

Annual Report 2025

Dublin
Rape Crisis
Centre



DRCC
Dublin Rape Crisis Centre

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Dublin Rape Crisis Centre (DRCC)
Annual Report and Financial Statements 2025
Published May 2026

Charity information:

DRCC is a company limited by guarantee not having a share capital, registered (CRO 147318).

It holds charitable tax exemption from the Revenue Commissioners (CHY 8529).

It is registered with the Charities Regulatory Authority (RCN 20021078).

Vision, mission and values

Our vision is of an Ireland free from sexual violence.

Our mission is to prevent the harm and heal the trauma of sexual violence.

Values

Trustworthy

We are a trusted brand, informed by evidence and our understanding of the trauma of sexual violence, committed to speaking out and seeking supports and justice for all victims/survivors of sexual violence.

Respectful

We are respectful of the lived experience of victims/survivors of sexual violence and listen in a careful and non-judgemental manner, providing an empathetic and empowering response to victims/survivors, while also ensuring that our engagement with our staff, volunteers and Board is both respectful and empowering.

Professional

Our services and interactions with clients, partners and staff are of a high standard, targeted at meeting the needs of all those who seek support and engagement with the organisation.

Informed

Our work is informed on an ongoing basis by the voices and lived experiences of the callers and clients with whom we work, as well as international and sectoral best practice.

Inclusive and diverse

We work to ensure that our services and supports are accessible to all who need them and are provided by a diverse and inclusive staff and Board.

Action learning

We are an action-learning organisation that learns from our successes as well as our challenges, taking action in order to develop creative, flexible solutions and strategies to pressing problems.

Director information

Chair

Anne Marie James

Company Secretary

Carol Keane (to November 2025)
Peter Finlay (from November 2025)

Chief Executive

Rachel Morrogh

Directors

Anne Marie James
Eoghan Cleary
Alison Cowzer (joined January)
Fergus Finlay
Peter Finlay (joined January)
Nikki Gallagher
Doreen Gerety (joined January)
Carol Keane (resigned November)
Madeleine McCarthy
Nóirín O'Sullivan (resigned October)

Charity Number

CHY 8529

Company Number

CRO 147318

Charity Registered Number

RCN 20021078

Registered Office

McGonnell House,
70 Lower Leeson Street,
Dublin 2, D02 VW13*

Auditors

PKF Brenson Lawlor,
Alexandra House,
3 Ballsbridge Park,
Merriem Rd, Ballsbridge,
Dublin 4

Bankers

Permanent TSB,
70 Grafton Street,
Dublin 2
Allied Irish Banks,
40/41 Westmoreland Street,
Dublin 2

Solicitors

Byrne Wallace Shields,
88 Harcourt St,
Dublin 2

Donations link: www.drcc.ie/donate

* In 2026, Dublin Rape Crisis Centre is moving to new premises at Equity House, 16/17 Ormond Quay Upper, Dublin 7, D07 T2RY

Glossary

Accompaniment: A service offering practical information, emotional support and personal accompaniment to victims and survivors, as well as those supporting them, such as friends or family, in accessing facilities. Our support staff and volunteers accompany survivors attending the Sexual Assault Treatment Unit (SATU) in the Rotunda Hospital, reporting sexual crimes to An Garda Síochána and attending court and other such settings. Accompaniment can include supporting the survivor in court familiarisation, which involves visiting a courtroom before a trial to allow them to get a sense of the workings of the courtroom and the trial process.

Coercion: The use of force to make someone do something they do not want to, such as engage in sexual activity. Coercion can involve physical force, psychological intimidation, blackmail or other threats.

Consent: A freely given, ongoing and voluntary agreement between people in a sexual encounter that allows each individual to decide what they want and do not want, in which these preferences are respected. For more on consent, visit we-consent.ie

Counselling and psychotherapy: Forms of therapy involving a one-to-one relationship between a client and therapist. They provide the support and encouragement necessary to allow someone to talk about the experiences and events that have affected their lives and their way of being in the world. Counselling usually continues for a shorter period of time than psychotherapy, which is a more in-depth, longer-term process.

Director of Public Prosecutions (DPP):

The independent State service that, among other functions, decides whether criminal cases will be prosecuted in Ireland.

An Garda Síochána: The Irish police force that enforces laws, gathers evidence and investigates crimes on behalf of the State.

Sexual Assault Treatment Unit (SATU): A medical facility where victims and survivors of rape or sexual assault can go to have a forensic medical examination and receive specialised medical treatment. There are six SATUs in Ireland in Dublin, Cork, Waterford, Galway, Letterkenny and Mullingar, with a seventh service available out of hours in Limerick which only sees people following Garda referral.

Sexual violence: Any kind of unwanted sexual activity or contact, whether physical or non-physical. This includes words or actions of a sexual nature forced upon a person without their consent. Sexual violence, including rape, is never the fault of the victim.

Trauma: A physical or emotional response experienced by a person following a distressing event, such as sexual violence. People react differently to trauma, and it can affect emotions, behaviour and/or relationships with other people.

Trauma-sensitive or trauma-aware: Understanding and accommodating the ongoing effects of traumas like sexual violence on victims and survivors when delivering a service or in the course of your work.

Victim and survivor: We use these terms to refer to people who have been raped or assaulted, or who have experienced other forms of sexual violence, acknowledging that not everyone will identify with these terms.

Abbreviations

AI	artificial intelligence
CARI	Children at Risk in Ireland
CEASE	Centre to End All Sexual Exploitation
CPD	continuing professional development
CSA	child sexual abuse
CSO	Central Statistics Office
DRCC	Dublin Rape Crisis Centre
DSGBV	Domestic, Sexual and Gender-Based Violence
EU	European Union
GP	general practitioner
GREVIO	Group of Experts Combating Violence against Women and Domestic Violence
HSE	Health Service Executive
ICGP	Irish College of General Practitioners
IRFU	Irish Rugby Football Union
LGBTI+	lesbian, gay, bisexual, transgender, intersex and others
NWC	National Women's Council
RSE	Relationships and Sex Education
SATU	Sexual Assault Treatment Unit
SDLP	Social Democratic and Labour Party
SORP	Statement of Recommended Practice
SPHE	Social, Personal and Health Education
UK	United Kingdom

Annual Statistics 2025

National Helpline

23,955

Total Rape Crisis Helpline contacts

up 5.5% on 2024 and up 29% on 2023

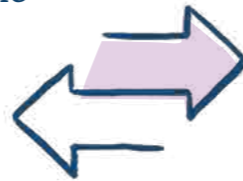


Contacts

7,352 First-time

11,623 Repeat

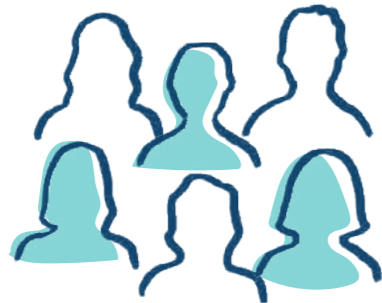
4,980 Unknown



Therapy

838

Clients in 2025 up 31.5% on 2024



of which

542

were new

and

296

were ongoing

7,270

Therapy appointments delivered

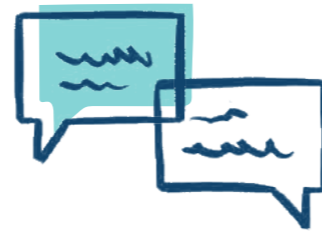


79.5%

of clients experienced sexual violence as adults

32%

of clients experienced sexual violence as children



15%

of clients experienced sexual violence both as adults and as children



26%

Of appointments for recent rape or assault

A note on statistics for 2025: The information collected in these statistics relates to details disclosed by callers, clients and people availing of our support services during 2025. We aim to provide confidential and specialised support and information, and for this reason our statistics have varying levels of detail. Their value is that they tell of the experiences of the people who availed of our services.

Accompaniment at Sexual Assault Treatment Unit

299

victims and survivors supported at first visit, up 17% on 2024



219

supported at the follow-up clinic

146

friends and family offered emotional support



Accompaniment in Justice System

108

individuals supported across the justice system

350

support sessions delivered



242

friends and family supported attending court



Note: our reporting system for accompaniment work was revised in 2025; figures are not directly comparable with previous years.

Education

62

Training sessions delivered



907

People trained

198

participants in 15 sessions for youth educators

Website and social media

Over 108,000 views

Over 50,000 unique users

4,700 Downloads



30+ million

combined reach across social media platforms

6%

engagement rate, well above industry average

Media



2,350+ pieces of media coverage and other engagements

157 million

combined reach

Volunteers



74 Volunteers

10,051

Combined hours contributed

Chairperson's foreword



On behalf of the Board of Dublin Rape Crisis Centre, I am pleased to present our 2025 Annual Report. This was a year characterised by the increasing demand for our services, a growing need for our outreach activity, planning for a major relocation from our Leeson Street headquarters to Equity House on Ormond Quay and sustained advocacy on behalf of victims.

I am delighted to say that Equity House will provide a more accessible, purpose-designed environment for our clients, service users, staff, and volunteers, supporting the continued delivery of our services and our long-term sustainability.

I want to express our gratitude to our colleagues in Cuan, our donors, our legal advisers, our staff, the construction team and the Board sub-committees for their tireless commitment to this critical project. I am pleased that there has been minimal disruption and that the safety, dignity, and well being of those who rely on DRCC's services has been the central concern from beginning to end.

Throughout 2025, one thing is certain: more people needed our services than ever before. Through our Helpline and outreach service, people know that Dublin Rape Crisis Centre is where victims and survivors can get sensitive, victim-centred and compassionate support. As an organisation, what we are very clear about is that we have been providing support, counselling, advocacy, and information at record levels. This growing demand underscores both the necessity of our work and the trust placed in DRCC by our clients.

For example, calls to our National Helpline reached 23,955 – up almost 6% since 2024. We provided therapy to 838 clients, an increase of more than 31% since 2024. Responding to their needs requires flexibility, resilience, and a continued commitment to maintaining the highest standards of care — qualities demonstrated consistently by our staff and volunteers during the year.

Throughout 2025, the Board remained focused on strong governance, financial oversight, and strategic planning, particularly in light of our relocation and continued service pressures. Looking to the future, we will be steadfast in ensuring the delivery of our mission: supporting survivors, promoting awareness of our services, preventing sexual violence and advocating for a society rooted in dignity, equality, and justice.

We were honoured to receive The Bar of Ireland's prestigious Human Rights Award 2025 in recognition of our outstanding contribution to the field of human rights and acknowledging our transformative impact on the lives of sexual violence survivors.

During the course of 2025, the Minister for Justice announced his intention to legislate on the issue of counselling notes. Once the Criminal Law and Civil (Miscellaneous Provisions) Bill 2026 is passed, it will introduce additional protections for victim/survivors' counselling notes in sexual offence trials.

I am proud to say that DRCC was instrumental in achieving this change in the law through our continued advocacy and exposure of the systemic unfairness of the victim's journey through the legislative process. We will continue to advocate for change guided by our values of trust, respect, empowerment, and empathy.

In 2025, we also contributed to and welcomed the work of the Law Reform Commission, chaired by Mr. Justice Frank Clarke, on compensation for victims of crime. Throughout the year, the Commission signalled the need for substantial reform of Ireland's criminal injuries compensation system, including a more victim-centred and trauma-informed approach, broader recognition of psychological harm and consideration of compensation for pain and suffering. We also welcomed the Commission's continued emphasis on compensation as part of a broader victims' rights framework and looked forward to the detailed recommendations in its final report.

I wish to express my sincere appreciation to DRCC's CEO, our staff and our volunteers for their professionalism and dedication. I also thank my fellow Board members for their stewardship, our funders for their continued and vital support, and our partners for their collaboration and shared commitment to addressing sexual violence.

Anne Marie James
Chairperson

Message from Chief Executive Officer



Last year, 2025, was one of the most demanding and in many ways defining years in Dublin Rape Crisis Centre's history. Across our National Helpline, therapy and accompaniment services, demand reached levels we have not previously seen, making this one of the busiest years ever for the organisation, and for some services, the busiest on record.

The National Rape Crisis Helpline was under sustained pressure throughout the year, recording 23,955 contacts. This represented a 5.5% increase on 2024 and a 29% increase on 2023, underlining a clear and continuing upward trend in people seeking support. Almost half of all contacts came from repeat callers, reflecting the ongoing and complex nature of trauma recovery, while over 7,300 people contacted us for the first time. I'm always mindful of the enormous courage it takes before picking up the phone for the first time and how it takes some people a number of efforts before finding the words to say what happened to them out loud. The Helpline remained a lifeline at all hours for people dealing with the aftermath of rape, sexual assault and childhood sexual abuse, and last year our telephone counsellors dealt with deep additional complexities caused by intense mental health distress, homelessness and isolation.

Alongside rising calls to the National Helpline, our therapy service experienced unprecedented demand. In 2025, we supported 838 therapy clients, a 31.5% increase on 2024 and a rise of almost 70% over two years. Our therapists delivered almost 7,300 therapy appointments, a significant increase from 5,916 in 2024. Our therapy clients have experienced both recent and historic trauma, and many have experienced multiple and compounding forms of violence, particularly physical and psychological harm. It is in our therapy department that we have observed the greatest increase in demand over the last number of years, which reflects not only the scale of unmet need that exists across the country, but also the extraordinary commitment of our therapy team, who continued to provide high-quality, trauma-informed care under intense pressure.

Demand for our accompaniment service also rose sharply. In 2025, we provided over 1,250 accompaniments across Sexual Assault Treatment Unit (SATU), Garda and court settings. Accompaniment at the SATU in the Rotunda Hospital increased by 34% compared with 2024, making this a demanding year for our team. Behind each of these figures is a person facing some of the most intimidating moments of their lives, and our accompaniment team's presence ensured that no one had to navigate medical or justice processes alone.

Taken together, these figures tell a clear story: 2025 was an exceptionally busy year for the frontline teams at Dublin Rape Crisis Centre, with record or near-record demand across our core services. These data also speak to a wider social reality, where sexual violence remains pervasive and where survivors continue to face significant barriers to safety, recovery and justice. While increased contact with services like ours can indicate growing confidence in support pathways, it also reflects the reality that sexual violence remains deeply embedded, prevalent and enduring across Irish society.

Data from the Central Statistics Office (CSO) published in 2023 tells us that only 1 in 2 people affected by sexual violence will ever tell another person. It also reveals that rape myths and victim-blaming are central and common reasons why people don't come forward and disclose what happened to them. We delved further into this with our own research in 2025 and discovered that on the one hand, there was growing societal recognition of sexual violence, reflected in improved public awareness, increased media coverage and greater willingness among survivors to disclose experiences and seek help. On the other hand, many harmful rape myths and victim-blaming attitudes persisted, particularly among younger men, underscoring the need for continued prevention and education efforts. For instance, 1 in 5 people think that false rape accusations occur 'a lot', 1 in 10 people would actively disbelieve someone who said they had been sexually assaulted but didn't get a guilty verdict in court and 1 in 8 would be sceptical about a survivor who had been drinking or taking drugs.

We believe that DRCC has an important role in challenging attitudes that discourage people from seeking help, while at the same time sending a compassionate and positive message to those who have never got support, encouraging them to contact the National Helpline when they are ready to talk. We did this throughout all our communications in 2025, particularly as part of the Signs of Hope national public awareness campaign. Signs of Hope centres the voices of survivors, using short, handwritten messages of reassurance and solidarity displayed on billboards, digital screens, radio and online platforms. The campaign explicitly challenges silence, shame and self-blame, emphasising that support is available whenever someone feels ready to reach out. We were grateful that towards the end of 2025 we were awarded a Silver Effie for this groundbreaking campaign and we are sincerely indebted to the survivors who wrote messages of solidarity to the community of survivors who are carrying the burden of sexual violence alone.

In July, we extended Signs of Hope to Lights of Hope. We hope this will become an annual solidarity and awareness campaign that uses symbolic illumination of public buildings and landmarks in purple to honour survivors of sexual violence and to make visible the scale and impact of harm in Irish society. The campaign took place toward the end of the court term, a period that can be particularly difficult for survivors involved in legal proceedings.

From a policy perspective, 2025 was a year of incremental progress against a backdrop of rising need. Commitments in the Programme for Government and ongoing implementation of the Third National Strategy on Domestic, Sexual and Gender-Based Violence signalled political recognition of the scale of the problem and the importance of specialist services. Proposed reforms relating to counselling notes, consent law and court processes were welcomed by DRCC as essential steps toward reducing re-traumatisation and improving access to

justice. However, the details of some of these reforms are still unfolding and their full impact had yet to be felt by survivors engaging with the system.

To centre sexual violence at the heart of policy-making, Dublin Rape Crisis Centre established the All-Party Parliamentary Group on Sexual Violence, a group of TDs and Senators who are committed to learning more about how they, as elected representatives, can accelerate progress towards the elimination of sexual violence in Ireland. We held two meetings in 2025, the first focused on reforming the ‘honest belief’ defence in rape trials and the second discussed online sexual violence.

Our mission in Dublin Rape Crisis Centre is as much about prevention as it is about healing. The epidemic of sexual violence will never be eliminated until the harm is stopped from ever occurring. Last year, against the backdrop of increased demand for our services, we focused on achieving real cultural change through our education and training programmes, including the national prevention campaign, We-Consent. Over 2025, our education team provided training sessions to 907 participants, among them almost 200 youth-focused programme participants, and with tailored and general programmes offering practical and trauma-aware instruction on issues like awareness and disclosure of sexual violence, supporting survivors in the international protection system, and working with victims of childhood sexual abuse.

Our We-Consent team delivered consent workshops to a further 900 participants, raising awareness about the meaning and practice of consent among people of all ages, genders and backgrounds. We-Consent’s annual research revealed that people in Ireland are more aware of consent concepts, with 90% agreeing that people have the right to change their mind at any point in a sexual encounter – this is up 2% on 2024, although other findings indicated we still have much work to do.

With such an increase in demand for our support over the years, our team has grown beyond the capacity for our building on Leeson Street and had to make the difficult decision to move. Thanks to the incredible support of our donors, we spent much of 2025 renovating a building on Ormond Quay so that we can offer our staff a professional and collaborative space to work, and our clients a bespoke space to heal and get support. Moving from the building that has been home to Dublin Rape Crisis Centre for 38 years signals a new chapter for our organisation and we are looking forward to all the opportunities a new space gives us.

