



KERRY RAPE & SEXUAL ABUSE CENTRE

Annual Report 2020



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Organisational Details



Name: *Kerry Rape & Sexual Abuse Centre Limited*

Address: *5, Greenview Terrace, Princes Quay, Tralee, Co. Kerry*

Phone No: *066 7123122*

Freephone: *1800 633333*

Email: *KerryRapeCrisis@krsac.com*

Website: www.krsac.com

Facebook: <https://www.facebook.com/Kerryrapecrisiscentre>

Twitter: <https://twitter.com/KerryRSAC>

Instagram: [kerryrapeandsexualabusecentre](https://www.instagram.com/kerryrapeandsexualabusecentre)

Charity Regulatory Authority No: *20027155*

Company Registration No: 358498

Year established: 1992.

The main object for which the Company is established is to provide counselling, education, training, information, and support for survivors of sexual violence and their families.



Established in 1992 Kerry Rape and Sexual Abuse Centre (KRSAC) is a unique support, advocacy and information service for all female and male survivors and young people aged 14 and over who have experienced sexual violence, including rape, sexual assault, and childhood sexual abuse.

Our main objectives are to reduce the distress and suffering of people affected by sexual violence through the provision of support and information, and to increase awareness of sexual violence and its impacts within the wider community. To deliver these objectives, we provide a range of trauma-informed support services for survivors of sexual violence, including short-term and longer-term support, advocacy, Garda and Court accompaniment, outreach, group support and services for supporters, awareness, and education programmes.

The centre is open Monday – Friday from 9am to 5pm

For any queries, please ring our Freephone number 1800 633 333 or call in to the Centre. Counselling is provided by professionally accredited counsellors.

Chairperson's Report 2020



The 2020 Annual Report of the Kerry Rape and Sexual Abuse Centre ("the Centre") outlines the activities undertaken at the Centre during the year. The Report also includes a summary of the financial affairs of the Centre.

The service to victims of sexual violence, and their families, is increasingly busy. Sincere thanks are extended to the excellent leader of the Centre, manager Vera O'Leary, and the dedicated staff of the Centre who continue to provide a professional and caring service to their clients. 2020 was a year like no other in that staff and clients had to rapidly adapt to the public health emergency that was COVID19 and all the implications that came with it. Thanks to the dedicated staff lead by Vera this adaption was made a swiftly and smoothly as possible and I am proud of the Centre for ensuring our services could be delivered at a high-quality level.

This has been my first full year as Chairperson of KRSAC and I would like to thank the board for all their support and encouragement throughout. This year marked the retirement of two of our board members – Treasurer Eddie O'Doherty and Michael Joyce who have many years of fantastic service, we wish them both well as they move on to greener pastures. Eddie Doherty in his capacity of Treasurer of the Board worked tirelessly and effectively behind the scenes to keep the Centre's finances in order. I would like to thank him for that and for attending multiple meetings with TUSLA and by the Charity Regulator.

The Board approved a Strategic Plan in 2018 and in 2019 completed one objective of creating the position of "Education Coordinator" this role was filled in 2020 and we welcomed Sianna to the team. It is great to see a new staff member take responsibility for educational outreach across schools, businesses, and local community groups. While this role is funded for two full years thanks to the Ring of Kerry Charity it is hoped that it will become self-financing into the future. Now that part is completed the Board is beginning to focus its mind on another objective – finding a permanent home for KRSAC. Given the positive news at the end of 2020 on our funding we look forward to progressing same in 2021.

The Centre's policies continued to be reviewed and updated throughout 2020. Many thanks to the Centre's Manager Vera O'Leary for her unending drive and commitment to the staff and the clients of the Centre. 2020 has presented a challenge like no other year on record, however Vera, along with her team, have risen to it and services delivered by the Centre have continued. Acknowledgment of this commitment is necessary. Many survivors of sexual violence have faced isolation like never before, thankfully KRSAC has been the torch for many during a very dark period. The Board

recognises and appreciates the unstinting dedication of Vera and the staff of the Centre. Three long-term staff members retired, collectively they had over 50 years' experience of providing services to survivors. They will be missed. We also, welcomed two new therapists who I have no doubt will fit in with team.

In addition, I would like to acknowledge the input of the Centre's representative on the Board. Their contribution is much valued. As my first full year as Chairperson of the Board of Directors I would like to personally thank Vera for her patience, approachableness, and considerate guidance as I have settled into the role.

Sincere thanks to the Board members for their time, expertise, and support which they have extended to me, and the staff of the Centre.

Ben Slimm (Chairperson)

