



KERRY RAPE & SEXUAL ABUSE CENTRE

Annual Report 2021



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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 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 2021



The 2021 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. 2021 was a year of continued disruption due to the public health emergency that was COVID19 and all the implications that came with it. Thanks to the dedicated staff lead the centre has continued to operate as swiftly and smoothly as possible and I am proud of the Centre for ensuring our services could be delivered at a high-quality level.

As Chairperson of KRSAC I would like to thank the board for all their support and encouragement throughout – hopefully as we move into 2022, we can begin to see each other in person rather than on a screen.

The Board approved a Strategic Plan in 2018 and towards the end of 2021 we entered a conversation with a benefactor of the centre to work towards the objective of finding a permanent home for KRSAC. Given the positive news at the end of 2021 on our funding we look forward to progressing the building a new centre in 2022.

The Centre’s policies continued to be reviewed and updated throughout 2021.

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. 2021 has continued to present a challenge like no other, 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 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.

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 2021

Kerry Rape & Sexual Abuse Centre

"We are here to listen"

Free Professional Counselling

Education & Awareness Programmes

Support & Information For Families

Court Accompaniment

Telephone Counselling

Advocacy

Freephone : 1800 633 333



@Kerryrapecrisiscentre



@kerryrapeandsexualabusecentre



@KerryRSAC

BOARD OF DIRECTORS 2021

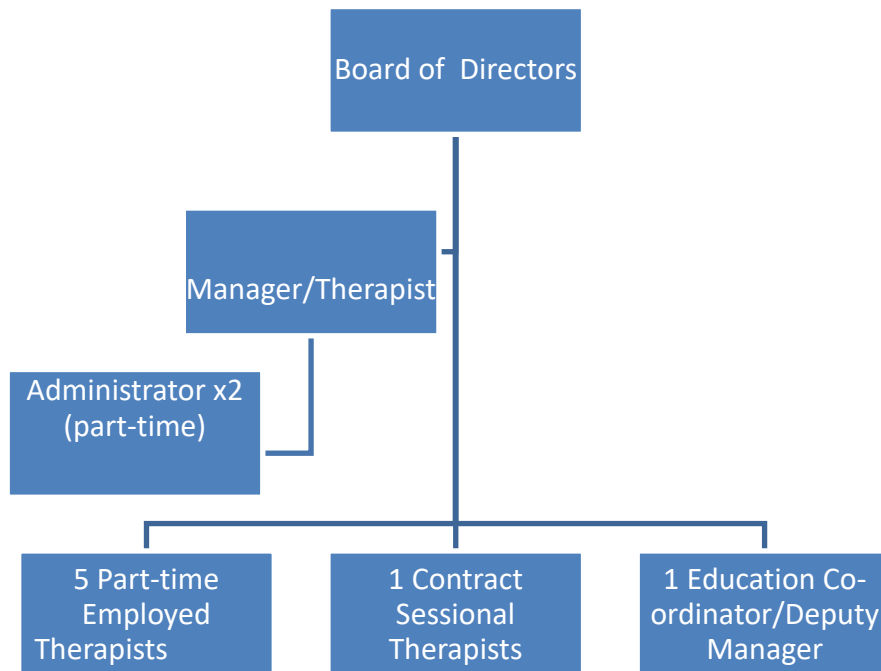
***Ben Slimm (Chairperson), Caitriona Py Collins (Deputy Chair), Gerry Enright (Financial Director)
Barry O' Rourke Brid Mc Elligott, Denise Griffin, Mary Corkery, Brendan Roantree, Frances
Clifford (retired June 2021)***

Dates of Board Meetings which took place in 2021

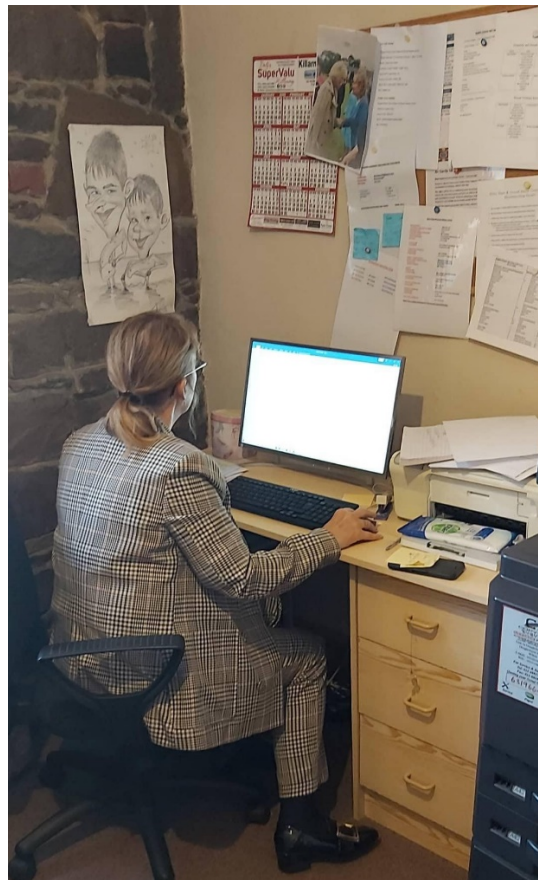
- ***26th January via zoom***
- ***23rd February via zoom***
- ***30th March via Zoom***
- ***11th May via Zoom***
- ***22nd June via Zoom***
- ***14th September***
- ***19th October***
- ***23rd November***