Finally, I am profoundly grateful to work with the Board, staff and volunteers, whose professionalism, compassion and resilience made it possible to meet the level of demand we saw in 2025. I also want to thank our funders, partners and supporters, whose commitment enabled us to respond with compassion and kindness, even as pressures on our services increased. Public support for our work is growing every year and we were immensely grateful to all those who fundraised in the name of Dublin Rape Crisis Centre in 2025, including those who attended

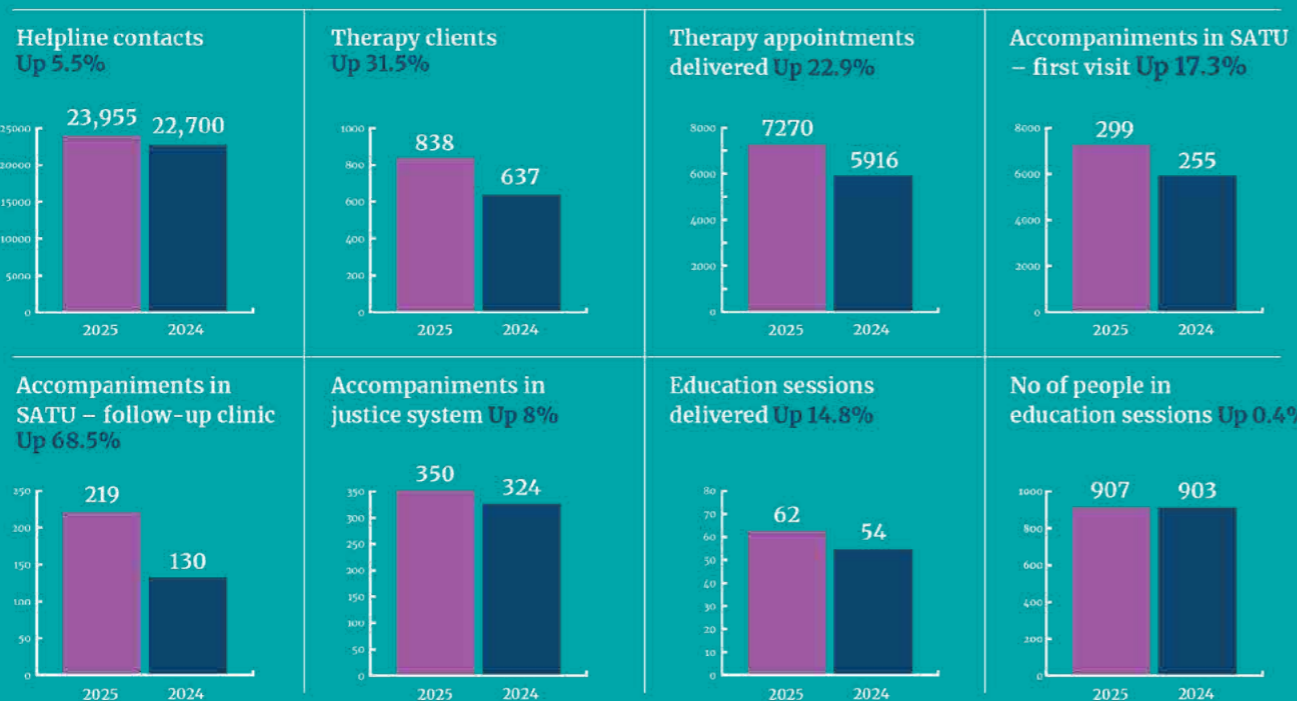
events such as the Corporate Quiz with Pat Kenny, the Golf Classic in the Castle Golf Club Rathfarnham, WomanKind Lunch and Fashion Show organised by Pluto Communications and the Countdown to Christmas Lunch in the Conrad Hotel. We simply couldn't do what we do without this support. Most importantly, I want to acknowledge the courage of every person who reached out to us in 2025, while recognising that there are many more survivors who are still carrying the trauma of sexual violence alone.

As we look to the year ahead, I'm confident that Dublin Rape Crisis Centre will continue to strengthen its work and be there for the thousands of people who need our support. Our focus in 2026 will remain on expanding services, driving national cultural change, and shaping policy.

I really do believe that a better future is possible and I know that the Dublin Rape Crisis Centre team won't give up until it is a reality.

Rachel Morrogh
Chief Executive Officer

Percentage increase/decrease



Strategic goals

1

High-quality protection

High-quality protection, through timely services and supports focused on supporting recovery, building resilience and attaining justice for those harmed by rape and other forms of sexual violence

- Build on the provision of quality frontline services for victims/survivors of sexual violence
- Work to enhance the services provided
- Work to ensure services are accessible to all victims/survivors

2

Effective prevention

Effective prevention, informed by the lived experiences of victims/survivors of sexual violence (through advocacy, education, as well as legal, policy and research work)

- Record evidence of sexual violence in society
- Promote know-how by providing awareness, education and training for professionals and others
- Lead, inspire and influence.

3

A sustainable organisation

A sustainable organisation, which effectively manages risk and proactively supports its people towards excellence in meeting the needs of victims/survivors

- Resourcing the work
- Minding our people
- Encouraging excellence in communications

Goal One

High-quality protection, through timely services and supports focused on supporting recovery, building resilience and attaining justice for those harmed by rape and other forms of sexual violence



Build on the provision of quality frontline services for victims/survivors of sexual violence

Freephone 24-hour National Rape Crisis Helpline

The freephone 24-hour National Rape Crisis Helpline 1800 77 8888, operated by the Dublin Rape Crisis Centre, offers free and confidential listening and support to adult victims/survivors of sexual violence. Trained telephone support staff and volunteers are available 24 hours a day, 365 days a year, to provide non-judgemental support to anyone affected by sexual violence. The line can also support families and friends of victims and survivors as well as those who work or volunteer with victims/survivors.

23,955

total Rape Crisis Helpline contacts



Contacts

7,352
first-time

11,623
repeat

4,980
unknown



In addition to the freephone 24-hour National Rape Crisis Helpline, Dublin Rape Crisis Centre provides some other specialist services for those seeking crisis help (note: these services are not open 24 hours and are closed on public holidays), including:

- a text service at 086 823 8443 for those who are Deaf or hard of hearing, operating Monday to Friday from 8am to 6.30pm
- a Webchat Support Service on our website drcc.ie, open Monday to Friday from 10am to 5pm and Tuesday and Wednesday from midnight to 3am, and
- a live Helpline interpreting service for those who do not speak English, operating Monday to Friday from 8am to 6.30pm and midnight to 8am daily.

National Rape Crisis Helpline contacts in 2025

Table 1: Contacts with the 24-hour National Rape Crisis Helpline by form/frequency

Breakdown of contacts by form/frequency	Number
<i>Helpline counsellors responded to:</i>	
Calls	20,895
Emails	1,818
Webchats	727
Text messages	452
Social media	21
Other	42
Total	23,955
<i>Frequency</i>	
First-time contacts	7,352
Repeat contacts	11,623
Unknown	4,980
Total	23,955

Table 2: Breakdown of contacts by type

Type of contact	Number
Counselling support	8,794
Therapy-related support	7,255
Information	3,421
Hang-up	3,542
Hoax	283
Silent	266
Abusive	394
Total	23,955

Table 3: Breakdown of contacts by type of abuse reported

Type of abuse	Number of contacts	% of contacts
Adult rape	8,365	34.9%
Child sexual abuse	5,076	21.3%
Adult sexual assault	3,440	14.4%
Unspecified abuse	2,119	8.8%
Sexual harassment	418	1.7%
Unknown	4,537	18.9%

In 2025, the 24-hour National Rape Crisis Helpline received 23,955 contacts (see Table 1), up 5.5% from 22,700 contacts in 2024, and up 29% from 18,562 contacts in 2023. Almost one-half of all contacts (11,623, or 48.5% of the total) were known to be from repeat callers, while some 7,352 (30.7%) were first-time contacts.

The largest number of contacts related to rape as an adult (34.9%), followed by child sexual abuse (CSA) (21.3%) and sexual assault as an adult (14.4%) (see Table 3). Sexual harassment was cited by 1.7% of callers. Most contacts were for support via telephone counselling, followed by support related to therapy and requests for information (Table 2).

Gender and age of contacts

Most individuals contacting the 24-hour National Rape Crisis Helpline in 2025 were female (70.2%), while 11.7% were male and 0.4% identified as “Other” (see Table 4). Gender was not disclosed by 17.7% of contacts.

The largest group of contacts by age, at about 1 in 5 contacts (20.4%), were those aged under 30 years (see Table 5). This was followed by callers aged 30–39 years (12.8%), those aged 50–59 years (11.6%) and those aged 40–49 years (11.4%). Some 5.1% of people contacting the National Rape Crisis Helpline were aged over 60 years. These proportions have remained broadly stable over a number of years.

Table 4: Gender of contacts

Gender	Number of contacts	% of contacts
Female	16,802	70.2%
Male	2,810	11.7%
Other	102	0.4%
Unknown	4,241	17.7%

Table 5: Breakdown of contacts by age

Age cohort	Number of contacts	% of contacts
Aged under 16 years	129	0.5%
Aged 16–17 years	335	1.4%
Aged 18–23 years	1,886	7.9%
Aged 24–29 years	2,537	10.6%
Aged 30–39 years	3,078	12.8%
Aged 40–49 years	2,726	11.4%
Aged 50–59 years	2,786	11.6%
Aged 60 years and over	1,217	5.1%
Unknown	9,261	38.7%

Location and origin of contacts

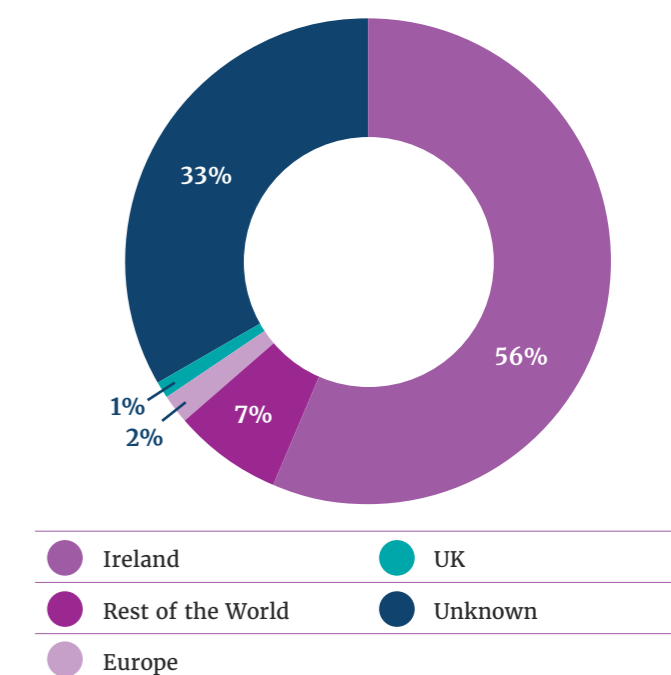
Just over 4 in 10 (41.7%) contacts to the 24-hour National Rape Crisis Helpline in 2025 were located in Dublin, and a little under 2 in 10 (18.1%) were calling from outside Dublin (see Table 6). Approximately 0.3% were located outside of Ireland, and 39.9% were contacting the line from an unknown location.

The vast majority of contacts hailed from Ireland (56%), with 2% from wider Europe, 1% from the United Kingdom (UK) and 7% from countries outside of Europe (see Figure 1). One-third of contacts did not indicate their origin.

Table 6: Breakdown of contacts by geographic location

Location of contact	Number of contacts	% of contacts
Dublin	9,984	41.7%
Elsewhere in Ireland	4,324	18.1%
Outside of Ireland	81	0.3%
Unknown	9,566	39.9%

Figure 1: Breakdown of contacts by origin



First-time contacts by month and onward referrals

The busiest month in 2025 for first-time contacts to the 24-hour National Rape Crisis Helpline was April, with 502 contacts (see Figure 2). The peak in calls during this month may be due to the number of high-profile court cases involving sexual violence at this time, as well as growing public discourse and awareness of the topic. There were also high numbers of contacts in July (449) and August (445), as well as in October (444) and November (428).

For some people contacting the National Rape Crisis Helpline, we offered further information or support beyond Dublin Rape Crisis Centre’s services (see Table 7). The largest groups of referrals were either to one of the other 15 rape crisis centres around Ireland (21%) or to other counselling services (15%). Some 13% of external referrals were to An Garda Síochána

or a specialised Garda service. Just under 1 in 10 referrals (8%) was to a Sexual Assault Treatment Unit (SATU). Among other referrals were to general practitioners (GPs) (6%), suicide prevention services (5%) or friends and relatives of the caller (4%). Some 3% of referrals each were made to Women’s Aid or other domestic violence services; mental health services; other medical services, One In Four; and legal services. About 2% of referrals were to CARI (Children at Risk in Ireland), and 1% of referrals each were to Tusla or child protection services, addiction services, homelessness services, and children and youth services. Some 4% of referrals were to our *Finding Your Way after Sexual Violence* guide at www.drcc.ie/fyw.

Figure 2: First-time National Rape Crisis Helpline contacts by month

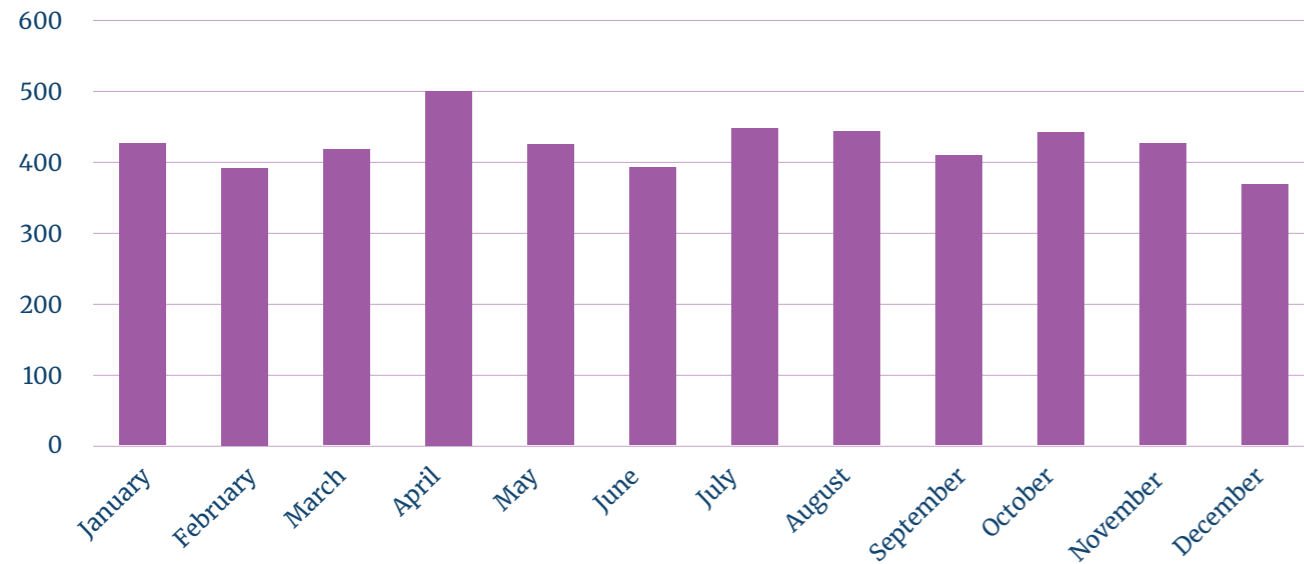


Table 7: Referral of contacts to other agencies and services

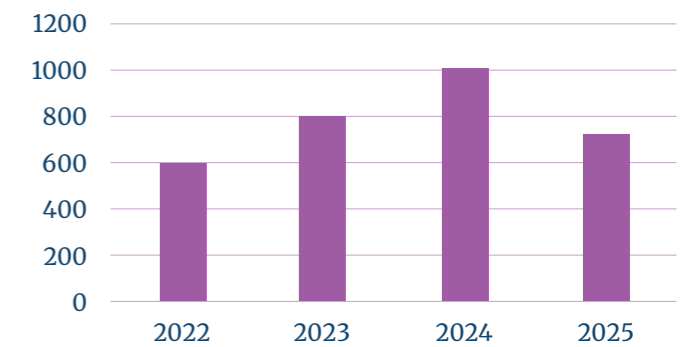
Agency	Percentage of referrals
Other rape crisis centre	21%
Other counselling service	15%
Gardaí/Garda National Protection Services Bureau/Garda Victim Service Office	13%
SATU	8%
GP	6%
Suicide prevention services	5%
Finding Your Way after Sexual Violence	4%
Friends/relatives	4%
Women’s Aid/Domestic violence services	3%
Other medical services	3%
Mental health services	3%
One In Four	3%
Legal services	3%
Other	3%
CARI	2%
Tusla/Child protection services	1%
Addiction services	1%
Homeless services	1%
Children and youth services	1%

These figures are based on the 3,494 contacts who were referred to other agencies and services.

Webchat support service

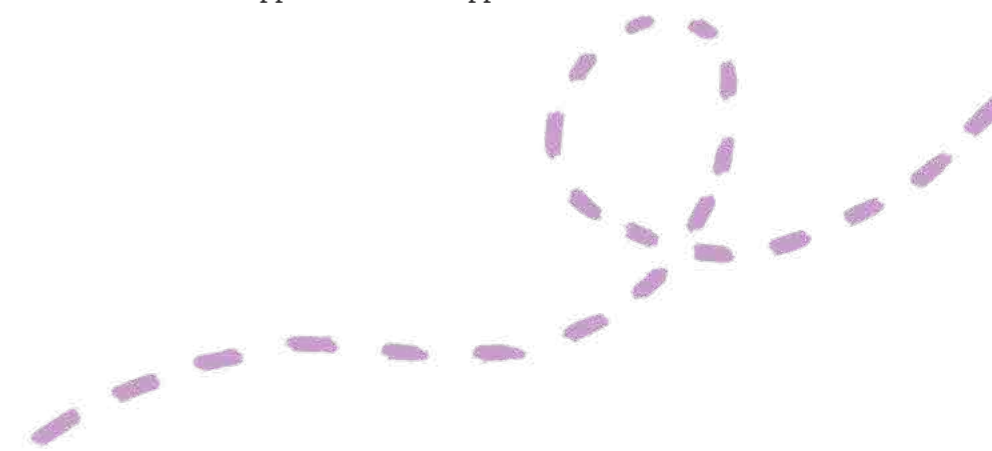
Our webchat support service provides a way for people to get support via online messaging, and it has continued to attract first-time contacts who otherwise may not have reached out to us. We received 727 webchats in 2025, a 28% decrease from 2024 when we had 1,013 webchats (see Figure 3). While webchat contacts overall are down, first-time contacts to this service are up by 21%, from 390 in 2024 to 474 in 2025. Webchat interactions in general are presenting with more complex issues, which require longer time spent in individual interactions and more acute emotional support. Sometimes a person may start with a webchat and then call the National Rape Crisis Helpline, and then possibly move on to a therapy engagement, thereby lessening their reliance on webchat support.