March 2020

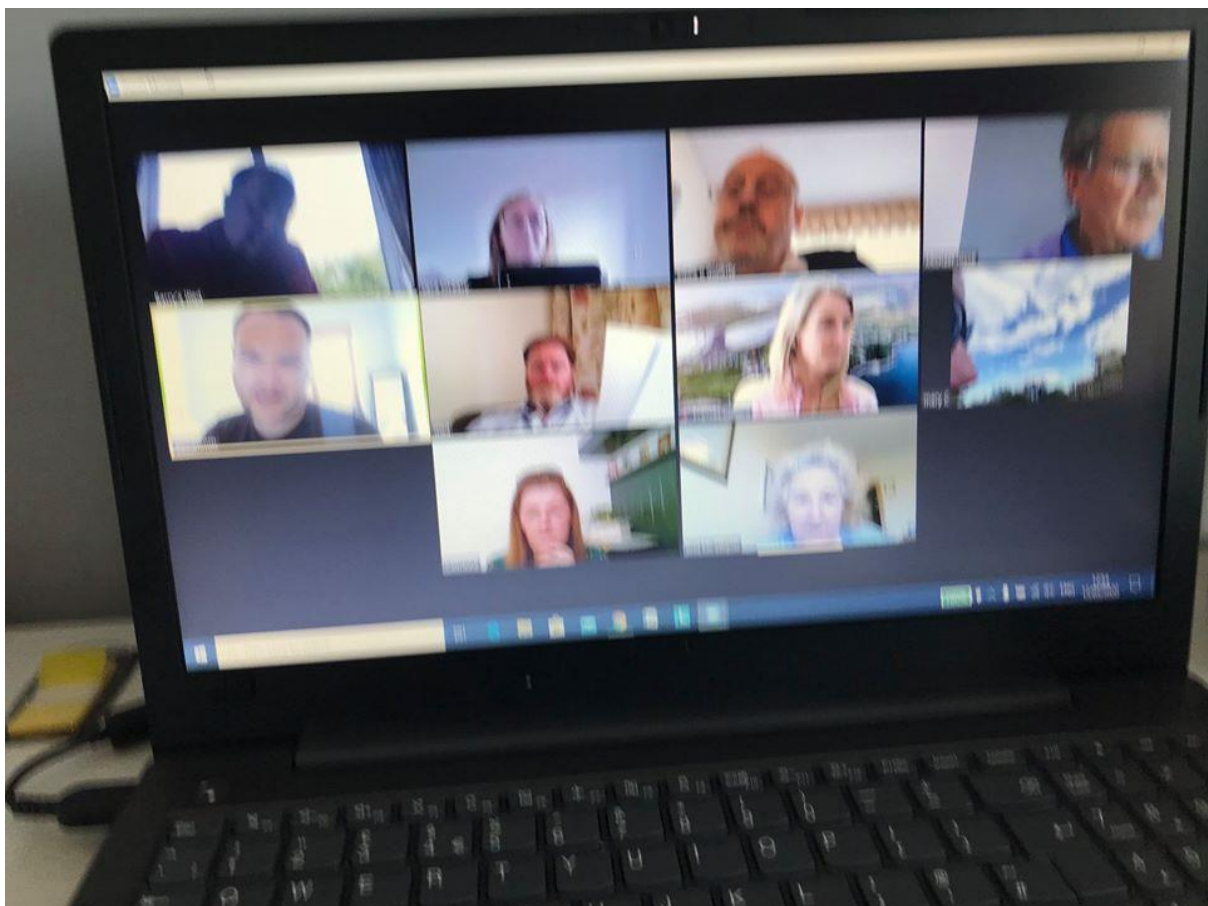
BOARD OF DIRECTORS 2020

***Ben Slimm (Chairperson), Eddie O' Doherty (Deputy Chair, Financial Director),
Barry O' Rourke Brid Mc Elligott, Denise Griffin, Michael Joyce,
Mark Corkery, Caitriona Py Collins, Frances Clifford.***

(Retirements; Eddie O' Doherty, Michael Joyce)

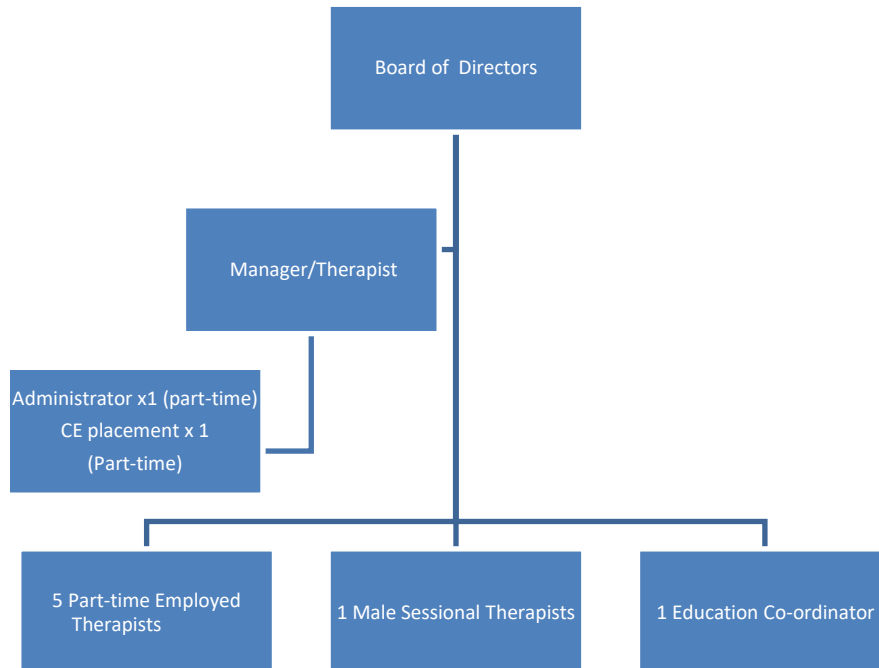
Dates of Board Meetings which took place in 2020.

- ***21st January***
- ***25th February***
- ***12th May via Zoom***
- ***16th June via Zoom***
- ***8th September via Zoom***
- ***13th October via Zoom***
- ***24th November via Zoom***



Governance Structure

The Company is incorporated as a Company Limited by Guarantee and is governed by a voluntary Board of Directors. A Project Manager is responsible for the overall service delivery and operations. The Company has 5 qualified therapists employed and 1 additional male therapist on a sessional basis. All Staff are Garda vetted and therapists maintain valid registrations with their appropriate professional organisations.



Centre Manager's Report 2020



I remember this time last year and writing a piece for our 2019 Annual Report. It feels like a lifetime ago and a strange land. All the things we took for granted then have changed. Our normal working week in 2019 when clients came into the Centre to meet their therapists, support workers were accompanying clients in the courts, where fundraising events were planned and took place and regular Board & Staff meetings were held face to face has disappeared.

Instead, the Centre closed in March and we had to consider how we were going to continue to deliver our vital services to our very vulnerable client group. I am immensely proud of our staff who immediately adapted to working remotely. Counselling sessions were delivered online. For those clients without access to broadband or whose personal circumstances did not allow the safety or privacy to engage online contact was maintained by phone where possible. Clients who had been anxiously waiting for trials had to be supported through the uncertainty and worry when all trials were suspended. All our fundraising events were cancelled.

