIAL SUMMARY 2010

DUBLIN RAPE CRISIS CENTRE LIMITED

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

Statement of Sources and Applications of Funds

for the year ended 31st December 2010

SOURCES/APPLICATIONS OF FUNDS	2010 €	2009 €
FUNDING OF ACTIVITIES		
Surplus	45,179	61,790
Add back: Items not involving the use of funds:-		
Depreciation	42,360	39,257
Government grant amortised	-15,960	-16,012
	71,579	85,035
PURCHASE OF FIXED ASSETS	-9,913	-100,504
NET MOVEMENT IN FUNDS	61,666	-15,469
FINANCED/APPLIED AS FOLLOWS:-		
MOVEMENTS IN WORKING CAPITAL		
Movement in receivables	103,866	7,500
Movement in cash at bank	-13,838	-202,148
Movement in creditors	-28,362	179,179
	61,666	-15,469

Eibhlin Byrne, Chairperson
Malinda Dolan, Director
19 April, 2011

Auditor's Report to the Members

I have audited the financial statements above and opposite in accordance with Auditing Standards.

In my opinion, the financial statements give a true and fair view of the statement of the company's affairs at 31st December 2010, and of its results and state of affairs for the year then ended, and give in the requisite manner the information required by the Companies Acts 1963 to 2009. I have obtained all the information and explanations considered necessary for the purposes of my audit. In my opinion proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

Dermot J Keogh FCA
REGISTERED AUDITOR
19 April, 2011





RCC

Preventing and healing
the trauma of rape and
sexual abuse

National 24 Hour Helpline
1800 77 88 88

A new beginning at the end of the line

Dublin Rape Crisis Centre
70 Lower Leeson Street, Dublin 2

Telephone: 01 661 4911

Facsimile: 01 661 0873

E-mail: rcc@indigo.ie

Web: www.drcc.ie