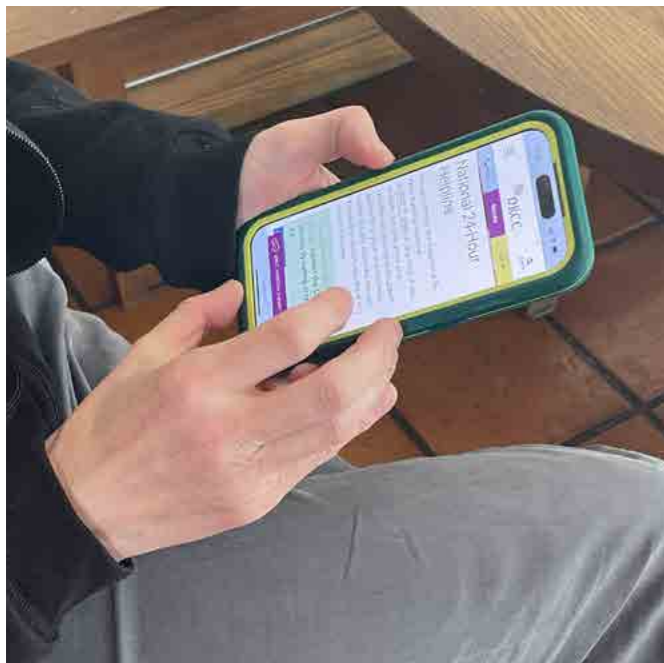
Figure 3: Number of webchats, 2022–2025



Our webchat support can be very helpful for those who prefer to type rather than talk, or where privacy issues make it difficult to have a telephone conversation. It is available Monday to Friday, 10am to 5pm, and also midnight to 3am on Tuesday and Wednesday.

In 2026, we will extend our service to include support via WhatsApp.





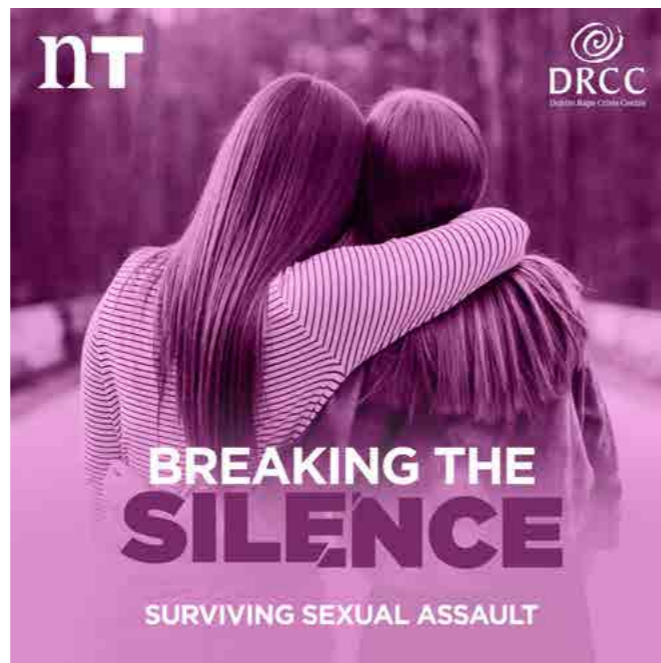
Dublin Rape Crisis Centre website

National Rape Crisis Helpline trends in 2025

Our National Rape Crisis Helpline team was consistently busy throughout 2025. Although the topics echoed what we have been hearing on the line for many years, some issues seemed to present themselves in new ways.

Mental health issues – some of them very complex, as well as self-harm, addiction and isolation – are still presenting significantly for our callers. In 2025, many people contacting the line expressed having suicidal thoughts, with 416 callers voicing suicidal ideation and 132 at immediate risk of suicide.

We also saw an increase in disclosures of cyberabuse, including image-based sexual abuse, with 119 callers victims of such, up 63% from 2024 when we had 73 contacts with this issue. Young adults and adolescents were heavily represented among these callers. We also had a considerable number of parents calling to learn how to support their young adult or adolescent children through the impact of sexual violence, which often occurred within relationships or at events.



Breaking the Silence podcast

In 2025, we received an increased number of contacts from people experiencing homelessness, with over 300 callers citing concerns involving homelessness, up from a little over 200 in 2024. People spoke about experiences in which they were forced to stay in their living conditions because they were unable to secure other accommodation, and some feared being made homeless should they speak up or act against housemates or live-in landlords who were sexually abusive.

Another common theme in 2025 included interactions with gardaí and the judicial system, where people at all stages in the reporting or courts process relied on us for both information and support. Although many people spoke about having compassionate and positive experiences with the gardaí assisting in their case, some callers felt unsupported or that they had had a negative experience with their Garda contact. Furthermore, many callers to the National Rape Crisis Helpline talked about feeling the burden of waiting for the Director of Public Prosecutions (DPP) to make a decision on their case, as well as the crushing disappointment if the DPP decided not to prosecute their case in court.

National Rape Crisis Helpline accreditation

In April 2025, the National Rape Crisis Helpline gained accreditation with the Helplines Partnership Standard for the third time. The Helplines Partnership gave us accreditation according to their nationally recognised quality standard following careful inspection across all aspects of the National Rape Crisis Helpline work. We have maintained this certification of best practice and quality assurance from the Helplines Partnership since 2018.



Looking ahead

In 2026, we look forward to rolling out a new development: the integration of WhatsApp as an additional communication platform for the National Rape Crisis Helpline. This initiative aims to enhance accessibility and support for survivors of sexual violence, allowing them to reach out for help in a more discreet and immediate manner. We hope it will remove barriers to seeking assistance, providing a safe space for individuals to connect with National Rape Crisis Helpline support workers and receive the vital support they need. Our commitment to evolving and adapting our services ensures that we meet the needs of those we serve, fostering a more inclusive environment for healing and empowerment.

Helpline feedback

- Many callers emphasised how grateful they were for the National Rape Crisis Helpline staying open over Christmas, thanking us for always staying open when so many places are closed and telling us how they were not sure how they would have coped if they had been unable to call.
- First-time callers expressed relief how, after not knowing what to expect, one call to the National Rape Crisis Helpline changed how they felt about themselves and their situation.
- We had many repeat callers, and it was always a comfort to hear how relieved they were when we told them to please call us back anytime, day or night.
- Many expressed feeling guilty for taking up our time, especially callers who were supporting a friend or family member: *“Are you sure it’s OK to call? Thank you so much, that’s such a relief.”*
- Several webchat contacts highlighted how useful it was to begin their journey with webchat, engaging with the National Rape Crisis Helpline and subsequently entering into therapy.
- There is nothing quite so isolating as being alone with your thoughts in the middle of the night, and callers frequently noted what a difference it made to have that space to call and be heard without judgment.
- Many callers had not previously realised the National Rape Crisis Helpline was available to contact outside of moments of crisis, and they were grateful that we provided a safe space for all those trying simply to live well, despite having experienced sexual violence. These callers told us how having that space for day-to-day support has literally saved their lives.



Therapy and counselling

Dublin Rape Crisis Centre provides therapy for adult survivors of all forms of sexual violence, including rape, sexual assault, sexual harassment and childhood sexual abuse. We also offer a counselling and therapy service for 16- and 17-year-olds, with the consent of their parent(s) or guardian(s).

Overview of therapy services in 2025

Note that the statistics in this section reflect the different experiences of clients who experienced sexual violence as adults and who were sexually abused as children, as well as overall figures for some datasets. Percentages given are generally of the total client cohort unless otherwise stated.

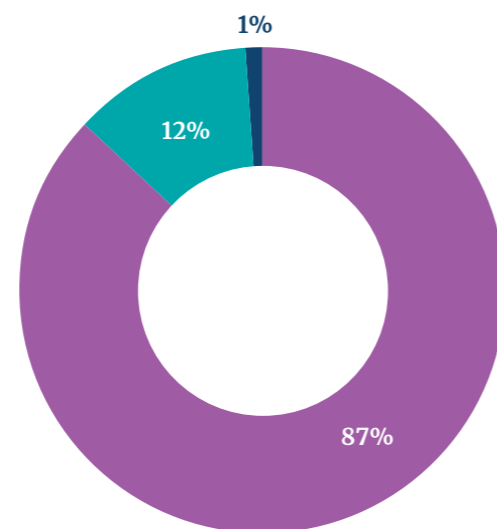
We provided therapy to 838 clients in 2025, an increase of 31.5% from 637 clients in 2024 and up 68.6% from the 497 clients seen in 2023. This continued growth in the number of people we support with therapy is thanks to the extremely hard work of our dedicated therapy team and successful staff recruitment drives. In 2025, 542 clients were new to the service, 65% of the total number of clients.

In addition to the substantial increase in the number of clients we supported, our therapy team delivered 7,270 therapy appointments to clients in 2025, an increase of just under 23% from 5,916 appointments in 2024. As we offered 9,823 therapy appointments overall during the year, the uptake rate was 74%. Of the 7,270 appointments delivered, 26% were for people who had experienced a rape or sexual assault within the previous 6 months, and 74% were for clients who had experienced past sexual violence as an adult or childhood sexual abuse.

Some 79.5% of clients in 2025 had experienced sexual violence as adults, while 32% had been abused as children. Some 15% of clients had experienced sexual violence both as an adult and in childhood.

Among our therapy clients in 2025, 19 (2%) disclosed that they had a disability.

Figure 4: Gender of therapy clients



- Female
- Male
- Other

Of therapy clients in 2025, most were female (87%), while 12% were male and 1% identified as “Other” (see Figure 4).

Table 8: Age of therapy clients

Client age cohort	Number	Percentage
Aged 16–17 years	18	2%
Aged 18–23 years	129	15%
Aged 24–29 years	185	22%
Aged 30–39 years	206	25%
Aged 40–49 years	151	18%
Aged 50–59 years	107	13%
Aged 60 years and over	42	5%

Adults of all ages attend Dublin Rape Crisis Centre for counselling and therapy, with a small number of adolescents aged 16–17 years also seeking support (see Table 8). In 2025, the largest age group was those aged under 30 years, at 39% of the total. The next largest was those aged 30–39 years who formed a quarter of our clients (25%), followed by those aged 24–29 years (22%), while 18% of clients were aged 40–49 years. One in 20 (5%) of our clients was aged 60 years or over.

Types of sexual violence

Among all our clients, rape was the most frequently cited form of sexual violence, at 57% of clients (see Table 9). One in 20 of our therapy clients had been raped by an intimate partner or spouse, and a further 4% disclosed drug-facilitated rape. More than 1 in 4 clients (27%) had experienced sexual assault, and 2% cited aggravated sexual assault that involved additional violence, humiliation or degradation. Sexual harassment was disclosed by 2% of clients, and a further 2% disclosed image-based sexual abuse or cyberabuse. Ten of our clients (1%) had experienced rape or assault by multiple assailants, and eight had been subjected to voyeurism.

Almost one-third of our clients (32%) in 2025 had been abused as children (see Table 10), and 2% had been groomed as children or young persons.

Table 9: Sexual violence experienced by clients as adults*

Type of abuse	Number of clients	% of clients
Rape	471	57%
Sexual assault	221	27%
Marital rape	44	5%
Suspected drug-facilitated rape	35	4%
Sexual harassment	19	2%
Aggravated sexual assault	18	2%
Image-based sexual abuse/cyberabuse	15	2%
Multiple assailant rape/assault	10	1%
Voyeurism	8	1%
Other	5	0.5%

Table 10: Abuse experienced by clients as children*

Type of abuse	Number of clients	% of clients
CSA	264	32%
Grooming	20	2%

**These tables both refer to the information shared by 826 of our therapy clients; 12 further clients had not yet shared this information as of the end of 2025. Some clients experienced multiple types of sexual violence, resulting in the total numbers and percentages across these tables exceeding 100% of the total client number.*

New clients in 2025 Incidents of sexual and other forms of violence

The 532 clients who began therapy with Dublin Rape Crisis Centre in 2025 who disclosed sexual violence information (out of the total 542 new clients) cited 616 incidents of sexual violence, with some of them having been subjected to multiple forms of violence.

A total of 232 of these new clients (43.6%) had experienced other forms of violence in addition to sexual violence (see Table 11).

Table 11: Percentage of new clients in 2025 affected by other forms of violence

Primary incident category	% with additional violence	Number with additional violence
Sexual violence as adult	45.7%	187 (out of 409)
CSA	30%	45 (out of 150)
Total	43.6%	232 (out of 532)

For clients who had experienced sexual violence as adults and who had experienced additional forms of violence, almost one-half (46%) had been subjected to physical abuse, followed by coercive control at 36% and psychological abuse at 31% (see Table 12). Harassment or intimidation was disclosed by 27% of these clients, while 16% said they had undergone threats or even attempts to kill them. A total of 13% of clients who had experienced additional violence had been spiked, 7% had experienced abduction and 6% had experienced strangulation. Some 4% had been stalked and 1% had been trafficked, with an additional 1% having been subjected to female genital mutilation.

Table 12: Adult victims/survivors of sexual violence – percentage experiencing other forms of violence

Types of violence experienced as adults	% of clients
Physical abuse	46%
Coercive control	36%
Psychological abuse	31%
Harassment/Intimidation	27%
Threat or attempt to kill	16%
Spiking	13%
Abduction	7%
Strangulation	6%
Weapon used	4%
Stalking	4%
Female genital mutilation	1%
Trafficking	1%
Other	4%

For clients abused as children who had suffered other forms of violence, most disclosed undergoing physical abuse (9%), while 7% suffered psychological abuse and a further 7% had experienced coercive control (see Table 13). Some 6% had been harassed or intimidated, and 3% had had their lives threatened as child victims of sexual abuse.

Table 13: Childhood abuse victims/survivors – percentage who experienced other forms of violence

Types of violence experienced as children	% of clients
Physical abuse	9%
Psychological abuse	7%
Coercive control	7%
Harassment/Intimidation	6%
Threat to kill them	3%



Digital pedestal advertising Finding Your Way guide

Relationship between victim and offender

As in other years, most of our new clients in 2025 knew the person who raped or assaulted them (see Table 14). Among those experiencing sexual violence as adults, almost 8 in 10 incidents were by a known person (78%), whereas the rate was higher for survivors of childhood sexual abuse at more than 9 in 10 (92.5%). For those victimised as adults, nearly 3 in 10 (28.8%) incidents of sexual violence took place inside an intimate relationship. One-third of incidents (33.6%) involved rape or assault by someone they knew outside their family or relationship. Just over 1 in 20 incidents (5.9%) was perpetrated by a person in a position of authority.

Among victims and survivors of childhood sexual abuse, 6 in 10 (60.8%) incidents were perpetrated by a family member, whereas almost 1 in 20 (4.9%) was by a person in a position of authority over them. A further 1 in 20 (5.7%) involved sexual violence inside an intimate relationship, and more than one-quarter of incidents (26.8%) involved abuse by someone they knew outside their family or relationship.

Table 14: Relationship between victim and offender by adult and child abuse incidence

Relationship between victim and offender	Childhood sexual violence incidents – percentage	Adult sexual violence incidents – percentage
Parent	12.8%	2.7%
Sibling	9.8%	1.1%
Partner/Spouse	5.7%	28.8%
Other relative	32.5%	5.9%
Other known person	26.8%	33.6%
Person in authority	4.9%	5.9%
Stranger	6.4%	23.2%
Other	0.0%	0.2%
Undisclosed	1.1%	2.9%
Unknown	8.3%	8.0%

Please note that clients may have experienced abuse by more than one perpetrator.

Pregnancy

In 2025, new female clients disclosed 22 pregnancies as a result of rape, with outcomes including miscarriage, termination, adoption/ fostering and parenting.

Reporting to gardaí

Some 171 of our 532 new clients in 2025 had reported the crimes against them to gardaí (either in 2025 or previous years), a reporting rate of 32%, compared with 27% in 2024.

Outcome information was known for 131 of the 171 cases reported to gardaí (see Table 15). Most cases (90) remained under investigation. Of the 12 cases that went to trial, 5 resulted in acquittals and 7 in convictions. A total of 14 cases were dropped by the DPP and 15 by clients.

Table 15: Case outcomes among new clients in 2025 who reported to An Garda Síochána

Outcome of case	Number of cases
Under Garda investigation	90
Dropped by DPP	14
Dropped by client	15
Trial outcome known	12
Trial outcome not disclosed	40

Trends in therapy and counselling in 2025

While many of the issues we observed among our therapy and counselling clients mirror those from previous years, there were a few notable trends in 2025. We saw more clients being referred to Dublin Rape Crisis Centre from domestic violence services, with many having experienced coercive control inside a relationship.

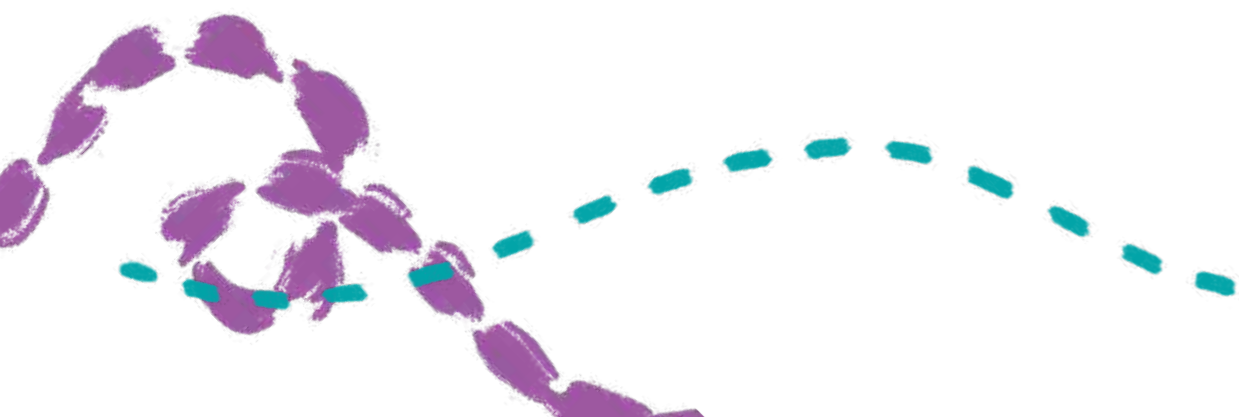
Some clients have complex psychiatric diagnoses. Others may not yet have a diagnosis but are presenting with symptoms of same. Some, while lacking a firm diagnosis, indicate that they assume they have a condition.