Our administrative staff worked from home supporting the frontline work of the organisation and handling the calls from new clients desperately seeking support. Many survivors of child sexual abuse found the period of isolation due to lockdown very difficult to endure. Our online services were a lifeline to people who might otherwise have despaired. We are very grateful to all the people and organisations who have supported us in 2020 and through the current crisis. We also greatly appreciate our statutory

fund,ers, Tusla for their ongoing funding and support during the year. We could not deliver our vital services without their help. We are also extremely grateful to the Stability Fund for their financial support and to all the individuals who kindly donated. Your support sustained us during this difficult time and enabled us to respond to all clients that needed support. We could not deliver our vital services without this financial support.

The Board continued to meet by Zoom and were of immense support to me and the staff. I really appreciate their ongoing commitment to the service. I want to extend my gratitude and respect to our Chairperson and all the Directors.

Our work would not be possible without the incredible partnerships we have formed over the years, the support and ongoing collaboration with so many local and national groups has sustained us during this difficult time. Together we can get through this pandemic.

Vera O'Leary

Manager

March 2021



RCNI Managers and Staff

Client Writings 2020

Survivor

*Pain, fear, anxiety.
Why do I suffer it?
It does not need to be,
I brave myself and faced it.
The pain that I had in my life,
Does not need to be there anymore.*

*I have crossed the fearing barrier,
Faced my harrowing nightmare,
Looked at my abuser,
my fear is gone forever,
I am a survivor, not afraid,
Anymore, Anymore.*

Client Writings – October 2020

Don't avoid your inner world. Don't choose to turn your subtle gaze away from who you are and what you need to work through. You will feel unsure and uneasy within your being without your consistent look of love. You need to mine for the caverns of gold covered in heavy rock and rubble. Sift through and only take what you want, discard the rest. You are forming your own mountain with what was left of who you were. Something both solid and strong. You are building what cannot break. Not this time.

The ways you were deprived of eyes that could have softened the fear within your body. You should have known. You should have been told. You should never have to think that being vulnerable wasn't safe. You deserved to feel security in abundance and be surrounded with truth and you should never have had to feel like who you were was not loveable as the sensitive child you were.

I love the parts of you that only ever felt lack and loss and lonely. I will catch your eyes, and find the parts and pieces that still morph and change for what you feel is needed. To be deemed as "loveable" or "not wrong" or "not broken" in order for you to accept who I am. I will remind you again and again, in countless ways, that you no longer have to change to seek the love that always belonged to you.

What you can say to a Survivor of Sexual Violence

"I believe you"

"It took a lot of courage for you to tell me this"

"It's not your fault"

"I'm sorry this happened to you"



KERRY RAPE &
SEXUAL ABUSE CENTRE

FreePhone - 1800 633 333

100% true I'm a survivor of sexual violence and when I told people what happened and what I went through I wish just one person had said this to me. Keep your head up to all survivors of sexual violence it does get better with time and when you're ready to talk to. Someone either someone you trust to confide in or a trained professional. Keep up the good work guys! The work ye do is amazing ye saved my life and I'm now a mom to a beautiful baby boy so I'm grateful for the work each and every one of ye're team does. I will forever be thankful and grateful and forever grateful. ❤️❤️ - (In response to Instagram post featured above)

Reflection of working as a Counsellor during Covid 19



As a therapist I am always interested in the field conditions - the often-intricate variables surrounding our lives, our society, the environment holding the crucible of the therapeutic relationship. The Covid pandemic has held deep meaning for us and our clients, practical, spiritual, and existential. Within the shared struggles I have found continents of connection with our clients.

Many of the clients I work with at the Kerry Rape and Sexual Abuse Centre, can recognise the hallmarks of trauma from their experiences of sexual violence. They know what is like to have been immobilized and in deep fear, unable to fight or to fly, and they have survived. The Covid pandemic was for some a reminder or reenactment of this layer of their existence and experience. While this was sometimes triggering, it was also an invitation to explore how the client found resources within themselves and support from others to get through really tough times. We had to overcome quite a lot together, and I smile as I consider how we survived such adjustment and transition. I witnessed the extraordinary power of human resilience, our adaptability and creativity.

It has felt to me that the myth of the invulnerable therapist was deeply challenged in the past few months. Clients were aware that we too carried uncertainty, the loss of our places of work. We too were in social isolation and physically mandated to honor social distance. We shared the risks of this deadly virus, and what it could mean to have it enter our lives and homes. I found we had a place of meeting in this, often empowering for clients, as we stretched across the rubble of our fears and anxieties and stayed in a healing relationship.

Looking at the trajectory of the upheaval of the last few months, I recognise the surge of activity and adrenaline in the beginning - extra meetings, new technology, peer support, trainings, supervision and sharing of resources. Now, we are able to celebrate the possibility with clients that we could be in the centre again soon. I was working with a client last week who really poetically described the internal lockdown, the hibernation and withdrawal, and now the invitation to explore phased re-opening of herself. I recognise my own longing to meet again not just face to face, but body to body. I have come to appreciate in a new way the importance of the centre, the actual building we work in. It represents something really meaningful and vital to our clients, it is a home of a dedicated community of therapists with experience, passion, and wisdom. I feel a deepened appreciation for the grounding support of my colleagues and management, and the sense of the unrelenting and passionate advocacy for our clients and for me as a staff member. This support, including the responses and creative work of the RCNI, actively and positively filtered through to our work on the ground.

*Therapist working in Centre
June 2020*

Thank you from Radio Kerry!

*To Vera and all the team at the Centre,
Thank you for your help and support over the years. Your work has helped change society
for the better. We would also like to acknowledge the brave clients who – with your
encouragement - have spoken on Radio Kerry and have given strength to other victims of
sexual abuse to come forward.
Thank you all.*



Fundraising Initiatives 2020

During the month of January two fundraisers took place on behalf of the Centre. We would like to take the opportunity to thank both the people who organized this event on our behalf and also to thank everyone who made a donation to Kerry Rape & Sexual Abuse Centre.