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 contract therapist on a sessional basis. All Staff are Garda vetted and therapists maintain valid registrations with their appropriate professional organizations.



Centre Manager's Report 2021



Firstly, it is important to acknowledge that this has again been a demanding year for all of us. Some of us have grappled with grief and illness, while many struggled with uncertainty and a changing work environment. Thankfully, this was made more bearable for us by the knowledge that we were supported by our Board of Directors, funders and the general public. The challenge was trying to meet the huge increase in demand for all of our services.

For me, the single most important issue is that we continued to respond to survivors. They are the reason we exist, and our clients will continue to be at the heart of everything we do. We continuously adapted to an ever- changing landscape. Large numbers of survivors and their supporters reached out to us looking for support. We recognise the additional trauma experienced for our clients during this pandemic and the courage shown in reaching out for support. With professional support and a high -quality counselling service survivors can overcome the trauma and live a fulfilled life.

One of the insights from 2021 is that once this pandemic ends, we cannot turn back the clock. The learning from the past two years will be inextricably linked to future service delivery. The future is unclear, and our challenge is that we need to be able to shape the future of service delivery for all survivors of sexual violence.

I want to acknowledge the hard work, passion, and dedication of our committed and expert staff throughout the year. Their stamina and energy are often tested, but never fails. I also wish to extend sincere thanks to our Chairperson, Ben Slimm, and all the Board for their commitment, support and assistance to me and the team. The Board is committed to maintaining the highest standards of good governance. We continue to work with Tulsa as our main funder and their support and belief in our work enables us to continue responding to so many survivors. We could not have achieved so much without the continued financial support of the public.

Together, board, volunteers, staff & funders, will continue to work to accomplish our key objectives, providing healing and support to the victims of sexual violence, ensuring the rights of those victims in their journey through the justice system and working to eliminate the tolerance of sexual violence in our society.

Vera O’Leary

Manager

January 2021

Client Writings 2021

On the occasion of my 60th birthday I would like to say míle buíochas for your help in transforming my life over 25 years ago! I will enclose a cheque that will hopefully help you transform someone else's life for the good! Le gach dea – ghúí I gcónaí.

"Card received from client who attended the Centre over 25 years ago".

My counsellor was so supportive during Covid. The weekly zoom sessions were my lifeline and tremendous support to me. She was always attentive, never judgmental and helped me with coping strategies to get me through such a difficult time. Looking back on it now I do not know how I would have got to where I am now without her support

I rang the Centre during the 2nd lockdown when I was at my lowest and struggling to stay alive. The isolation on top of the trauma was crippling me. I got an immediate response, and they arranged to call me back at a time that suited me. I stayed on that call for what seemed like ages, and I felt connected to someone for what seemed like the first time in a really long time. My anxiety lowered, and I could breathe again without feeling immense pain. The counsellor then organised weekly zoom sessions and they became my lifeline. No words can express my gratitude.

KRSAC EDUCATION



We offer a range of Education Programmes that focus on attitudes, awareness, critical thinking & skills relevant to Sexual Violence prevention & the promotion of active consent.