While the number of clients reporting crimes to gardaí remains quite high at around 32%, anecdotally, our therapists noted concerns among clients about reporting. Many mentioned being afraid of the possible use of their private therapy counselling notes in trials, which effectively acted as a deterrent to them seeking justice.

We saw more clients from the international protection system, which required a more frequent use of interpreter services. We also saw unaccompanied minors who had come to Ireland through the international protection system, and who had been subjected to sexual violence.

Training: As part of our ongoing professional development, our therapy team undertook a number of training courses and workshops in 2025, including intercultural awareness, mindfulness, suicide intervention skills and ongoing trauma-informed practice training for all new recruits. The therapy team also availed of a 1-day workshop on vicarious trauma and compassion fatigue, followed by a 2-day trauma toolkit workshop. These sessions further strengthened the team’s capacity to support clients while maintaining practitioner well-being.

Group therapy: Towards the end of 2025, final preparations were in place to offer group therapy. This is an integrative, process-oriented therapy involving psychoeducation, art therapy, meditation and mindfulness practices, as well as experiential exercises like role-play and guided imagery.



Looking ahead

In 2026, as we continue to grow and respond to increasing demand, our focus remains on delivering high-quality, compassionate care to survivors of sexual violence. We will prioritise the following key developments:

- delivery of structured group therapy programmes in order to expand the range of supports available to clients
- systematic collection and analysis of client feedback in order to inform continuous improvements, ensuring our services remain responsive, effective and centred on client needs
- continuation of our targeted recruitment drive in order to ensure sufficient capacity across our therapy service, and
- enhancement of our customer relationship management (CRM) system in order to strengthen service coordination and improve our client experience.

Through these initiatives, we aim to reduce wait times and broaden access to therapy services. Our central aim is to ensure that every individual who seeks our support receives care that is timely, effective and delivered with compassion.

Therapy feedback

“My entire experience was positive. Some sessions were more difficult than others, but having that support to work through it was amazing.”

“I cannot be more grateful for the support I received during this process. I faced my worst fear with so much grace and will to move forward.”

“Over the sessions I gained knowledge and understanding in relation to my emotions and how they interact with my thoughts, feelings and my physical body. I also learned how to become more aware of my emotions, particularly in relation to my ‘triggers’ and learned some very useful coping mechanisms.”

Accompaniment support

Should they choose to do so, victims and survivors of sexual violence must be able to seek justice for the crimes committed against them as well as healing. However, it can be daunting to engage with the justice system alone. In addition, someone who has just experienced sexual violence may be reluctant or not know how to seek appropriate medical attention.

Dublin Rape Crisis Centre provides a specialised support service to assist people as they access and navigate these various systems. Our accompaniment support staff and volunteers are available 24 hours a day for victims and survivors of rape and sexual assault who attend the Sexual Assault Treatment Unit (SATU) at the Rotunda Hospital Dublin, as well as their family and friends attending with them. The team also supports those who report sexual violence to An Garda Síochána or another authority, and/or who attend court or other proceedings in relation to sexual violence, again also offering support to their family and friends in this process.

SATU accompaniment: The SATU at the Rotunda Hospital Dublin is available to anyone needing medical/forensic care after experiencing sexual assault or rape. This Dublin unit and five other SATUs around Ireland offer a free service, available day and night, with a seventh unit in Limerick available through local gardaí.

The accompaniment team from Dublin Rape Crisis Centre is on hand to offer emotional support to those who attend the SATU at the Rotunda Hospital Dublin, whether they are alone, with supporters or with garda assistance. Dublin Rape Crisis Centre is represented on the national SATU Implementation Project Team.

Many victims and survivors who are thinking about reporting a past or recent sexual offence – or who have already taken that step – will have questions and concerns about it. For those attending a trial or hearing, our accompaniment service can offer support, information and accompaniment. Our team members can answer specific questions, explain unfamiliar language and structures and help navigate what can be a complex criminal legal process. We regularly offer a court familiarisation service to those with impending court dates, where we bring them to the Criminal Courts of Justice to see the courtroom and the victim support unit.

We provide support to victims and survivors who are writing their victim impact statements or considering waiving their anonymity. We also support victims of workplace sexual harassment to access information around their legal options.



350
support sessions
delivered in the
justice system



242
friends and family
supported attending
court



Overview of accompaniment services in 2025

Our accompaniment team was privileged to carry out a total of 868 accompaniments for victims and survivors of sexual violence in 2025, as well as a further 388 accompaniments for supporters and family members, across all settings.

SATU accompaniment: Over the course of 2025, we carried out 518 accompaniments with victims and survivors at the SATU in the Rotunda Hospital Dublin, up 34% from 385 in the previous year. This figure encompasses support in two different ways:

- We provided support for 299 victims and survivors at their first visit to the Rotunda Hospital SATU, an increase of 17% from 255 in 2024. Some 88% of the total number of people attending the Rotunda SATU availed of this psychological and emotional support.
- We engaged with 219 victims and survivors at the SATU’s follow-up clinic, where we are present 3 days a week offering support to people who were not in a position to engage with us at their first visit.

In addition, we provided emotional support to 146 friends, family members and other supporters of victims and survivors who visited the SATU, who generally found this information and guidance very helpful. This was almost the same number as the 145 we supported in 2024.

Justice system accompaniment: In 2025, our accompaniment team provided support and information to 108 individuals across all points of the justice system, including reporting criminal offences to An Garda Síochána and attending trials. Between them, these 108 individuals had 350 support sessions throughout 2025. Some needed accompaniment only once, while others required repeated accompaniment support for weeks in advance of a court hearing, as well as at the trial itself.

We revised our reporting system for accompaniment work during 2025 and thus cannot compare data directly with previous years. Much of our court support work takes place at the Criminal Courts of Justice, but our team is also available to support victims and survivors at the family courts, civil courts, the International Protection Office and the International Protection Appeals Tribunal. We are available to accompany victims and survivors of any form of sexual violence to wherever they need to attend. In 2025, most of our accompaniment clients were women (86.5%), with 10.5% men and 3% identifying as other. We also supported 242 friends and family members of survivors attending court in 2025.

Looking ahead

The accompaniment team continues to provide physical, practical and emotional supports to victims/survivors throughout the court systems, the reporting process to An Garda Síochána and also within the SATU at the Rotunda Hospital Dublin.

We envisage that in 2026 this team will continue to provide these vital supports and collaboratively work alongside our stakeholders to further strengthen pathways and relationships in every effort to achieve best practice so as to benefit all service users.

299



victims and survivors supported at first SATU visit, up 17% on 2024

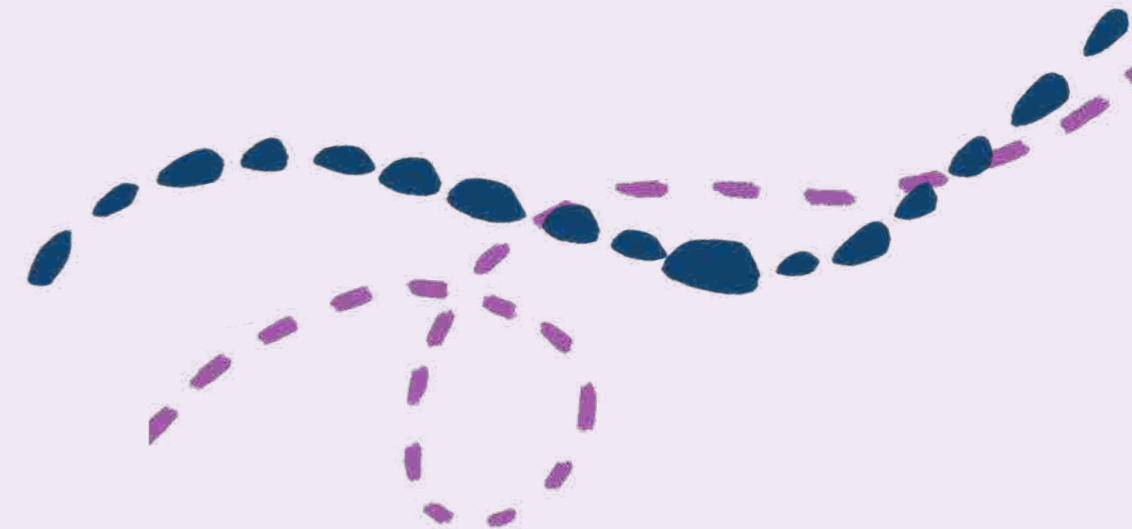
Client feedback on reporting accompaniment:

“[Accompaniment support staff] was so gentle and explained what was going to happen, etc. I spoke with [name] also on the phone, she was so empathetic and gentle.”

“I felt if I hadn’t had the support I could not have dealt with the gardaí, the person was very helpful and understanding of the issues that I had, and it was so much easier to know that someone was there to support me.”

“I feel that the people in your service deserve more than a medal and the million thanks they get, they have no idea how wonderful they are, if they disappeared tomorrow the system would collapse.”

“Just keep doing it, without the support we would have less reports of abuse, I wish I had known that they were there sooner.”

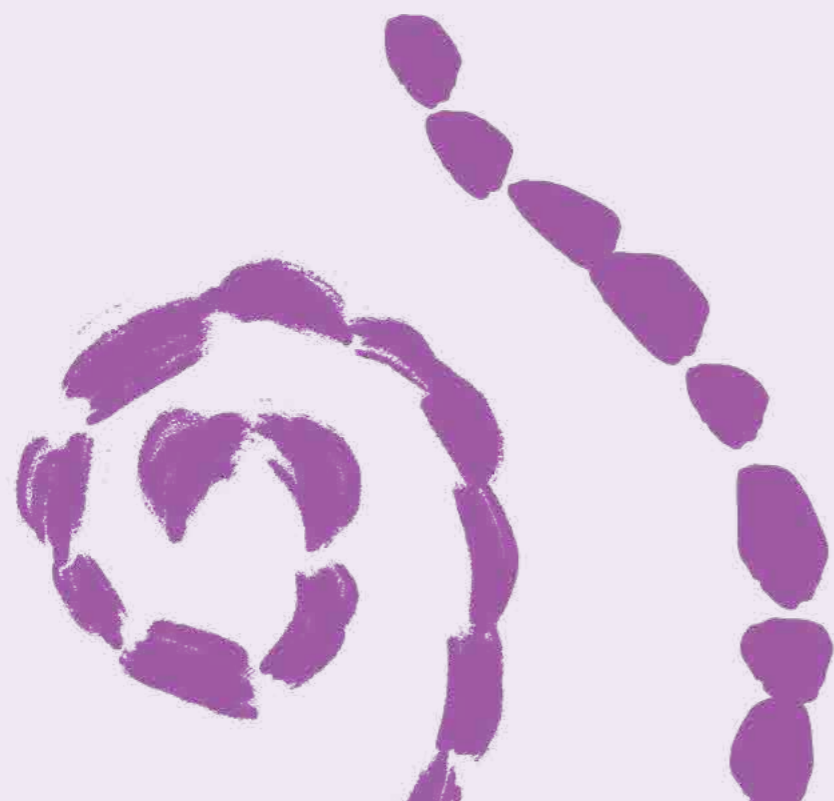


Client feedback on reporting accompaniment

“Where do I start? The feeling of being guided through the courts, where to go? Where to sit, what to expect! All handled by [accompaniment support staff]. How can I ever repay them? They kept my feet on the ground. They spoke when I couldn’t speak. They held me up. They were on my side. Words can’t describe the emotional support their presence alone gave me. I am eternally grateful. Not all angels have wings.”

“[Accompaniment support staff] was the best support and comfort, and having her by my side was essential for helping [me] cope.”

“[Accompaniment support staff], they were all [the] time with me in court. And they always motivated... me and support[ed] me. I’m very very thankful to [them].”



Court accompaniment & counselling client testimony

Our mother was the youngest of six children – five girls and one boy – raised on a working farm. She looked up to her siblings and shared a close bond with her father during her childhood, which she would often describe as “typically normal” until her teenage years.

From around her First Communion, what she initially experienced as special attention from her older brother became abuse – something she did not, at the time, understand to be wrong or uncommon.

Throughout our upbringing, our mother spoke openly and age appropriately with us about the abuse. The impact of what she had endured was profound. It led her to self-blame, isolation, and a deep difficulty with trust. She felt silenced and longed for acknowledgment from the perpetrator so that her family would know the truth. It was never about a prison sentence for our mam, it was mainly about the truth prevailing and acknowledgement of what occurred. As her children, it brought us immense sadness to witness this.

This began to change when she decided to report her experience to An Garda Síochána, where she was met with professionalism, dignity, and empathy. With this, along with counselling, she was finally heard.

When she became seriously ill, Dublin Rape Crisis Centre extended vital support to our family, ensuring that her voice continued to be represented. They provided us with an incredible counsellor and also amazing court accompaniment. Their care gave us the strength to stand together in court, and supported me in the great honour of reading my mother’s victim impact statement on her behalf – so that her voice could still be heard.

We are deeply grateful for their compassion, guidance, and unwavering support. While justice cannot undo the past, it affirms the truth of what happened – and, we hope, offers strength and encouragement to others.

– Olivia



Training: As we do every year, in 2025 we ran accompaniment training for our staff, Board and volunteers, including visits to the courts for familiarisation and also advanced training in the Criminal Courts of Justice for our court accompaniment support staff.

Outreach: Our accompaniment team engaged with 16 external organisations, including the National Women’s Council of Ireland, AkiDWA – Network of Migrant Women, International Protection Accommodation Services, Depaul Ireland and the Muslim Sisters of Éire. Our accompaniment manager also visited a number of garda stations to explain and unpack how our accompaniment services can support survivors and offer wider information on our work.

In addition, the team provided 35 interventions to therapy clients between August and December 2025 on a variety of issues, including homelessness, housing, international protection and social welfare.

Work to enhance the services provided

Regular and relevant staff training

Dublin Rape Crisis Centre staff carry out challenging and diverse work, so it is crucial we ensure access to regular training and upskilling, which include the following:

- Given the sensitive nature of our work, staff complete the “An Introduction to Children First” training module, the “Safeguarding Adults Designated Officer Training” programme and mandatory reporting training as appropriate.
- Throughout 2025, we organised regular in-house Lunch & Learn sessions, open to staff and volunteers, where we invited speakers to cover topics such as supporting autistic people; supporting gay, bisexual and other men who have sex with men (GBMSM); and complexities in consensual sex.

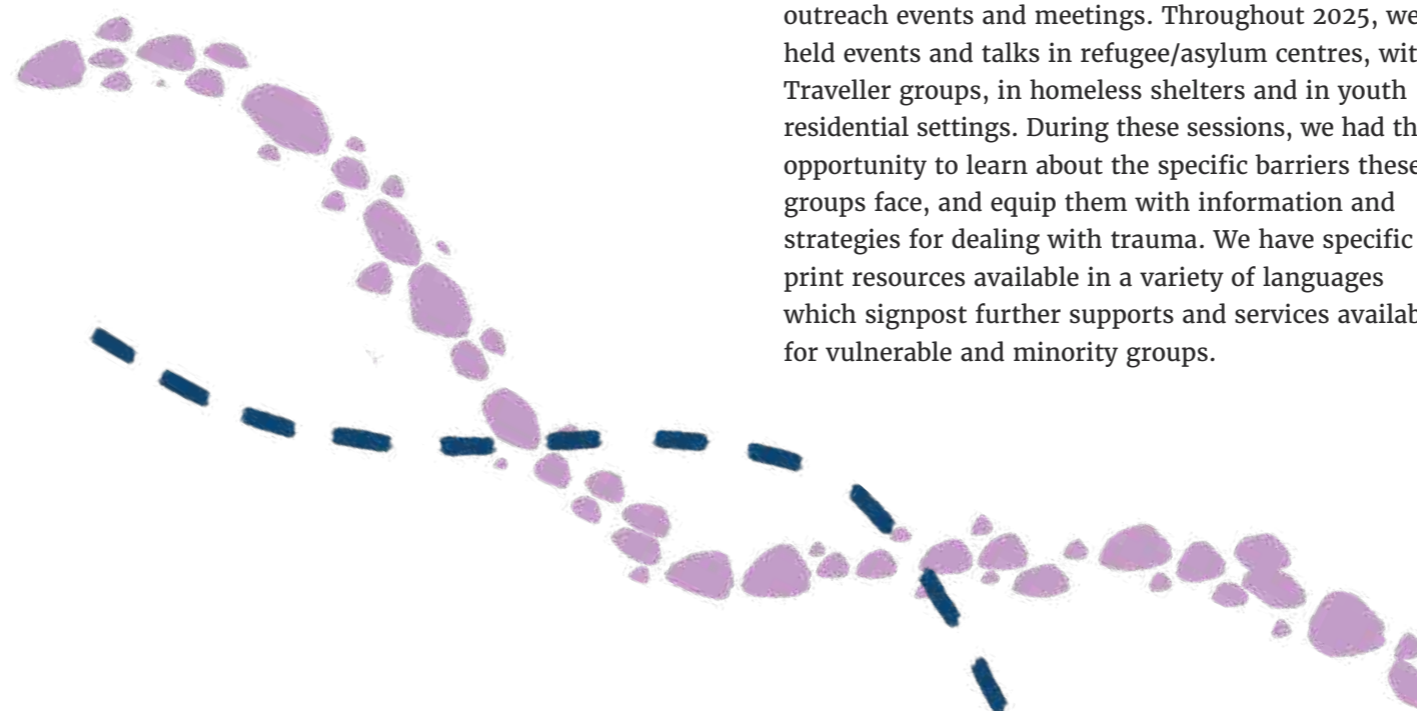
- All staff and volunteers have received training on data protection, and we were again fortunate to benefit from data protection training hosted by Arthur Cox LLP.
- We offered training on working with interpreters to our therapy and National Rape Crisis Helpline teams, and we organised visits to the courts and the Rotunda Hospital SATU for staff and volunteers.