January

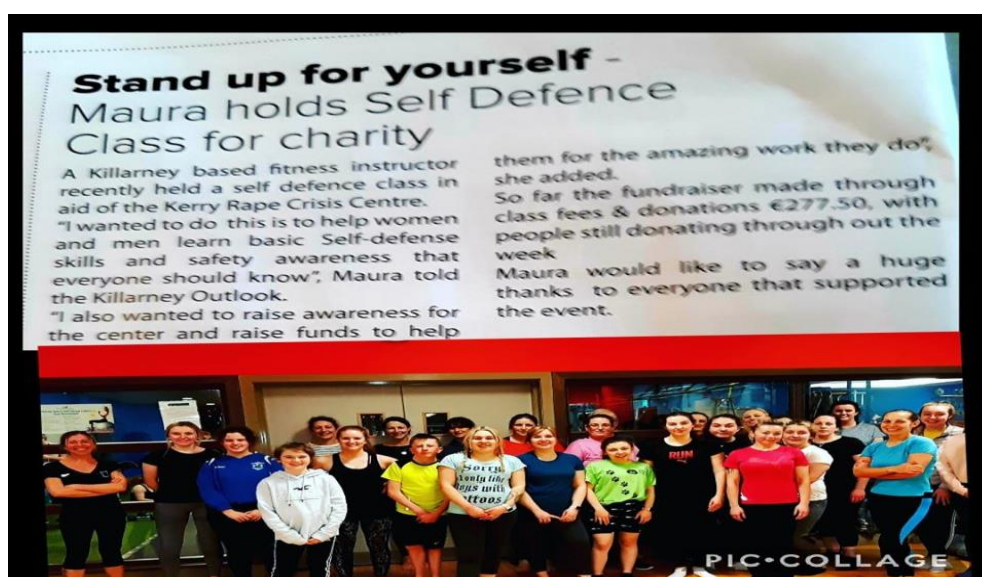


Anahata Yoga Dingle 4 January at 17:20 · 🌐

🌟 Massive gratitude to the lovely group that came to the donation based yoga class this morning in aid of Kerry rape crisis and sexual abuse centre Tralee.

🙏 We raised €230 🥰❤️🙏

Special thanks to those who donated even tho they couldn't make class 🌟



March

Kerry Rape & Sexual Abuse Centre were delighted to be chosen along with Adapt Kerry Women' Refuge as one of the beneficiaries from the fundraiser, "5k March for Change walk" organized by Kerry Businesswomen's Network. This fundraiser took place on March 8th at Killarney House and Gardens to celebrate International Women's Day. Over a total of €800 was raised. This will further assist our Centre in providing essential services. We would like to take this opportunity to thank Kerry Businesswomen's Network most sincerely for their solidarity and support.





Sean Kelly-MEP/ Vera O'Leary-Manager & Betty Garnett-Counsellor

Consent and Sexual Violence Prevention Education 2020 Year End Report

I don't shy away in admitting that the rollercoaster of this last year has been difficult to put into words. Never could I have anticipated when offered the role of Education Co-ordinator that we would be facing a global pandemic that would entirely change what our personal and professional lives looked like.

After a much awaited start I threw myself into a role that I was passionate about, that I could develop in my own way and most importantly, that would make a difference.

I was and still am, in awe of the vital service that my manager Vera and the rest of the KRSAC team provide. The experience, knowledge and passion, along with the humble and eloquent way in which it is executed from every member of staff was and is inspiring. This drove me to further ensure the way in which I carried out the Education role was worthy of the professionalism I had around me and the hard work that had been put in before me.

The time I managed to spend in schools has been wonderful, despite the challenges Covid brought to the classroom, the ongoing resilience of the young people shone through and delivery has been a success with positive feedback from students and staff.

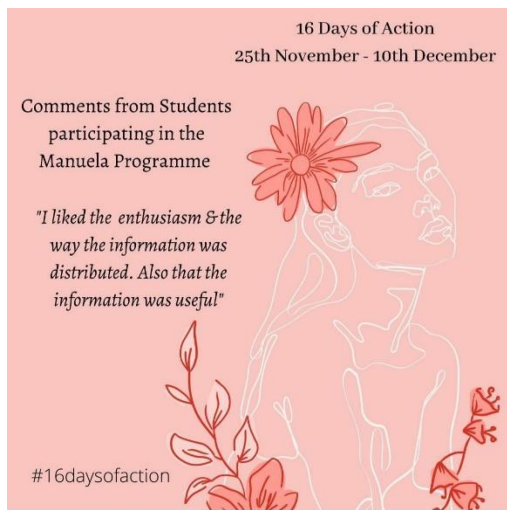
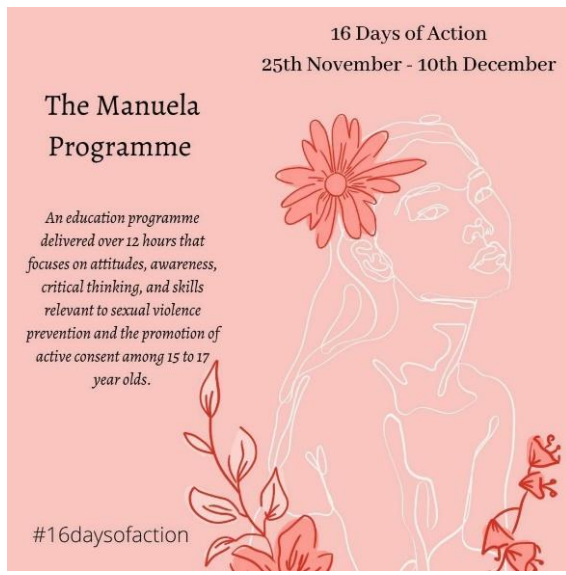
Covid 19 has brought challenges of tightening restrictions and therefore numerous bookings being cancelled but has also afforded me the unique opportunity of time to network, build relationships and develop high quality, relevant educational packages.

This week I will commence virtual delivery of two courses to University students and executives around Dealing with Disclosure that I wrote and designed. I have pilot schemes ready with a Youth Organisation to roll out my work with parents and primary aged children as well as bespoke staff training. We also now have a range of Special Educational Needs resources to enable us to reach some of the most vulnerable in our society, and I have many more projects in the pipeline. Although it is difficult to acknowledge that I have not reached as many young people this year as I would have otherwise been able, having been given the opportunity to create resources to support the prevention of sexual violence among numerous demographics has been invaluable.