Volunteer mentoring

Our volunteers benefited from one-on-one mentoring from our 24-hour National Rape Crisis Helpline team members, which they found highly useful in developing their support skills. Volunteers consistently described the Helpline team’s support as excellent and deeply reassuring, highlighting how their mentors were approachable and provided valuable insights, boosted their confidence and created a safe space to discuss their shifts and personal worries.

Monitoring and evaluation of service quality and effectiveness

Throughout the year, we collected information from across our teams providing services, which was reviewed regularly by the Chief Executive and Board.



Training for those supporting refugees and people in the International Protection system with Education & Training Manager Caitriona Freir (first left) and Education Officer Sinead Molony (second right)

Work to ensure services are accessible to all victims and survivors

Working with less-heard groups

For vulnerable and minority groups who may not see or encounter our general offering, we organise outreach events and meetings. Throughout 2025, we held events and talks in refugee/asylum centres, with Traveller groups, in homeless shelters and in youth residential settings. During these sessions, we had the opportunity to learn about the specific barriers these groups face, and equip them with information and strategies for dealing with trauma. We have specific print resources available in a variety of languages which signpost further supports and services available for vulnerable and minority groups.

Themes in education work

Our education team observed a number of themes across 2025. While Dublin Rape Crisis Centre is committed to following a trauma-informed model of training and to covering core topics for all attendees to our information sessions, it is critical that we use our expertise to adapt content for each audience. There was continued and growing demand for training in 2025 from frontline workers who support refugees, migrants and people experiencing homelessness. In our training of frontline workers who are supporting asylum seekers, we noted that the trainees are typically working in far larger teams (e.g., in vast temporary accommodation sites and/or direct provision centres). Trainees then regularly share what they have learned in our training sessions with other colleagues, thus amplifying impact.

Satellite therapy services

The growth of our therapy team has led to a significant expansion of our satellite services in Tallaght, Coolock and North County Dublin, as well as our in-reach service to women prisoners in the Dóchas Centre.

In-reach in the Dóchas Centre

For many years, Dublin Rape Crisis Centre has provided a counselling service to women prisoners in Dublin's Dóchas Centre Women's Prison. Clients in Dóchas are offered weekly counselling sessions as part of a holistic healthcare service. This is often the first time many have experienced this kind of therapeutic support, and it can equip them with coping skills, support them in processing traumatic experiences and encourage them to continue their therapy post-release. Research indicates that an above-average number of women in prison have experienced domestic and/or sexual violence, often as children. Being incarcerated can cause past experiences to resurface, and it can intensify trauma symptoms. Our service was temporarily halted in October 2025 due to staffing constraints, but resumed in early 2026.

SATU accompaniment outreach

When victims and survivors first attend the SATU following an incident of sexual violence, they may sometimes – understandably – be unable to engage with our crisis supports. In 2024, we commenced a new outreach clinic in the SATU at the Rotunda Hospital Dublin. The clinic allowed us to engage with the clients on an invitational basis on their return health-check visit, where they were able to voice any concerns they had and learn about wider rape crisis supports and services such as psychotherapy, the 24-hour National Rape Crisis Helpline and justice system accompaniment. Our feedback has been that receiving more information at this point is very useful, as clients may not have been able to take in anything meaningful during their first visit to the SATU.

National Rape Crisis Helpline interpreting service

We operate the 24-hour freephone National Rape Crisis Helpline 1800 77 8888 in English, but where someone needs to engage in another language, the Helpline interpreting service can help. It runs Monday to Friday, 8am to 6.30pm, except on public holidays. It also operates midnight to 8am, 7 days a week. The service is free, non-judgemental and confidential. For more information, visit our website at drcc.ie.

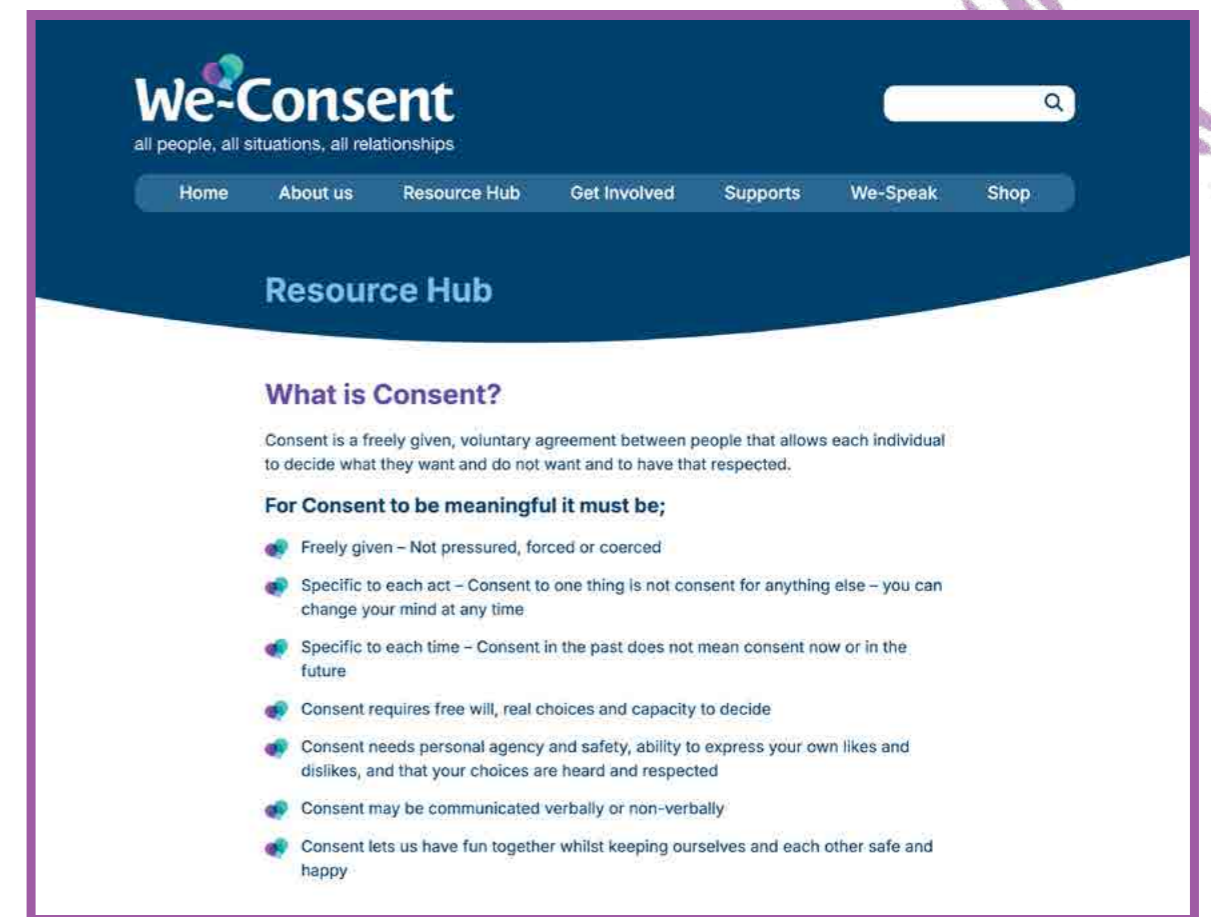
Trauma-sensitive and survivor-centred information

Finding Your Way after Sexual Violence

Our online resource, Finding Your Way after Sexual Violence, offers clear and comprehensive information to those seeking to know more about the forensic, reporting and legal processes available to survivors of sexual violence. Written in a trauma-informed way, the guide describes the options available with a focus on personal testimonies, how to support yourself, and practical tips and information. Using animations, audio clips and personal accounts, it covers how to access medical treatment after rape or sexual assault, report to An Garda Síochána and navigate the courts process. Each module features a section for people who want to support a friend or loved one who has experienced sexual violence. There are stories from victims and survivors as well as staff and volunteers in the health and justice systems explaining how these processes work. In 2025, over 3,400 people accessed the guide. It is available online at www.drcc.ie/fyw.

We-Consent Resource Hub

Over 2025, the We-Consent project continued to add to its online hub of resources. The hub contains an array of consent-related topics – from advice for parents and caregivers, to masculinity, to neurodivergence and consent – as well as resources for survivors of sexual violence. The We-Consent YouTube channel features lively, informative videos explaining key consent concepts.



Goal Two

Effective prevention informed by the lived experiences of victims and survivors of sexual violence (through advocacy, education, as well as legal, research, communications and policy analysis work)

Record evidence of sexual violence in society

Highlighting survivor voices

Victims and survivors are the experts on sexual violence, due to their lived experience of it. It is therefore important that they have the opportunity to present their views and insights on issues that affect them.

For Dublin Rape Crisis Centre, it has always been a priority to centre and amplify the voices and needs of victims and survivors. Accordingly, throughout 2025 we engaged and consulted survivors wherever possible and appropriate by ensuring that they were at the heart of our campaigning, communications and policy work. The survivors we support have told us that it gives them hope and encouragement to hear authentic voices and relatable stories from other survivors, and that it helps to normalise their experiences so that they can access support and participate more fully in society.

Some of the ways we sought to centre survivors' voices in 2025 included the following:

- We prioritised the inclusion of survivors' experiences and feedback in our **submissions and policy work**.
- We centred survivors' messages in our campaigning: Our **Signs of Hope** campaign in late 2025 promoted deeply moving messages of reassurance, inspiration and hope from survivors via billboards, radio advertisements and social media, which were aimed at encouraging those who have not yet sought support to reach out to the 24-hour National Rape Crisis Helpline.
- In August, our **Lights of Hope** campaign, with the support of the Office of Public Works (OPW), lit up major landmarks in Dublin and farther afield in vibrant purple in order to spread awareness of sexual violence and honour our survivor



Signs of Hope campaign launch with Karen Stanley (L) and Kathleen Correia (R)

population. We were privileged to have a number of survivors join us for a photo shoot to highlight this campaign.

- We supported **survivors wishing to share their stories** in the media and via other platforms. In April, we released a new podcast in collaboration with Newstalk, *Breaking The Silence*, which focused on the experience of survivors and the impact of sexual violence.
- The We-Consent campaign was strengthened by a strong and diverse group of survivors – the **We-Consent Survivor Council** – who contribute their expertise, passion and careful insights to the campaign in order to ensure that lived experience is at the core of the work we do.



Lights of Hope campaign, National Museum, Kildare Street

- We were able to assist Cuan, the national Domestic, Sexual and Gender-Based Violence (DSGBV) agency, in seeking valuable feedback from survivors on its campaigns around issues of sexual and gender-based violence. Dublin Rape Crisis Centre and in particular a group of survivors provided insights to the development of a sexual violence awareness strand of Cuan's 'Always Here' Campaign. Launched on 29 October, the campaign aims to highlight vital services. At the launch, Bláthnaid Raleigh spoke movingly of her own experience of sexual violence. For more information, visit www.alwayshere.ie.
- The **We-Speak** online story-sharing website, part of the We-Consent campaign programme, is a secure, anonymous place for survivors of sexual violence to safely tell their own stories in their own time, in their own words. We-Speak aims to provide a platform for these stories, in all of their diversity, thereby enabling victims and survivors to reclaim their voice and empower others.

We-Speak quotes

“I want to share my experience because I’ve spent years blaming myself and thinking it was my fault, or downplaying what happened and thinking ‘its not that bad, it could have been worse, I’m playing the victim, when there are actual victims/survivors out there that have had it so much worse’. But through therapy I have come to recognise the harm that was done to me. The impact. The trauma and triggers and flashbacks I am living with on a daily basis.”

“Every day that passes is a day closer to healing and overcoming what happened to you.”

“Healing for me is acknowledging the harm and the impact, and refusing to blame myself anymore.”

“Healing to me is reminding myself that, no matter what, I never deserved this and I know the truth. The days I get consumed I remind myself that 8 months ago I was too afraid to leave my house, today and every day I am stronger and will not allow anyone to determine my future.”

“YOU ARE NOT WHAT HAPPENED TO YOU.”

“Darkness only lasts for a short time and then the sun shines forever.”





Digital pedestal advertising We-Speak



At the launch of 'Unveiling Public Perceptions on Sexual Violence' on 9 April (L-R): Anne Marie James, Larry Ryan, Ellen O'Malley Dunlop, Rachel Morrogh, Sarah Chapman, Prof. Maeve Eogan and Charlene Masterson.

Putting a spotlight on sexual violence data and research

Sexual violence information: In 2025, we updated our website's sexual violence information section. This information repository offers definitions, data and research on sexual violence in Ireland, as well as drawing on the eminent work of bodies such as the Central Statistics Office (CSO), SATUs and the Courts Service. This was one of the most visited sections of our website in 2025, with well over 10,000 unique visitors, up over 200% on the previous year. Learn more at bit.ly/sexual-violence-ireland.

Research on sexual violence information: In April, we published national research shedding light on public attitudes towards and personal experiences of sexual violence in Ireland. Carried out by Ipsos B&A in February 2025 and funded via Community Foundation Ireland, the survey revealed widespread concerns about sexual assault and violence, a high prevalence of sexual assault among the population and significant challenges facing victims with

regard to reporting incidents and seeking support. Contrasting with this, the survey also provided evidence of disturbing strains of victim-blaming and mistrust of those reporting sexual violence, found across every age group but particularly among younger men. This tallies with fears cited by victims and survivors around reporting or disclosing incidents of sexual violence. Headline statistics included that:

- 87% agree that society should do more to recognise the issue of sexual violence against men.
- 20% believe false allegations are common.
- 28% disclosed having experienced sexual violence, and of those 71% didn't report to gardaí, 70% didn't seek medical attention and 59% didn't seek counselling or support.
- 82% believe education about consent can help reduce incidents of rape and sexual violence.

At the launch, survivor and activist Charlene Masterson said the level of victim blaming revealed by the research did not surprise her, and it underscored the need to create a change in attitudes among the public. The launch event featured addresses from Larry Ryan, Director, and Sarah Chapman, Associate Director of Ipsos B&A; Professor Maeve Eogan, National Clinical Lead of SATU services; Denise Charlton, Chief Executive of Community Foundation Ireland; and Ireland’s GREVIO (Group of Experts Combating Violence against Women and Domestic Violence) member, Ellen O’Malley Dunlop.

Research and academic partnerships

Dublin Rape Crisis Centre supported three PhD researchers in 2025 across a range of topics, including barriers and facilitators for male victims of sexual violence in seeking support, seeking help among lesbian, gay, bisexual, transgender, intersex and others (LGBTI+) survivors of sexual violence, and the experiences of adults disclosing childhood sexual abuse. Engagement with these researchers will continue into 2026, with findings on the research on male victims expected later that year.

Promote know-how by providing awareness, education and training for professionals and others

Tailored and specialist training on supporting victims/survivors and in training professionals in awareness and prevention

With sexual violence at epidemic levels in Ireland, many frontline workers are encountering disclosures from survivors as part of their daily work. It is imperative that these disclosures are received in a way that is sensitive to victims’ and survivors’ circumstances and does not cause further trauma. We aim to help frontline service workers and professionals become more trauma aware and better able to understand and support victims and survivors and their needs. Consequently, over the course of 2025, we provided 62 training sessions of varying duration to 907 participants.

Topics addressed in the sessions included working with victims of childhood sexual abuse, awareness and disclosure of sexual violence, supporting refugees and asylum seekers who have been impacted by sexual violence, and awareness and prevention courses for young people. Some 29 training courses were designed specifically for the staff of external organisations. A further 33 sessions were facilitated for the public and open to individuals from many more organisations supporting survivors or working in prevention education.

62
Training sessions delivered



907
People trained



198 participants in 15 sessions for youth educators

Training on effectively supporting victims and survivors

Our courses on skills to support survivors were attended by a wide range of frontline workers, including from such sectors as second- and third-level education, disability rights, refugee/asylum seeker support, mental health services, addiction support, the consulate, Government Departments, homelessness support, community outreach and primary healthcare. A total of 45 of these courses were delivered to 618 participants who gained skills in understanding sexual violence, its impact, the points of contact in the justice system and how to effectively meet a disclosure of sexual violence. The courses also provided frontline staff with an understanding of the potential impact of vicarious trauma and skills to manage the impact.

Participant feedback

These qualitative data shine a spotlight on the unique value that Dublin Rape Crisis Centre has for frontline workers, and its impact on improving community supports available to survivors of sexual violence.

Participant feedback

“I have attended numerous CPD [continuing professional development] sessions and courses over the years. None have engaged my attention to the extent that this one has. A privilege to attend.”

“It is absolutely essential training. To learn about best practice, use of terms, language and generally to assist an empathetic approach.”

“Having trauma-informed training is important to acknowledge what individuals can go through at different moments of their lives.”

“I value knowing the 24-hour Helpline is there for support workers as a form [of] debrief and support. Also knowing where and how to access support for migrants who have experienced sexual violence.”

“This was the most valuable training I have done in the SPHE [Social, Personal and Health Education] space. The facilitators gave great care to the participants throughout, which is definitely something I haven't experienced in other trainings.”

Youth-focused training

Given the prevalence of sexual violence in our society, Dublin Rape Crisis Centre prioritises equipping those who work with and educate young people with the tools and understanding to engage on key issues around sexual violence, healthy relationships and consent. In 2025, 198 participants took part in 15 sessions of our youth education programmes, BodyRight and #LetsGetReal, as well as other associated youth-focused training programmes. We co-facilitated 2 consent workshops with Coolock Community Law & Mediation for 91 young people in transition year locally as part of their *Legal Eagles* school programme.

Dublin Rape Crisis Centre also provided an online self-directed course on preparation for delivering youth programmes and general education on Relationships and Sex Education (RSE) in schools and youth work settings for 180 educators who had previously graduated from our youth programmes. Alumni from our youth-focused programmes also gain access to our online learning management system which has a wealth of relevant resources and where they can share best practice with other alumni. The State has been rolling out the very welcome update of the SPHE curriculum at junior and senior cycle levels, encompassing RSE. However, we are hearing from teachers that they need more timetable space and resourcing in order to deliver this vital programme.