I look forward to the year ahead and the opportunities it may bring, knowing the Kerry Rape and Sexual Abuse Centre will stay strong and focussed in delivering the much-needed services to the incredible community around us.

Many Thanks

Sianna Williams- Education Co-ordinator



Staff Profile

Name	Experience	Role
<i>Vera O’Leary</i>	<i>Nurse/ Midwife & Accredited Counsellor</i>	<i>Manager/Counsellor</i>
<i>Sinead Kavanagh</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Bernie McCarthy</i>	<i>Psychiatric Nurse & Accredited Counsellor</i>	<i>Counsellor</i>
<i>Alice Kavanagh</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Brendan Roantree</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Noelle O’Connell</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Melissa Cournane</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Caroline Fennell</i>	<i>Dip in Business Studies</i>	<i>Administrator/funding</i>
<i>Betty Garnett</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Kelly Hartnett</i>	<i>BA Youth & Community Studies (CE Placement)</i>	<i>Administrator</i>
<i>Sianna Williams</i>	<i>Honours Degree Sociology & Social Policy Dip in Education & Training</i>	<i>Education Co-Ordinator</i>

Some of our staff retired at the end of the year. While we will miss them greatly, we look forward to welcoming new staff on board.

List of Funders:

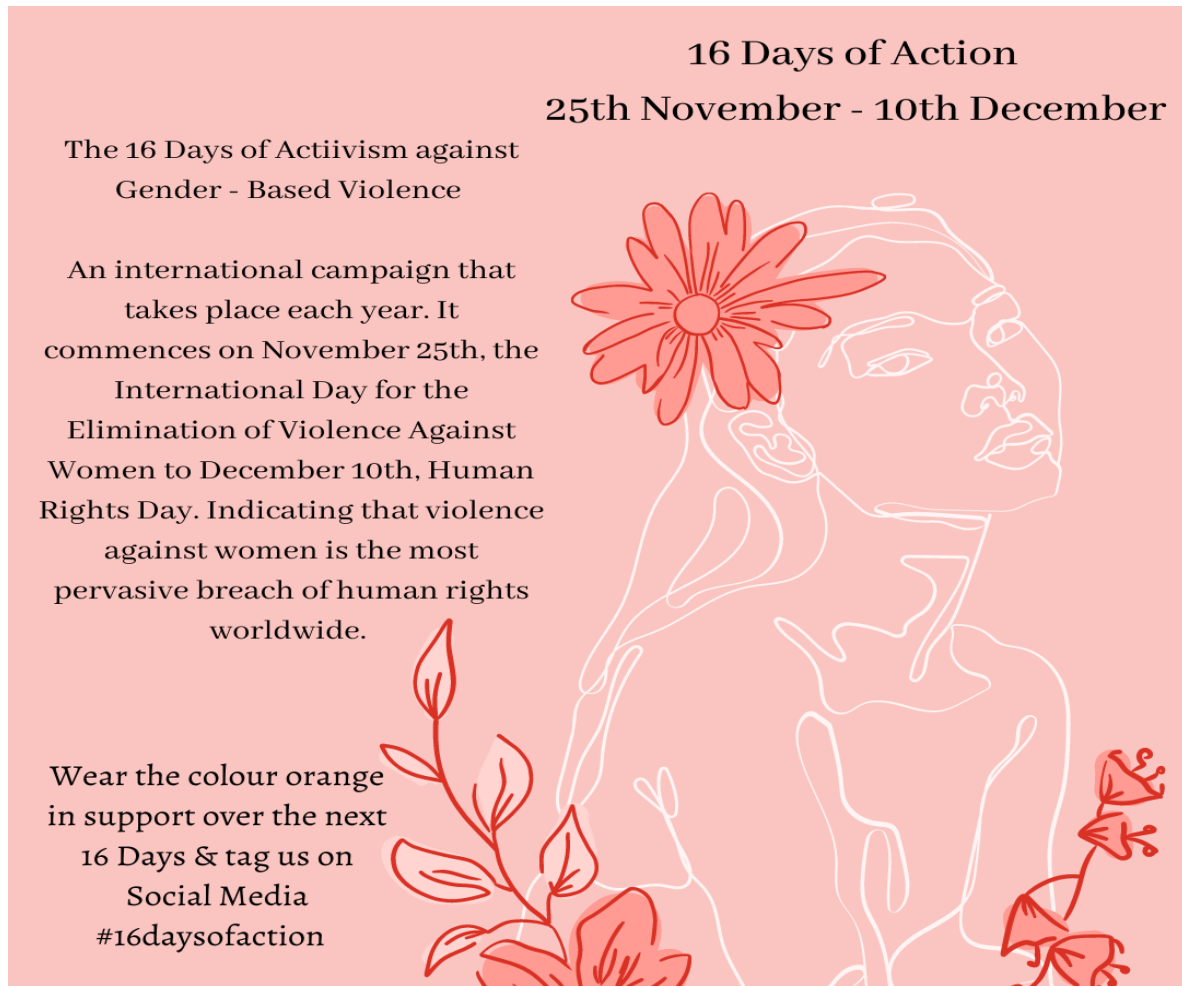
- *Tusla – Child & Family Agency*
- *Donations and Fundraisers*
- *Covid Stability Fund*
- *HSE*

Representation:

The Centre is represented on a wide range of local and national groups.

- *Rape Crisis Network Ireland*
- *Kerry Traveller Network Development Group*
- *The Ethics Committee -ITT*
- *South West Counselling Centre – Board of Management*
- *Kerry Adolescent Counselling Service – Board of Management*
- *Tusla Meitheal Working Group*
- *West Cork Working Group*

16 Days of Action Campaign



16 Days of Action
25th November - 10th December

The 16 Days of Activism against
Gender - Based Violence

An international campaign that
takes place each year. It
commences on November 25th, the
International Day for the
Elimination of Violence Against
Women to December 10th, Human
Rights Day. Indicating that violence
against women is the most
pervasive breach of human rights
worldwide.