- **BodyRight:** This flagship training course is a 4-day programme designed to equip those working with young people with the skills to raise awareness of respect and healthy relationships, consent and online safety, and to prevent sexual violence. It is a highly popular course and generally fills up within a few days of advertising. In 2025, we delivered 10 BodyRight facilitator training sessions to a total of 136 participants, including teachers, teacher trainers, guidance counsellors, youth workers, therapists, residential staff supporting unaccompanied minors and other youth professionals.
- **#LetsGetReal:** This additional training course for youth workers and school staff has become increasingly popular as more educational and youth facilities become aware of the need to educate young people to become more critical in their consumption of advertising, popular culture and pornography. The programme was updated in 2024 in line with the growing needs of young people in this area and was rolled out fully in 2025, with 5 courses taking place involving 62 participants.

Case study

“I had the opportunity to take part in the DRCC BodyRight and Let’s Get Real training 3 years ago, and found both programmes to be extremely valuable in supporting the delivery of Relationships and Sexuality Education with senior cycle students.

The content is very accessible for young people while still addressing complex topics such as consent, boundaries, respect and online safety in a developmentally appropriate and engaging way.

In our school, the resources have supported meaningful classroom discussion with 5th-year students in particular, helping them to reflect critically on relationships, personal responsibility and respectful communication. Students responded positively to the interactive nature of the materials, and the programmes complemented our existing SPHE provision by placing a strong emphasis on student voice, autonomy and informed decision-making.

Compared to other trainings I have attended, DRCC’s youth programme stands out for its practical, ready-to-use resources and its focus on empowering young people to recognise their rights and develop healthy relationship skills in a safe and supportive learning environment.”

—‘Muireann’, secondary school teacher, North County Dublin

BodyRight participant feedback

“The training was excellent. It is one of the best and most useful trainings I have done in 30 years of teaching. It was well-paced and delivered by 2 very capable and engaging facilitators.”

“Excellent training. Would love for management of school to realise how crucial it is. Although grateful to have been freed to take the training too.”

“I thought it was a great training experience – there was so much useful information. The facilitators broke down the information so well, there was so much involved. The resources are fantastic to have. I felt supported throughout, and they made a really nice atmosphere with the use of group work so you became comfortable and safe with the other participants. Thank you so much!”

#LetsGetReal participant feedback

“I’m very enthusiastic about the training and the delivery of some of the material I have learned. I think it’s invaluable to young people, they deserve to know how to protect themselves and others, and where to go for support if needed.”

“The resources are invaluable. Being able to discuss the content and our experiences in schools is extremely valuable. It sometimes feels like we are fighting a lonely fight, so to speak, and knowing that there is support is comforting and reassuring.”

“Excellent training and super tools. Every single thing is set up for me to deliver the training, with lots of options for me to pick what is right for my groups.”

School Outreach Project: In 2025, Dublin Rape Crisis Centre was lucky to receive philanthropic funding via Community Foundation Ireland to start a school outreach project over 2025/2026. This involved our team visiting schools to do workshops directly with young people in pilot format. The workshops focus on opening a safe space where young people can learn about and discuss harmful gender stereotypes, influencers and algorithms online and how they can potentially impact young people’s understanding of consent. The students were given the opportunity to think about how to challenge what they are learning online and question how influencers might be impacting their understanding of what is expected of them and what to expect from others in relationships.

Alongside these workshops, resources and education are given to teachers to support further learning and to parents to enable them to open up conversations with their children. In the first part of the project in 2025, the pilot reached 181 young people in schools around Dublin. This project will continue for the first 6 months of 2026.

Working with third-level education bodies

Dublin Rape Crisis Centre is represented on the Speak Out advisory committee, where we give sector advice and guidance on victim/survivor perspectives. Speak Out is an anonymous reporting tool which creates a safe space for members of college communities to speak out about their experiences of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour/control, stalking, assault, sexual harassment, sexual assault and rape.

Staff members sit on consent committees for higher education institutions as they tackle the issue of sexual violence and harassment on campus, and our education and training team gave guidance and support to third-level education institutions on policies and resources in 2025.

Looking ahead

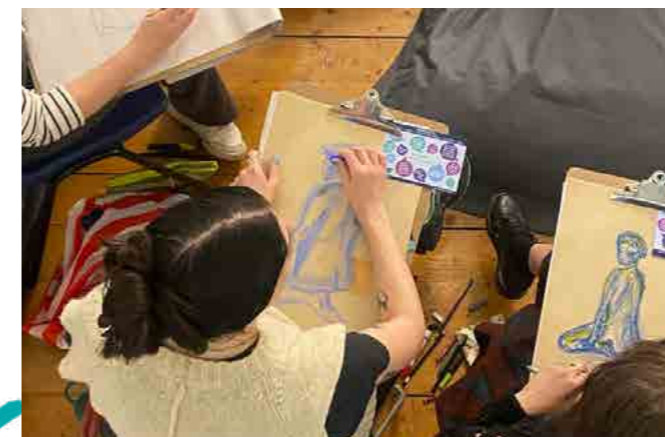
In 2026, the education and training team will continue to provide training to frontline groups in order to support survivors, along with prevention and awareness training for those working with young people. In addition, there will be a focus on bringing e-learning elements to the training, and courses will soon be available to the general public on our website along with some more specialised offerings to those who support survivors more regularly in their work. E-learning courses will focus in particular on the impact of vicarious trauma, consent and how the views of society around sexual violence can impact victims and survivors.

Lead, inspire and influence – campaigning and policy work

Informing, educating and engaging with society: Our We-Consent programme

Throughout 2025, the We-Consent campaign transitioned from a broad public awareness initiative into a high-impact, evidence-based movement which increasingly focused on tailored messaging and outreach projects to meet diverse communities.

The year 2025 was characterised by a significant surge in demand for We-Consent Conversation Workshops, an expansion of digital engagement, a focus on connecting and collaborating with harder-to-reach communities and the publication of groundbreaking research that highlighted both Ireland’s progress and its most urgent cultural challenges.



We Consent Campaign events in 2025





We-Consent Ambassador graduates with We-Consent Manager Sarah Monaghan (far right)

We-Consent's *Irish attitudes to consent, sexual violence and culture: 2025 Benchmark Research* serves as the cornerstone in assessing the project's progress, while also revealing areas of strategic importance which require more attention. The report revealed that 90% of the population now agree that everyone has the right to change their mind at any point in a sexual encounter, a 2% increase from 2024. It also showed that 47% of the total population – nearly one-half – want to know more about consent, indicating that the We-Consent message is landing. While a remarkable 93% of adults reported a personal understanding of consent, the same group believed only 62% of the general population shared that knowledge. This suggests a culture where individuals feel they "get it" but do not yet trust the social environment around them.

The research identified some concerning trends among young men: 23% of men aged under 45 years admitted they would "probably keep going" even if they suspected a partner wasn't enjoying a sexual encounter, a 3% increase from the previous year. Furthermore, 43% of men aged under 45 years (rising to 54% among those aged 18–24 years) endorsed the harmful myth that a "no" sometimes means the person "wants convincing". These statistics,

combined with the project's general work, cemented our conviction that the campaign must find a way to engage with men more effectively. This has paved the way for Dublin Rape Crisis Centre's dedicated Masculinity initiative, with the formation of an expert and diverse Masculinity Advisory Group in late 2025.

The demand for our We-Consent workshops and other engagement options reached new heights in 2025, with over 900 participants engaging in our talks and workshops from Men's Sheds, groups of autistic adults and people with intellectual disabilities, secondary schools, bars and clubs, non-governmental organisations (NGOs) and corporate organisations.

We-Consent collaborated on a number of important tailored projects in 2025, including the following:

- We-Consent and **AsIAM** collaborated to secure funding from the Irish Human Rights and Equality Commission to conduct a full-scale study on autism and consent in order to build an evidence base for future resources. The project's aim was to carry out qualitative and quantitative research that identifies exactly what education and communication tools autistic people and their families need to navigate consent safely.

- The research was launched at an event in November and can be downloaded at bit.ly/consent-autism-understanding. Some key findings included:

- 90% of young autistic adults understood consent can be withdrawn anytime, but 65% had continued unwanted sexual activity due to feeling guilt or obligation.
- 70% of young autistic adults rated school sex education as unsatisfactory.
- 73% needed more processing time to express boundaries.
- 87% of parents would use free autism-affirming sex education resources.

- Our collaboration with **AkiDwA** focuses on delivering tailored consent education and resources to diverse and often hard-to-reach communities. Together, we have collaborated on successful outreach and education sessions, such as the one delivered alongside Dublin Rape Crisis Centre's outreach team at the Citywest Direct Provision Centre. We translated our consent leaflets into Swahili and Arabic in order to support this work.
- Another highlight of the year was our participation in the Traveller and Roma Men's Health Day organised by **Pavee Point** in Phoenix Park, where we were able to engage with a large number of men in a familiar and supportive environment. In late 2025, we hosted a specialised deep-dive discussion tailored specifically for Traveller men and translated a series of leaflets into Romanian, Czech, Slovak and Polish.

Online engagement: The campaign's digital footprint continues to be a primary engine for cultural change. Reaching over 7.1 million people across social platforms, We-Consent maintained an engagement rate of 7.39%, nearly triple the industry standard. A pivotal moment occurred in July, with the second **Creators For Consent** event. Hosted by prominent influencers PJ Kirby and Kevin Twomey, the event triggered a 6,000% increase in our social media

reach compared to the same period in 2024, proving that peer-led, digital-first storytelling is the most effective way to reach younger demographics.

Events: For Culture Night in September, we hosted an evening of storytelling and community that centred survivors' voices, where we heard a variety of stories, poems and comedy pieces about consent, dating and sexual violence. Through our presence at Dublin Pride, the Fleadh Cheoil and the Kilkenny Arts Festival, We-Consent Ambassadors engaged in hundreds of informal consent conversations, distributing stickers and badges to over 800 people in Kilkenny alone.

We-Speak: Simultaneously, the WeSpeak.ie platform provided a necessary sanctuary for survivors throughout 2025. With over 12,500 page views and 101 stories published by year's end, the site acted as both a tool for healing and an educational archive. Testimonials revealed that many survivors only identified their experiences as sexual violence after reading the stories of others on the platform, reinforcing the community's mantra that "Every Story Matters".

Ambassador programme: During 2025, we graduated 41 We-Consent Ambassadors, and they have been instrumental in supporting events, social media and college outreach in Limerick, Sligo, Athlone and Dublin as part of universities' Sexual Health and Wellbeing weeks. Many We-Consent Ambassadors have engaged in further training in areas such as social media and design.

Education programmes: After an introduction from survivor and activist Bláthnaid Raleigh, the We-Consent and education teams worked alongside the Irish Rugby Football Union (IRFU) management teams to develop a new programme focused on fostering positive, sustainable change in attitudes and behaviours around consent, on all levels of the organisation. We soft-launched a joint programme, "Enhancing the Culture of Respect, Allyship and Consent in Rugby", in November at the IRFU's in-person Women in Rugby event. The programme will be rolled out online from January 2026.



At the launch of the All-Party Parliamentary Group in October (L-R): Senator Patricia Stephenson (Social Democrats), Máire Devine TD (Sinn Féin), Naoise Ó'Muirí TD (Fine Gael), DRCC Chief Executive Rachel Morrogh and Senator Nicole Ryan (Sinn Féin).

All-Party Parliamentary Group on Sexual Violence

In October 2025, we were pleased to convene this new cross-party parliamentary group, which brings together Oireachtas members committed to prioritising sexual violence as an urgent area requiring political leadership, interagency collaboration, academic insight and victim- and survivor-informed policy reform. The group meets regularly to discuss emerging issues, research and policy developments related to sexual violence and abuse.

The group held its first meeting on 5 November, hearing from two expert speakers, Dr Susan Leahy and Lisa Ann Wilkinson BL, on the “honest belief” defence and its proposed removal under the recently published Criminal Law (Sexual Offences, Domestic Violence and International Instruments) Bill 2025. The “honest belief” defence allows a person accused of sexual violence to argue in a trial that they genuinely believed the victim had given their consent. Its proposed removal would mean that any claim by an accused person regarding consent must have a reasonable rather than a subjective basis.

The group met for the second time on 4 December, where they heard from three expert speakers: Sarah Benson of Women’s Aid, Gemma Kelly formerly of the UK’s Centre to End All Sexual Exploitation (CEASE) and Cara Hunter of the Social Democratic and Labour Party (SDLP) in Northern Ireland. They addressed the rapidly evolving arena of online threats and harmful digital influences affecting women and girls, pointing out gaps in our legislation as well as comparative developments in other jurisdictions. In addition, Cara shared her personal experience of being targeted by a sexually explicit deepfake of her during her 2022 election campaign.

Reforming use of counselling notes in Irish trials

Survivors undergoing the criminal trial process may be faced with legal teams seeking access to their counselling notes. This practice has grown steadily over the years and efforts in 2017 to reform its use have been undermined. We, along with other rape crisis centres and support groups, have seen first-hand how it can deter some people from seeking counselling, effectively forcing them to choose between healing and justice.

Having highlighted this issue generally over a number of years, Dublin Rape Crisis Centre has advocated steadily for a legislative solution that would impose the highest possible restrictions on this practice, given constitutional limitations on a complete ban. It is expected that the Minister for Justice will introduce legislation to amend the law in this area in 2026, and we will continue to push for a solution that will lead to positive and immediate change for survivors.



Top (L-R): Sean Guerin SC, Anne Marie James, Rachel Morrogh and Colm O’Dwyer SC

Bottom (L-R): Rachel Morrogh, Alison Cowzer, Celine Newman, Yvonne Barnewall, Anne Marie James, Mary Donoghue, Ann Marie Gill

Bar of Ireland Human Rights Award 2025

We were deeply honoured to receive the Bar of Ireland’s Human Rights Award in May 2025 in recognition of our work supporting victims and survivors of sexual violence. Chair of the Bar Council, Seán Guerin SC, commented that “the work of Dublin Rape Crisis Centre is invaluable to those on the bench and at The Bar of Ireland, and it should be acknowledged and carefully considered as we continue to examine how the administration of justice can be improved and the rights of all persons sensitively and fairly upheld”. Our Chief Executive Rachel Morrogh accepted the award in recognition of the transformative impact that our volunteers and staff have on the lives of survivors, and as an acknowledgement of how our work is central to the restoration of human rights breached by acts of sexual violence.

Policy submissions

In 2025, we made a considerable number of individual and joint submissions on issues of policy and legislation, covering a range of issues:

- Together with eight other rape crisis centres, we made a joint submission to the **Sentencing Guidelines and Information Committee** in response to their draft guidelines on applying Section 40 of the Domestic Violence Act 2018. We underlined that intimate partner violence extends beyond physical or sexual harm to include psychological and emotional abuse, as well as the sense of betrayal and loss of autonomy experienced by victims/survivors, which can act as a barrier to reporting and seeking support.



- In January, we were pleased to see some measures we had called for reflected in the **Programme for Government 2025**, including a pledge to act to curtail the use of counselling notes in trials, the full implementation of *Zero Tolerance: Third National Strategy on Domestic, Sexual & Gender-Based Violence 2022-2026* and development of its successor, the effective delivery of our national SPHE/RSE curricula, the establishment of specialised judges on DSGBV cases and investment in survivor-centred training for gardaí and the DPP.
- Alongside our colleagues in the sector, Dublin Rape Crisis Centre contributed to the development of the *National Strategy for Women and Girls 2025-2030*, which was launched in November. This engagement provided an important opportunity to highlight the experiences of victims/survivors of sexual violence and to inform the broader policy framework advancing gender equality across Ireland.
- We submitted a response to *An Garda Síochána Human Rights Strategy & Action Plan 2025-2027*, highlighting several specific goals within the strategy that can further advance the protection, dignity and rights of victims/survivors while strengthening the force's capacity to deliver a human rights-based approach to policing.
- We made a submission on the Council of Europe's draft Recommendation on **Equality and Artificial Intelligence (AI)**, pointing out the need for a stronger focus on victim/survivor safety and the integration of trauma-informed principles in order to help ensure that AI systems are developed in ways that do not unintentionally increase the risk of harm to victims/survivors.
- We also gave input on draft recommendations from the **Committee of Experts on combating technology-facilitated violence against women and girls** (a Council of Europe body), where we welcomed recognition of this serious harm and supported the proposal to treat the digital dimension as an aggravating factor to sexual violence. We also urged European Union (EU) Member States to ensure safeguards are in place to protect victims/survivors from being re-traumatised during investigations and/or legal proceedings, particularly by the ways their personal digital data are accessed, used and protected.
- We contributed to a **Department of Health** survey on the impact of online activity on the health of children and young people. The *Online Health Taskforce Final Report: Online health and rights for Ireland's children and young people*, published in September, included measures to strengthen protections for children and young people from online harm, improve digital literacy and prevention of harm, enhance regulatory oversight of online platforms and facilitate greater EU-level coordination.
- With seven other rape crisis centres, we made a **joint shadow report** to the **Committee on the Convention on the Elimination of All Forms of Discrimination Against Women**, as the Committee prepared to examine Ireland's progress under the Convention, in which we provided insight into the lived realities of those we support and the role of rape crisis centres.
- In July, we made a written submission to the **Joint Committee on Justice, Home Affairs and Migration** on the **General Scheme of the Criminal Law and Civil Law (Miscellaneous Provisions) Bill**, which included provisions on counselling notes, as well as abusive and predatory landlord behaviour such as demanding sex for rent, among other matters.
- We also made a submission on the efficacy of **bail laws** in the context of sexual offence cases, highlighting in particular the distress caused to victims/survivors when perpetrators are granted post-conviction bail prior to sentencing.

- We provided input into the **Policing & Community Safety Authority Ireland** consultation on its *Strategy Statement 2026-28*, pointing out how an over-reliance on numerical or output-based measures of policing performance risks overlooking the realities and barriers which victims and survivors face when engaging with An Garda Síochána. While these measures may capture activity, they do not reflect the quality of engagement or the impact of those interactions. We also emphasised the importance of effective oversight to ensure that gardaí receive appropriate training in responding to trauma and that victims and survivors experience a consistent, high-quality and supportive service at all levels. In addition, we highlighted the need to recognise the expertise of specialist DSGBV services in supporting, training and identifying emerging risks and systemic issues within policing and community safety responses.
- Together with colleagues in Ruhama and five other rape crisis centres, we made a submission to the **Department of Foreign Affairs and Trade** on priority themes for Ireland's **presidency of the Council of the European Union** in the second half of 2026, calling for a focus on gender equality, human rights and the rule of law. We also highlighted the need to combat violence against women and girls, including sexual exploitation and online harm, which acts as a barrier to their safety and ability to participate fully in all aspects of life.

Coalition-building

One of our strongest tenets is a belief that collaboration across the community, voluntary sector and beyond results in an impact that is greater than the sum of its parts, with everyone gaining knowledge. Dublin Rape Crisis Centre has partnered with a number of strategic and sectoral groups aimed at advancing victims' and survivors' rights and contributing to the prevention of sexual violence at national and local levels, including:

Rape Crisis Centres Managers Forum: a collective group of 10 of the country's 16 rape crisis centres, chaired by our Chief Executive Rachel Morrogh

All Ireland Network on Sexual Violence Research: an interdisciplinary network bringing together academics, practitioners and policymakers working in the area of sexual violence from across the island of Ireland

National Women's Council (NWC) of Ireland: As a member of the NWC of Ireland, in 2025 we participated in numerous campaigns and activities, including the All-Ireland Women's Assembly. Our Policy Manager Shirley Scott sat on the NWC Board throughout the year, offering key insights and guidance.

Children's Rights Alliance: We provided feedback and other inputs to the Children's Rights Alliance Annual Report Card, which evaluates the State's performance in upholding children's rights in Ireland every year.

Sex Offender Risk Assessment and Management (SORAM) group: an organisation of which Dublin Rape Crisis Centre is a member of the National Advisory Committee

The Wheel: an organisation which represents and engages with community and voluntary organisations around Ireland

Charities Institute Ireland: an organisation which aims to promote greater transparency and impact for our sector through best practice in governance, fundraising, and financial standards

Victims' Rights Alliance: a group of victim support and human rights organisations in Ireland, and

The Victims' Forum: an organisation which facilitates dialogue between civic society organisations working with victims of crime, the Department of Justice and other stakeholders in order to help ensure appropriate responses to the reporting of a crime, enhance outcomes in the justice system and support victims' healing.



Goal Three

A sustainable organisation which effectively manages risk and proactively supports its people towards excellence in meeting the needs of victims and survivors

Resourcing our work

Funding

The generosity of the public as well as State support and partnerships with companies, trusts and philanthropists are critical to Dublin Rape Crisis Centre's work; it is thanks to this support that we can continue to prevent the harm and heal the trauma of rape and sexual violence. Over 2025, we sought to develop diverse and sustainable multi-annual income streams that could sustain and grow the broad platform of work we carry out, as well as finance our move to new premises in Ormond Quay.

We were grateful to have a significant increase in State funding in 2025, which helped us meet the growing demand for our services and supports. The year saw another run of successful events in aid of our work. As always, we started the year with our **Annual Corporate Quiz Challenge** hosted by Pat Kenny. Over 40 teams from businesses across Dublin joined us to test their trivia knowledge while supporting survivors. We were very proud to be chosen by **Lord Mayor of Dublin Emma Blain** as one of her 2025 Charity Partners, and very grateful for the opportunity to show a powerful video featuring a number of survivors during an impactful dinner event at the Mansion House in May.

We continue to be indebted to our friend and corporate partner Pluto for organising yet another fabulous **WomanKind Lunch & Fashion Show** in September, once again generously emceed by broadcaster Claire Byrne. This was closely followed by our annual **Golf Classic** where 20 four-ball teams competed at Castle Golf Club in Rathfarnham for the Joe Carr Perpetual Trophy. We closed our calendar of events with the **Countdown to Christmas Lunch**, which saw a great performance by Mary Byrne that had all of our 400 guests on their feet dancing! Each of these events provided critical funding for Dublin Rape Crisis Centre, collectively raising €190,000 in 2025.

There were also a number of community events and initiatives arranged throughout the year, and we are very grateful to the creativity of the individuals and groups who raised both awareness of sexual violence and more than €24,000 for Dublin Rape Crisis Centre. Just a few fantastic examples of these events included tarot card readings, walking tours, comedy events, T-shirt sales, tennis world record attempts, an Eighties night and self-defence events.

Our running community grew during the year, and we were delighted to have runners representing and supporting survivors at the Vhi Women's Mini Marathon, the Dublin City Half Marathon, the Dublin City Marathon and further afield at the Rotterdam Marathon and the Valencia Half Marathon. People also undertook other physical challenges, including sea swims, walks and HYROX events. Together, our wonderful army of 135+ fitness fanatics raised more than €61,000 for our work.

We ran two appeals during spring and Christmas, which raised over €70,000. The companies, trusts and philanthropists that support these appeals, together with our strategic funding partners, have a tremendous impact for our work. The projects they fund and the long-term gifts they provide enable Dublin Rape Crisis Centre to plan for the months and years ahead, so that we can continue to be here to listen whenever survivors feel ready to talk. Some of our valued partners in 2025 included Airbnb, Bouleo Ventures, Community Foundation Ireland, the French Embassy, the Fidelis Partnership, Greencoat Renewables, Hospital Saturday Fund, JTI, ROBUS, St Stephen's Green Trust and the generosity of a number of philanthropists and anonymous donors. We were also very pleased to be awarded funding from the Department of Justice Community Safety Fund.

Excellence in communications

Internal communications

In order to update our ever-growing cohort of staff and volunteers on all the work being done across the organisation, in 2025 we issued a regular staff bulletin as well as a biannual volunteer update. Team and management meetings, as well as wider staff and volunteer gatherings, ensured regular exchange of views and information over 2025.

External communications

As in previous years, in 2025 we worked to build awareness of Dublin Rape Crisis Centre – and especially the 24-hour National Rape Crisis Helpline – as a trusted national source of support, using media engagement, public campaigns and digital outreach. We used communications tools and channels to broaden public understanding of sexual violence and its impacts, to promote our services and supports for victims and survivors, and to campaign for a society that has zero tolerance for sexual violence and that understands and values consent.

The voices and views of victims and survivors are at the heart of our communications work, and we sought to support and amplify them wherever possible – especially in campaigns, media and wider online messaging.

Digital engagement

Websites: We maintain a website (drcc.ie) with information on our services and supports, including the online guide *Finding Your Way after Sexual Violence*. The website is the access point for our Webchat Support Service, which allows people to receive crisis support via online chat with a support worker. The website also houses downloadable resources offering information and tools to understand and manage the impacts of trauma. In 2025, our website had over 108,000 views with over 50,000 unique users, as well as 4,700 downloads, 2,360 telephone calls and over 700 emails sent from the website.

Over
108,000
views

Over
50,000
unique users

4,700
Downloads



Social media: We used our social media channels on Facebook, Instagram, LinkedIn, TikTok and YouTube to highlight our work, engage with followers and draw attention to issues of concern. We had a reach of 4.1 million on Facebook and 4.2 million on Instagram, as well as just under 438,000 on LinkedIn. On TikTok we had a strong reach of over 22 million, primarily due to the work of our We-Consent campaign. Our engagement rate across platforms was 6%, well above the industry average.

Digital pedestals: Again in 2025 we were grateful for the opportunity to promote our services and supports via street-level advertising in Dublin and other locations in Ireland. These digital pedestals, maintained by Bauer Media in cooperation with eir and Dublin City Council, advertised our services and supports. The pedestals also feature integrated telephone units with free access to emergency telephone numbers, including the 24-hour National Rape Crisis Helpline 1800 77 8888.



Signs of Hope outdoor campaign

Media engagement

In 2025, our communications team aimed to maintain Dublin Rape Crisis Centre's profile in the media and other channels as an expert voice on issues of sexual violence and its prevention. The team shared insights and evidence, flagged issues of concern and provided comment on issues related to our work. We issued 14 media releases on a diverse range of topics, all available on our website; gave comment to media on almost 30 further issues; and garnered more than 2,350 pieces of media coverage and other engagements over the year, with a reach exceeding 157 million.

Campaigns and awareness

Alongside our national We-Consent campaign, Dublin Rape Crisis Centre ran a number of targeted campaigns highlighting equality, safety and support for survivors, with campaigns of particular note being those we ran for International Women's Day, Dublin Pride and the 16 Days of Activism against Gender-Based Violence. We also supported campaigns by other bodies, including national campaigns launched by Cuan to raise awareness of domestic and sexual violence, consent and support services.



Signs of Hope outdoor campaign

Signs of Hope campaign

As the CSO's national annual Sexual Violence Survey has revealed, most survivors of sexual violence do not seek support, although those who do find it helpful. Following a first impactful phase in 2024, our Signs of Hope campaign continued in 2025 with a fresh collection of powerful messages from survivors, encouraging others who have experienced the trauma of sexual violence but never accessed support to take the first step and call the National Rape Crisis Helpline. The powerful words of Aoife, Catherine, Dylan, Karen, Kathleen and Nikita went out across Ireland in personal handwritten messages displayed on beautiful and arresting billboards in 32 locations across Dublin, Cork, Limerick and Galway. The campaign was also very effective on social media, with combined digital impressions of 9.3 million and a reach of 2.4 million. The engagement rate was particularly high across all channels, averaging 12.76%. Words of experience and encouragement ran in audio advertisements on daytime national and local radio, with over 40 million impacts between November 2025 and January 2026. We displayed longer letters from our group of survivors, offering personal insights and encouragement, on our website at www.drcc.ie/signsofhope.

Again, the resonance of our campaign with the public was illustrated by a substantial rise of over 23% in first-time callers to the National Rape Crisis Helpline in 2025. Calls increased from several areas where



the billboard campaign was active, such as Dublin (up 8%), Cork (up 45%), Limerick (up 17%) as well as in other parts of the country like Clare and Kerry (each up 200%), Kilkenny (up 400%), Laois and Wexford (each up 43%) and Monaghan (up 600%). We had a remarkably warm and welcoming response to the campaign on social media, with many people expressing support for both the messaging and for survivors generally:

- “Saw your fantastic Signs of Hope campaign, all amazing people with their words of hope and giving, sharing that to reach people so they can get support to break the silence.”
- “I love this campaign. I was stopped at traffic in Dublin this week on a dark evening, late for college and Catherine’s message caught my eye and gave me such hope. Really important campaign.”
- “Such a powerful message to survivors.”
- “You are all so brave. You help me every day.”

We are very grateful to our pro bono partners Media 365 and Publicis Dublin for the continued care and support they provide to the campaign, to our funders for their principled investment and above all to the survivors who have shared their words and experiences to empower others. Our message to all those who have experienced the trauma of sexual violence remains: “When you are ready to talk, we are ready to listen.”



Broadcaster and author Clare McKenna celebrating the Podcast of the Year award for ‘Breaking the Silence’ at the IMRO Radio Awards in October

In October, we were honoured that our Signs of Hope campaign was one of only four organisations to receive a Silver award at the Effie Awards Ireland 2025. This was a wonderful recognition of the impact of survivors’ messages in our society.

Breaking The Silence podcast

We made our entry to the world of podcasting on 23 April with the launch of *Breaking The Silence*, created in conjunction with and supported by Newstalk. This podcast features survivors in conversation with the talented Clare McKenna about different aspects of their journey – from reporting incidents of sexual violence, to waiving anonymity, to going to court – as well as hearing from others working in the various fields. Guests included survivors Charlene Masterson, Kathleen Correia, Sarah Grace, Bláthnaid Raleigh, Áine McHugh and Chris Rooke, with additional perspectives from our Chief Executive Rachel Morrogh and Therapy Manager Yvonne Barnewall, Detective Sergeant David Connolly, Newstalk’s Frank Greaney, barrister Gemma McLoughlin-Burke and educator Eoghan Cleary. *Breaking The Silence* is available on GoLoud or any podcast platform.



Lights of Hope campaign, (L-R): Paula Doyle, Karen Stanley, Karen Handibode and Hannah Wehner.

In October, we were incredibly proud to learn that *Breaking The Silence* had won Podcast of the Year at the IMRO Radio Awards. It had 20,800 downloads by the end of 2025. We are grateful to our producer Siobhan Walsh, our presenter Clare McKenna, our sponsor Avolon and most of all to the wonderful guests who brought their immense understanding and experience to these topics.

Lights of Hope campaign

In August, we were privileged to light up iconic buildings around Dublin and farther afield in purple to honour and support survivors of sexual violence. The campaign marked the end of the legal term in the courts, which for survivors involved in court cases could be a gruelling experience. It aimed to remind the wider public of the need for solidarity with survivors, and for awareness and action in addressing sexual violence. We intended for the campaign to be a beacon of hope for anyone looking for light in a time of darkness: whether someone was taking their first steps towards speaking out or simply trying to get through the day, we wanted them to receive the message – you are not alone.

One person sent a lovely comment in response to Lights of Hope: “This is brilliant, as my case went to the DPP but came back as not having a strong enough case, which was devastating because it triggers thoughts [such] as ‘I am not believed’ – thank you for recognizing my struggle.”

Governance and structure

Staff

The day-to-day work of the organisation is carried out by our dedicated and professional staff, led by our Chief Executive Rachel Morrogh and management team, and overseen by our voluntary Board of Directors. In 2025, the management team met regularly in order to provide updates on developments and operational matters, and to monitor implementation of strategy and work plans.

Our teams report on a monthly basis to our Chief Executive, who prepares summaries on this work across the organisation to the Board. Members of the management team present on their individual areas of responsibility as required.

We have been extremely privileged to have been able, thanks to a generous bequest, to own the building in which we carry out our work. However, as our current offices no longer meet the demands of our growing

workforce and clientele, in 2025 we sourced a new location more suitable and accessible for our clients, and which provides us with the opportunity to further expand the services and supports they need to continue their healing journey. Work commenced on these premises in late 2025, and it is expected that we will move into the new office in April 2026.

Remuneration: The Board in cooperation with the Chief Executive manages staff remuneration as outlined in our payroll policy. Funding constraints mean that there is no entitlement to an annual increase. In 2025, phased salary increases totalling 5.25% were approved by the Board of Directors and processed in December, including agreed back-dated increases to October 2024 (2.25% from Oct 2024, 1% from April 2025 and 2% from November 2025).



Fundraisers for Dublin Rape Crisis Centre in the Vhi Women's Mini Marathon

Volunteer voices

“This training has given me so much: knowledge, grounding techniques, and practical tools that I can use not only in my volunteer role but also in daily life. It has also provided new connections with fellow volunteers and a strong sense of community and shared purpose. I feel grateful and privileged to have been given the opportunity to participate. Although the experience has been at times intense and emotionally heavy, it has been profoundly meaningful. I hope to contribute positively to the DRCC community and to be the kind of volunteer who can truly.”

— Lilla

“One of the most impactful learnings I will take with me from the training is how to speak about abuse. It remains taboo, as it is too uncomfortable for many to discuss, and so stories of abuse often remain unspoken. A gift that the DRCC has given me is a framework to articulate what happens to those who are abused and why it frequently stays subterranean. I am appreciative of being taught this language, and I intend to use it henceforth for the purpose of advocacy and to speak meaningfully about experiences that are at once universal and diminished.”

— Katie

“Firstly, the team were and are incredible. A very well-thought-out training program, a gentle and kind pace for a very serious and oftentimes upsetting topic. For me personally, I’ve been trying to educate myself over the last few years to be more inclusive, aware and challenge myself on topics that I have not known much about or have stayed away from. I thought I knew what sexual assault was, I didn’t. I thought I knew what sexual violence was, I also didn’t. I came away from the training with a wealth of knowledge and understanding on a level I didn’t know existed. To see words on a page written in a way that helps you see the impact of sexual violence, how it can start and when it leads to was powerful.”

— Sheila

“There were moments when I felt completely out of my depth, and that’s when I realised that humility is key. The role is not about having all the answers or offering immediate solutions. It’s about listening, supporting, being present and offering a compassionate space for survivors to process their experiences at their own pace. No amount of theoretical knowledge can replace the importance of empathy and the ability to just sit with someone in their pain without needing to fix anything.”

— Paula



At our volunteer appreciation event in December: Deirdre and Mairead



Lucy, one of our dedicated volunteers, receiving her graduation certificate from our board member Alison

Volunteers

In 2025, volunteers continued to provide invaluable support to survivors of sexual violence via the 24-hour National Rape Crisis Helpline and within the SATU. Engagement reached new heights this year, with a total of 74 volunteers contributing a combined 10,051 hours to Dublin Rape Crisis Centre’s work.

Recruitment: Driven by a high level of interest throughout the year, the volunteer services team recruited and trained two new cohorts during spring and autumn sessions. These cohorts reflected a great diversity of backgrounds, and notably a significant number of younger applicants were attracted. Interested candidates attended online information evenings to gain an overview of services and the volunteer role before joining the training. Both training programmes took place in person over four weekends. This immersive environment allowed groups to develop essential skills while learning together in a safe, supportive space.

Support: Throughout their journey with Dublin Rape Crisis Centre, our volunteers receive comprehensive support from the volunteer services team and staff. This includes regular monthly supervision sessions and individual check-ins, which provide a safe space for volunteers to share experiences, reflect on their work and receive guidance. We also organised self-care and learning days for volunteers and some staff teams during the year. Beyond the individual support they received from Dublin Rape Crisis Centre staff, our volunteers have developed a strong team spirit, actively supporting one another both during supervision and while on shift.

Commitment to ongoing learning remains a priority among our volunteers. Volunteers have participated in various educational Lunch & Learn sessions, as well as specific workshops and presentations on consent and suicide prevention. To honour their dedication, the team organised recognition events and a graduation ceremony celebrating those who reached their 2-year commitment milestone, underscoring how highly we value our volunteers’ contributions.