Wear the colour orange
in support over the next
16 Days & tag us on
Social Media
#16daysofaction

The 16 Days of Action Campaign is an important opportunity to raise awareness and call for changes at an international, national, and local level to make women and children safe from abuse. The campaign runs from the 25th of November to the 10th of December each year.

This year Kerry Rape & Sexual Abuse Centre took part in a social media campaign on Facebook, Twitter and Instagram, the focus of this year's Women's Aid Campaign is intimate relationship abuse, including online abuse against young people (18-25 years).

16 Days of Action
25th November - 10th December

***Kerry Rape & Sexual Abuse
Centre***

Facebook -
Kerry Rape Crisis Kerry
Instagram -
@kerryrapeandsexualabusecentre
Twitter -
@KerryRSAC

FreePhone -
1800 633 333

#16daysofaction



16 Days of Action
25th November - 10th December

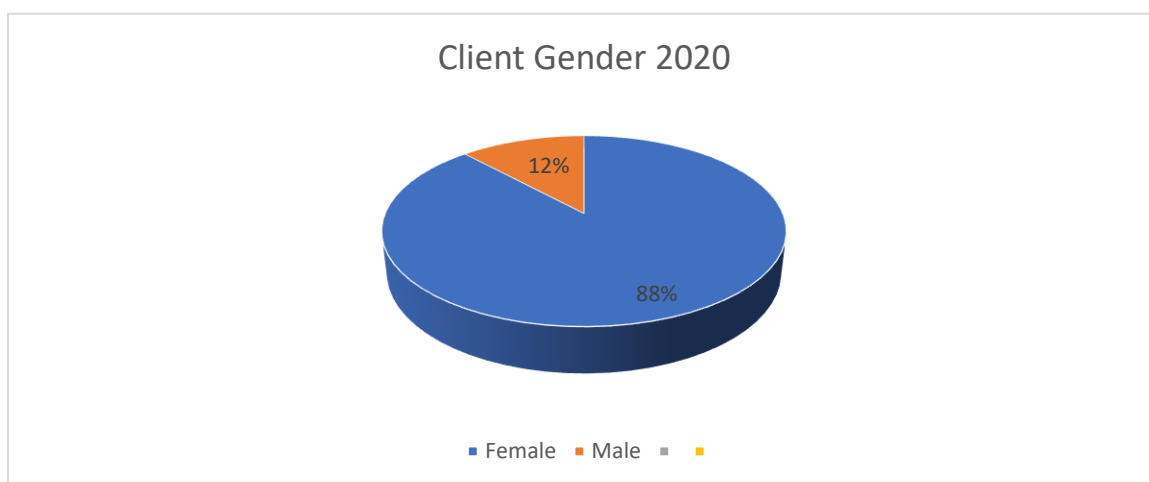


#16daysofaction

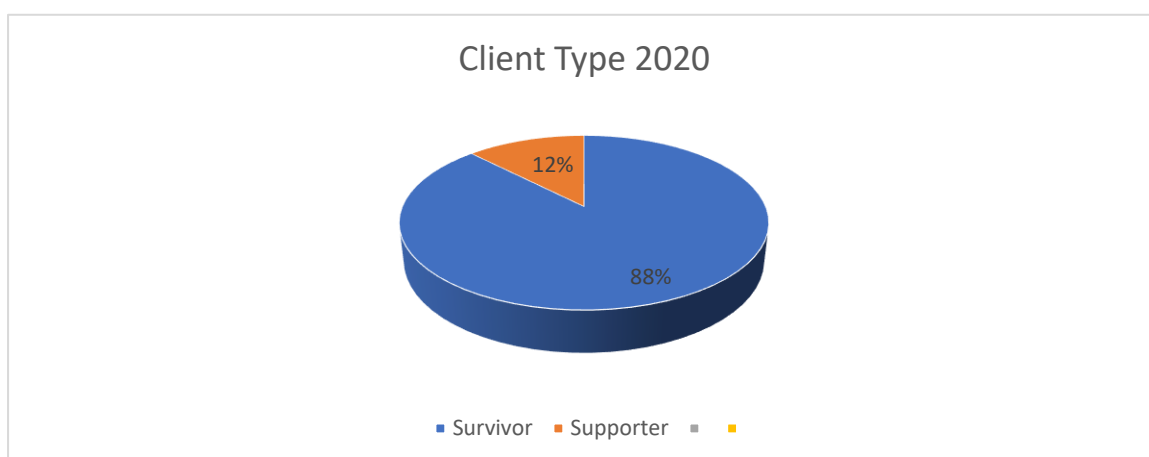
Kerry Rape & Sexual Abuse Centre Statistics 2020

In 2020 the Centre provided 2,320 appointments and there were over 218 clients availing of face-to-face counselling, 14 of these clients were under the age of 18. There were 191 survivors, 171 were female survivors and 20 were male survivors. KRSAC had 27 supporters attending the Centre last year, 21 were female supporters and 6 were male supporters. Also, the Centre saw 108 new clients in 2020.

192 female clients and 26 male clients attending the Centre. The abuse began as young as 2 years of age and 99% of all perpetrators were male.



The above pie chart illustrates that 88% of the clients seen in 2020 were female and 12% were male.



The above chart illustrates that 88% percent of clients seen in 2020 were survivors and 12% were supporters.

Appointments 2020

2020 was an exceptionally busy year for the Centre, there were 2,320 appointments provided to clients. These were provided through face to face and online services.

Helpline 2020

A total of 1,931 calls were recorded in our helpline call centre in 2020, 1,251 calls were incoming, and 680 calls were outgoing.

1,449 survivor calls, 1,368 were female and 81 were male.

377 Professional Calls.

7 Unknown/Other (gender unknown due to nature of call i.e silent, hang up etc.

Accompaniments 2020

In 2020 the Centre provided 15 days of Court accompaniment; this was an invaluable service to the clients who required support throughout the court proceedings. It is vital that victims/ survivors are supported during this time. Unfortunately, due to Covid-19 a number of clients experienced their cases being adjourned.

8.5 day of Garda accompaniment were provided by the Centre to clients. Garda accompaniment is a critical part of our response and it is vital that victims/survivors are responded to in a non- judgemental and supportive manner, giving information, suggesting options but always allowing the victim to decide what course of action to take. The members of the Protective Services Unit (PSU) continued during Covid to avail of the facilities provided by us to take statements from survivors.

Professional Calls 2020

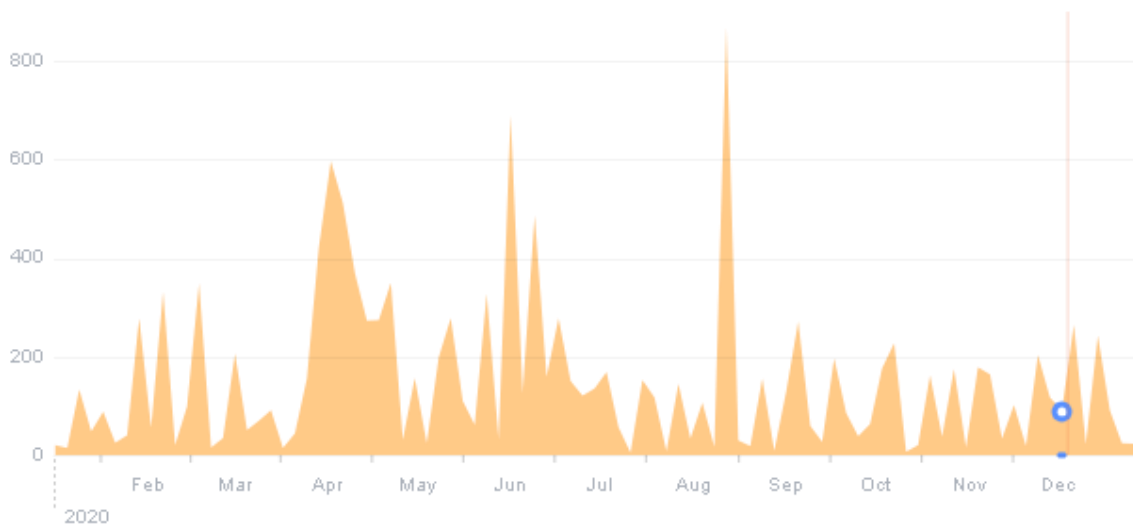
The Centre received over 377 professional calls in 2020 from external organisations such as Gardai, legal services, Social Workers, other Counselling services etc.

These professionals made contact with Kerry Rape & Sexual Abuse Centre on behalf of service users, inter agency groups seeking information and referrals.

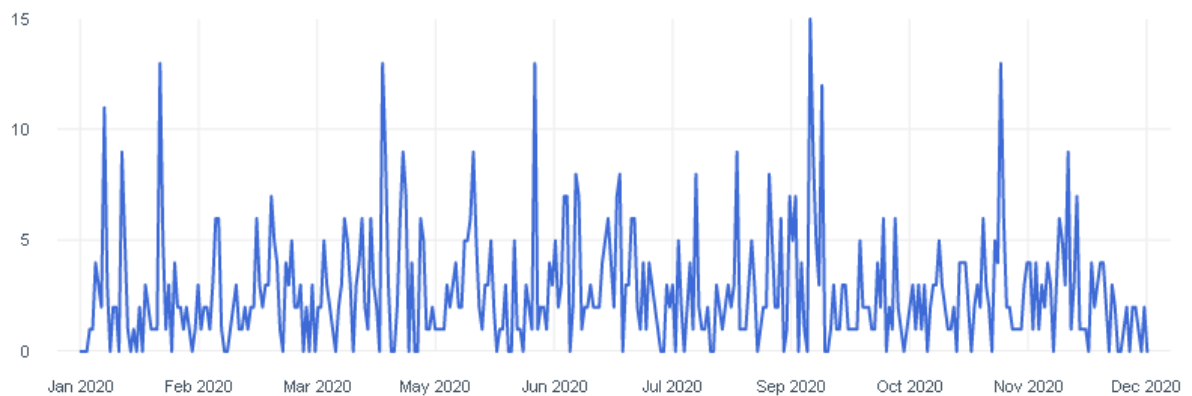
Social Media Activity 2020

Facebook

Post Reach



Total Views



A total of 5,024 people engaged with our face book page during the course of 2020.

Twitter

One of our other tools we use to deliver information is through the use of Twitter. We find it a very effective method of networking with others and distributing information. Below is an example of a month of activity on our twitter page.

Your Tweets earned **3.8K impressions** over this **31-day** period.

Saturday, December 19, 2020

Organic Impressions	21
Tweets	0

50024Dec 6Dec 13Dec 20Dec 27

YOUR TWEETS

During this 31-day period, you earned **123 impressions** per day.