74+

Volunteers

10,051

Combined hours contributed

Oversight and governance

Dublin Rape Crisis Centre Board

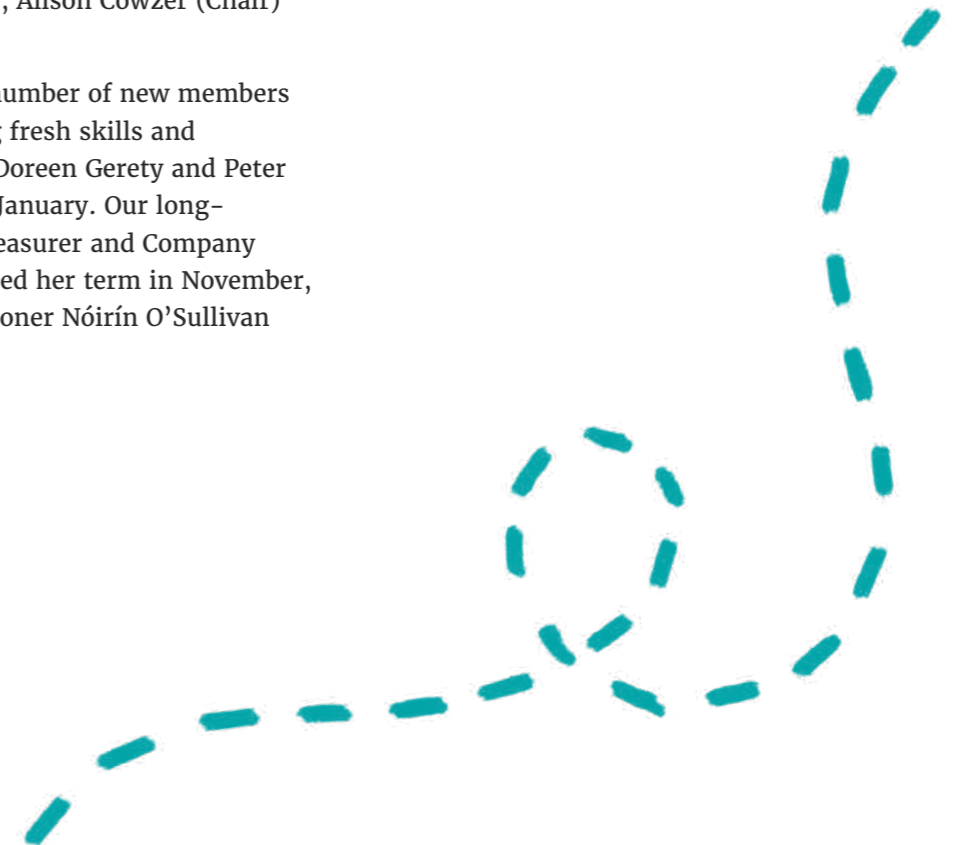
The work of Dublin Rape Crisis Centre is guided and shaped by our voluntary Board. Its members are non-executive and receive no remuneration for their services, but they bring a rich and wide range of skills and experience to our work. The Board has strategic oversight of our organisational risk, budget and financial management, and compliance with governance requirements.

In 2025, our Board met seven times, including one joint Board meeting and annual general meeting (AGM). There are two permanent Board subcommittees, each of which met regularly throughout the year:

- Audit, Finance & Risk: Carol Keane (Chair, replaced by Peter Finlay on Carol’s resignation), Alison Cowzer, Anne Marie James, Madeleine McCarthy and Fergus Finlay, and
- Human Resources and Remuneration: Anne Marie James, Nikki Gallagher (Chair) and Doreen Gerety.

A temporary Building Oversight Committee was constituted in 2025 to support and assist with the process of moving to the new premises. This consisted of Nikki Gallagher, Alison Cowzer (Chair) and Peter Finlay.

We started the year with a number of new members joining our Board who bring fresh skills and experience: Alison Cowzer, Doreen Gerety and Peter Finlay SC came on board in January. Our long-standing Board member, Treasurer and Company Secretary Carol Keane finished her term in November, and former Garda Commissioner Nóirín O’Sullivan resigned in October.



Board Members in 2025



Anne Marie James, Chairperson

Start of term: As Chair – June 2024;
as Board member – 2017

Experience, skills and knowledge: Anne Marie is a solicitor with nearly 40 years' experience, and is Managing Partner of Kirwan McKeown James LLP Solicitors, specialising in litigation, commercial and family law. She has campaigned on several national issues and fundraised for many causes, including Women's Aid, the Irish Hospice Foundation and Dublin Rape Crisis Centre. She is a member of the Institute of Directors Ireland and mentors young professional female lawyers under the auspices of the incorporated Law Society of Ireland.



Eoghan Cleary

Start of term: 2023

Experience, skills and knowledge: Eoghan is a secondary school teacher and assistant principal at Temple Carrig School in Co Wicklow. He has over a decade's experience as a youth worker, working in the most marginalised communities in the inner cities of both Dublin and Galway. Eoghan holds Master's degrees in Drama and Theatre Studies, International Human Rights Law and Education. He is a regular contributor to newspapers and radio programmes, and is the co-author of a series of textbooks for the new SPHE curriculum at both junior and senior cycle levels. Eoghan is currently completing a Master's degree in Humanistic and Integrative Psychotherapy, with the aim of specialising in the area of child and adolescent psychotherapy.



Alison Cowzer

Start of term: January 2025

Experience, skills and knowledge: Alison is a strong advocate for gender equality, having formerly chaired Women for Election Ireland, and has worked for 10 years to improve the gender balance in Irish politics. She is a director of the international humanitarian agency GOAL Global, Chairperson of Rough Magic Theatre Company and a Board member of Ronald McDonald House Ireland. She is also a member of Bord Bia Consumer Foods Board. Alison is co-founder of East Coast Bakehouse based in Drogheda, Co Louth. As a "Dragon" investor in the RTÉ series Dragons' Den, Alison has invested in and mentored a number of new Irish businesses. She also hosts a business podcast series on the online business publisher The Currency News.



Fergus Finlay

Start of term: 2022

Experience, skills and knowledge: Fergus is the former Chief Executive Officer of Barnardos, Ireland's largest children's charity. Prior to that, he was Senior Adviser to the Labour Party and was one of the drafters of the Downing Street Declaration, and he was centrally involved in the election of President Mary Robinson in 1990. He served as a Director of the public relations agency Wilson Hartnell and is the author of four books. Fergus is a lifelong campaigner for the rights of people with disabilities. He broadcasts regularly on radio and television and contributes a weekly column to the *Irish Examiner*. He is a member of the Board of the Health Service Executive (HSE), the Christine Buckley Centre and the Tyrone Guthrie Centre, and was previously on the Charities Regulatory Authority. Fergus has been given a French Republic Human Rights Prize by the French Embassy in Dublin to recognise the work of Barnardos. He has also been honoured by University College Cork as an Outstanding Alumnus and has been awarded an honorary doctorate by the University of Galway.



Peter Finlay

Start of term: January 2025

Experience, skills and knowledge: Peter was called to the Bar in 1986 and appointed Senior Counsel in 1999. He practised mainly in public law, specialising in Criminal and Administrative Law (including Health Law and Human Rights). He was Lead Counsel to the HSE at the Commission of Inquiry into sexual abuse in the Archdiocese of Dublin and the Diocese of Cloyne, and was Chief Legal Advisor to the original inquiry into the death of Savita Halappanavar. Peter was an Advisor on the Eighth Amendment and appeared in legal cases related to the Health (Regulation of Termination of Pregnancy) Act 2018.



Nikki Gallagher

Start of term: 2023

Experience, skills and knowledge: Nikki is Head of Public Affairs at Ibec. Prior to that, Nikki led teams at the Ombudsman for Children's Office, SOLAS and the National Lottery, and was previously a National Press Officer with Fine Gael. Nikki has for many years been a champion of human rights and equality through her professional and voluntary roles, specifically in the areas of LGBTI+ rights, children's rights, gender equality, prisoners' rights and reproductive healthcare rights. She has considerable experience of governance, having served on State and civil society boards, including as Chair of BeLonG To, Ireland's largest LGBTI+ youth organisation, from 2015 to 2021, and on the advisory board of the Together for Yes campaign. Her qualifications include a professional certificate in Corporate Governance and a diploma in Law.



Doreen Gerety

Start of term: January 2025

Experience, skills and knowledge: Doreen is an experienced executive coach and organisational development specialist with over 35 years of leadership experience in Learning and Development, Human Resources and Organisation Development. She has worked as a trusted partner to executive leadership teams for Irish and international companies across diverse industries, including semiconductors, pharmaceuticals and food in Ireland; Europe, the Middle East and Africa; the United States; and Latin America. Committed to excellence in leadership and governance, Doreen has invested in board performance and governance expertise, with a Diploma in Company Direction from the Institute of Directors. She is passionate about supporting businesses in developing the right talent and organisational culture to align with ambitious strategy and deliver meaningful impact.



Carol Keane (Secretary and Treasurer)

Start of term: 2016

Retired: November 2025

Experience, skills and knowledge: Carol is a qualified Chartered Accountant, having trained with PwC Ireland. She has over 15 years' experience leading private organisations through periods of high growth and change. She is passionate about contributing to society and has previously volunteered as a youth mentor in Foróige's Big Brother Big Sister programme, and also as a visitor with Friends of the Elderly Ireland. Carol chaired Dublin Rape Crisis Centre's Audit, Finance & Risk Committee.



Madeleine McCarthy

Start of term: 2020

Experience, skills and knowledge: Dr Madeleine McCarthy is a specialist GP with over 30 years' experience in women's health and general practice. She set up her own practice in 1988 in Dún Laoghaire, which is now known as Harbour Health. Her work includes training both GP registrars and undergraduate medical students. She is also a family planning and contraception tutor. She developed a keen interest in menopause over her many years in general practice and has advanced clinical training in menopause care. She has multiple further qualifications in Occupational Health, Diabetes, Sexual Health, Family Planning, Therapeutics, Minor Surgery, Dermoscopy and Travel Health. Madeleine is a member of the Irish College of General Practitioners (ICGP); the Royal College of Physicians of Ireland Faculty of Occupational Medicine; the British Menopause Society; Dún Laoghaire ICGP; the Travel Medicine Society of Ireland; and the Irish Association of Sexual and Reproductive Health Care Professionals.



Nóirín O'Sullivan

Start of term: 2024

Retired: October 2025

Experience, skills and knowledge: Nóirín was the first woman to lead An Garda Síochána as Garda Commissioner, and to head the Garda National Crime & Security Intelligence Service. Throughout her career, she has prioritised and promoted a rights-based service to victims of crime and established the Garda National Protective Services Bureau (GNPSU) in order to provide a professional and consistent approach to the investigation of sexual-related crime. She now operates as non-executive director, independent advisor and consultant across a number of sectors. She recently served as Assistant Secretary General in the United Nations' (UN) Department of Safety and Security, based in New York. Nóirín is a graduate of the Federal Bureau of Investigation's National Executive Institute (NEI). She holds a Master's degree in Business Studies (MBS) from the UCD Smurfit School of Business. She is the recipient of numerous awards, including an Honorary Doctor of Laws (LLD) for Distinguished Public Service from Ulster University.

Board members attendance during 2025	Meetings attended (Total=7)
Board member	
Anne Marie James	7
Eoghan Cleary	7
Alison Cowzer	6
Fergus Finlay	4
Peter Finlay	5
Nikki Gallagher	5
Doreen Gerety	6
Carol Keane (Secretary and Treasurer)	7
Madeleine McCarthy	6
Nóirín O'Sullivan (to October)	2

Note: Board members are not remunerated for their services to Dublin Rape Crisis Centre, nor are their expenses reimbursed for travelling to/from board meetings.

Effective monitoring and evaluation strategies

Dublin Rape Crisis Centre tracks its work on an ongoing basis, and throughout 2025 we reported extensively on our work to funders and State bodies. We recorded and reviewed progress against our strategic key performance indicators (KPIs) monthly, and we collected external feedback on all our services and supports to improve our work. We highlighted and discussed our performance against these benchmarks at our monthly management team meetings throughout the year.

Alongside our strategic goals and indicators, we also implemented a teams-based performance and development review process that unites our organisational targets with the personal development goals of individual staff members. This process allowed us to reflect on progress, challenges and opportunities at regular intervals throughout the year.

Challenges and risks: We have an active risk register that was reviewed and updated throughout 2025 by management and our Board. Red risks are reviewed at each Board meeting, amber risks checked biannually and green risks checked annually. We tracked these changes in a dedicated log as part of the register.

Issues that presented particular challenges in 2025 included:

- an increased demand for services, requiring constant hiring cycles
- a challenging regulatory environment, with strong compliance requirements
- the transition to a new sectoral funder in Cuan, requiring a new and detailed reporting structure
- the refurbishment of our new premises at Ormond Quay
- increased attention and resourcing requirements for cybersecurity measures
- a competitive and challenging financial and fundraising environment, and
- an adverse economic climate, leading to rising costs.

These challenges will continue into 2026, along with the following:

- moving our principal place of operations from Leeson Street to Ormond Quay
- implementing WhatsApp into the National Rape Crisis Helpline
- updating our accounting system to better manage our funding reporting requirements.

These risks are mitigated by:

- continuous monitoring of the level of organisational activity
- managing and monitoring of staff turnover levels, supported by efficient recruitment processes
- regular reporting of financial results against Board-approved budget
- maintaining active communication with Cuan, our principal statutory funder, and with our other non-statutory major donors
- monitoring of emerging changes to regulations and legislation on an ongoing basis
- regular review of policies, procedures and related internal controls, and
- use of external professionals to provide specialised resources as required.

Meeting legal and statutory obligations

Throughout 2025, Dublin Rape Crisis Centre fulfilled its legal requirements under various regulations, including the General Data Protection Regulation (GDPR) and *Children First: National Guidance for the Protection and Welfare of Children*, providing relevant training to staff and ensuring that all requirements were incorporated in organisational policies.

We made timely lobbying returns to the Standards in Public Office Commission and completed the annual Charities Governance Code Compliance Record Form, as well as submitted the standard annual report to the Charities Regulator in order to comply with *The Governance Code: A Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland*. Our Board and staff complied fully with our conflict of interest policy.



Triple Lock Standard: In 2025, Dublin Rape Crisis Centre was awarded the Triple Lock Standard, which is awarded annually to charities that demonstrate the highest standards of transparency, governance and ethical fundraising.

Satisfying funder duties

Throughout 2025, Dublin Rape Crisis Centre met its targets and reporting obligations for all funders. The financial accounts below provide a detailed picture of the income, expenditure and activities of the organisation over the course of the year.

Commitment to best practice

- We followed good practice standards, such as those in the Charities Statement of Recommended Practice (SORP) for annual reporting as well as the guidelines and recommendations for charities published by the Charities Regulator.
- **Database:** In 2025, we were fortunate to welcome an experienced Power Platform Developer and IT Support Officer to join our Senior Data and Systems Analyst in maintaining and upgrading our internal systems.
- **Data security:** As our data are especially sensitive due to the nature of our work, data security is a top priority for the organisation. Consequently, in 2025 we accomplished the following:

- Our data were housed primarily on a cloud-based platform with robust access controls and security features.
- Data access was restricted based on role-specific permissions.
- We also used a separate external backup solution to maintain critical data and protect against potential data loss.
- Multi-factor authentication was enforced across all systems in order to enhance access security.
- We commissioned penetration testing by an external security partner to identify and address vulnerabilities.
- All staff laptops were encrypted to prevent unauthorised access.
- Additionally, we maintained up-to-date antivirus software on all devices and conducted ongoing security awareness for employees in order to ensure comprehensive data security across all endpoints.

Company and Charity Registration

Dublin Rape Crisis Centre is a company limited by guarantee not having a share capital, registered CRO 147318. It holds charitable tax exemption from the Revenue Commissioners (CHY 8529) and is also registered with the Charities Regulatory Authority (Charities Regulator) (RCN 20021078).

Minding our people

As our area of work – maintaining a safe space year-round for our clients and callers who are coping with the impact of sexual violence – is one of immense sensitivity, it is vital that we also look after ourselves. In 2025, all staff and their immediate families could avail of the Employee Assistance Programme under Health Assured, which includes assessment, short-term counselling and referral services. In addition to this, frontline teams had access to regular supervision sessions with an external supervisor, and in some cases to peer and group supervision as well. Our volunteers also benefited from facilitated peer support sessions.

Financial statements 2025

Independently audited financial statements:

- Statement of financial activities: Income and expenditure
- Statement of financial position
- DRCC employee salary range

Statement of financial activities: Income and expenditure

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	€	€	€	€
Income from:				
Donations and legacies	1,018,370	795,424	1,813,794	1,052,608
Charitable activities	168,815	3,712,049	3,880,864	3,538,859
Total income	1,187,185	4,507,473	5,694,658	4,591,467
Expenditure on:				
Raising funds	296,245	-	296,245	248,730
Charitable activities	430,210	4,044,211	4,474,421	4,066,355
Other	98	-	98	5,641
Total expenditure	726,553	4,044,211	4,770,764	4,320,726
Net income	460,632	463,262	923,894	270,741
Transfer to / between funds	251,437	(251,437)	-	-
Net movement in funds for the year	712,069	211,825	923,894	270,741
Reconciliation of funds				
Total funds brought forward	3,433,829	-	3,433,829	3,163,088
Total funds carried forward	4,145,898	211,825	4,357,723	3,433,829

Statement of financial position

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	€	€	€	€
Fixed assets				
Tangible assets		2,319,485		1,044,912
Current assets				
Debtors	46,662		51,449	
Cash at bank and in hand	5,047,062		3,707,183	
	5,093,724		3,758,632	
Creditors: amounts falling due within one year				
	(1,923,539)		(1,165,261)	
Net current assets		3,170,185		2,593,371
		5,489,670	-	-3,638,283
Creditors: amounts falling after more than one year				
		(1,131,947)		(204,454)
Net assets		4,357,723		3,433,829
Funds of the charity				
Restricted Funds		211,825		613,241
Unrestricted Funds - general		1,187,538		
Unrestricted Funds - designated		2,958,360		2,820,588
Total		4,357,723		3,433,829

DRCC employee salary range

Bands	2025	2024
	Number	Number
€60,000 – €70,000	7	8
€70,001 – €80,000	1	2
€80,001 – €90,000	3	2
€110,001– €120,000	1	-
€120,001– €130,000	-	1

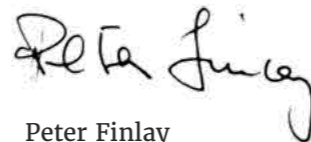
2025 Salary bands are based on remuneration paid in 2025 and include payments to staff for WRC agreed phased salary increases of 5.25% backdated to October 2024.

The financial statements were approved by the board of directors and authorised for issue on 14th May 2026 and are signed on its behalf by:



Director

14/05/2026



Peter Finlay
Director

14/05/2026

Dublin Rape Crisis Centre Annual Report 2025
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