•

Engagements

Showing 31 days with daily frequency

Engagement rate

1.5%

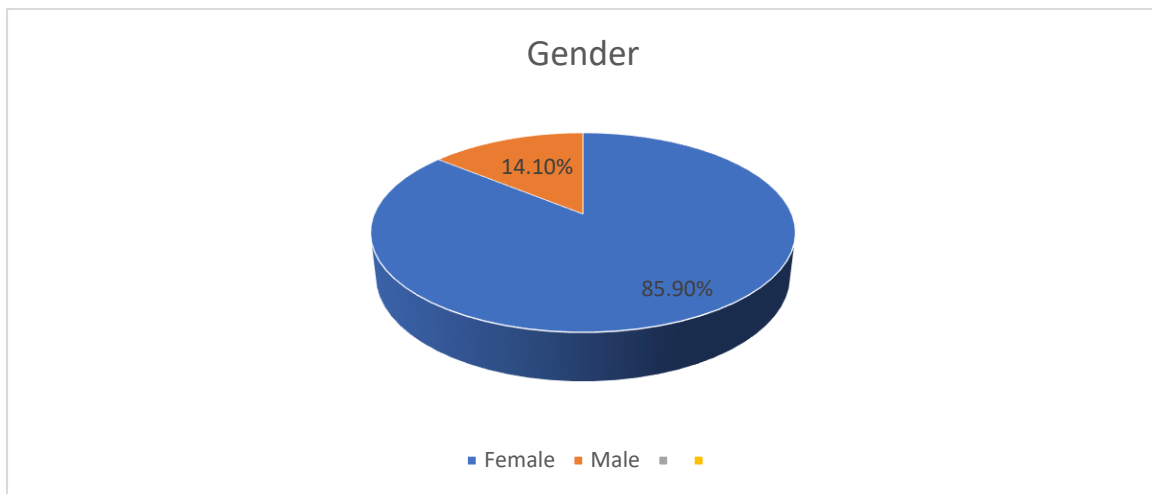


Link clicks

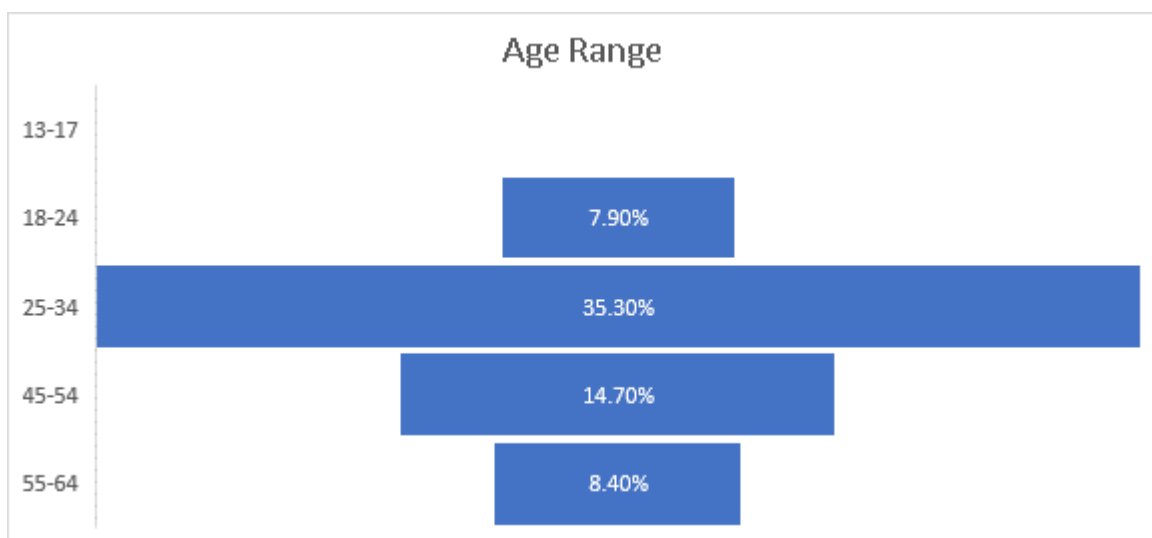
Instagram

Instagram has also become a hugely important social media tool to help promote the Centre. Instagram enables us to produce high quality photos and videos which we can then share through our other social media sites.

During 2020, we had an average of 364 followers per month.



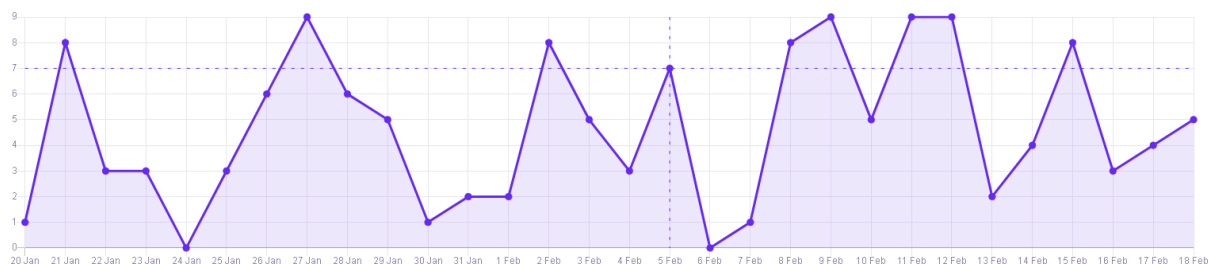
85.9% followers were female and 14.1% were male.



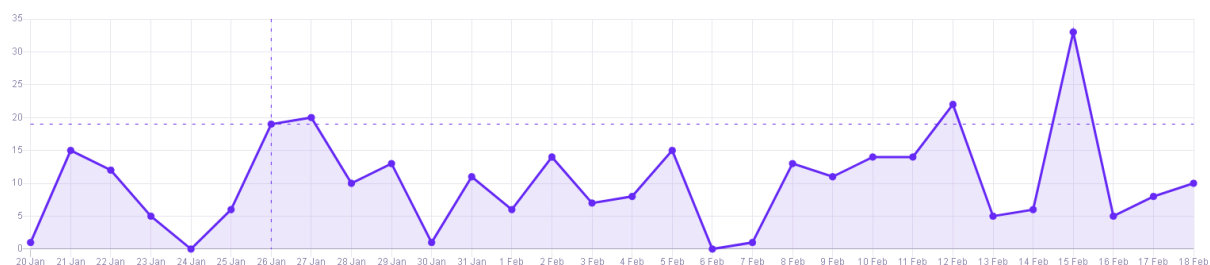
The above chart plots the different age categories which the Centre has engaged in through Instagram. The highest level of engagement appears within the 25 to 34 years old age group.

Website

In 2020 we had a total of 4,000 engaged users to our site.



Overall Monthly Session Activity on our website.



Overall Monthly Page View Activity on our website.

Legal Status

The Kerry Rape & Sexual Abuse Centre is a registered company limited by guarantee and has charitable status.

Auditor – Joan O’ Sullivan & Co., 12 Denny Street, Tralee, Co. Kerry.

Solicitor – Miriam Mc Gillycuddy, Derryana, Ballyard, Tralee, Co. Kerry.

Company Number: 358498

Charity Registered No: 20027155