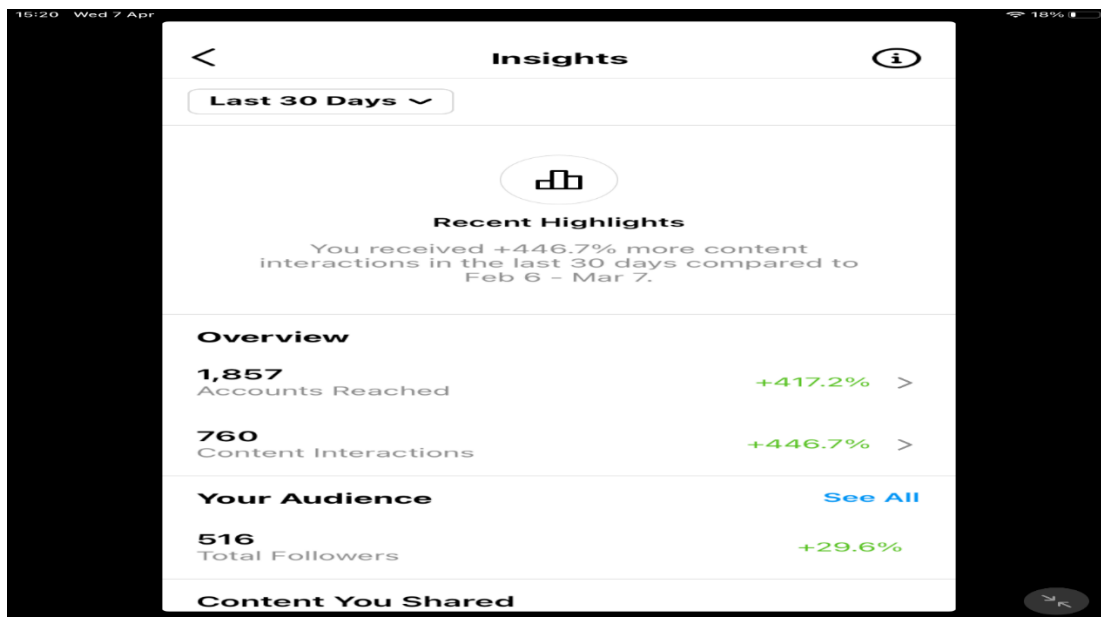
If you need support, please contact our Education Officer Sianna Williams - education@krsac.com or FreePhone - 1800 633 333



Fundraising Initiatives 2021

March

During the month of March, three fundraisers took place on behalf of the Centre. We would like to take the opportunity to thank all of the people who organized this event on our behalf and also to thank everyone who made a donation to Kerry Rape & Sexual Abuse Centre. Laura's head shave was one of the fundraisers which took place in March, Laura wanted to show solidarity with victims of sexual violence by shaving her hair. This proved to be a huge success and took on massive social media attention, reaching over 1,857 accounts on Instagram. We would just like to take this opportunity to thank Laura for her kindness and generosity.



The second fundraiser to take place during March was the “Clothesline Canopy Competition”. A local company very kindly donated a clothesline canopy to the Centre. This also proved to be a huge success.



Competition Time

**BE IN WITH A CHANCE OF
WINNING A CLOTHESLINE
CANOPY AND SUPPORT A
GREAT CHARITY**



how to enter

**YOU CAN BUY A RAFFLE TICKET
THROUGH OUR IDONATE
FUNDRAISER “1 FOR €5, 3 FOR €10,
8 FOR €20, ETC AND SHARE THIS
COMPETITION ON SOCIAL MEDIA
TAGGING @CLOTHESLINECANOPY &
@KERRYRAPECRISISCENTRE**

LUCKY WINNER ANNOUNCED 19TH OF MARCH



The third fundraiser which took place in March was kindly organized on our behalf by Centra, Killarney. We would like to thank Centra most sincerely and thank you to all who donated.

Coffee Morning for Kerry Rape & Sexual Abuse Centre

Wednesday March 10th
8:30-12pm
At Centra Muckross Road
Killarney



KERRY RAPE &
SEXUAL ABUSE CENTRE

April

Kerry Rape & Sexual Abuse Centre was delighted to be chosen as a beneficiary from Killarney Credit Union. These monies received will further assist our Centre in providing essential services.

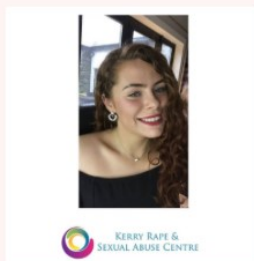


November

A massive thank you to Jill Burton @38star who raised €500 at a table quiz hosted in [@mccarthysbardingle](#) for us here in the centre. We are blown away by the generosity of the people of Dingle who attended & raised funds on our behalf. This money will enable us to provide much needed services to survivors.



Fundraisers



Thank You!!

#16daysofaction

16 Days of Action
25th November – 10th December



KERRY RAPE &
SEXUAL ABUSE CENTRE



KRSAC Education 2021 Year End Report

2021 has seen the continuation of Kerry Rape & Sexual Abuse Centre's educational Programme by providing a range of courses for young people aged 13 to 21 as well as parents and professionals, around the prevention of sexual violence. The focus of delivery was to address emerging themes and issues that were likely already affecting young people whilst incorporating learning that empowers participants with knowledge and skills to navigate relationships and sexual experiences in a safe and positive way, now and in the future. To do this, educational institutions discussed their concerns and needs, and suitable bespoke offerings were agreed.

KRSAC Education has faced many challenges throughout Covid-19 but learnt to adapt quickly to ensure relevant and quality education continued to be delivered by using online and holistic approaches.

We would not have been able to reach so many people without the financial support from different sources. We would like to thank the following for their support – Solidarity Trust, Sisters of Mercy/Kerry Education/HSE Community Dept and the individuals and groups who fundraised on our behalf.

In 2021 950 young people have engaged in education with us and 457 adult participants.

Overview of KRSAC Education for 2021

- Consent education has continued and is available widely. Consent would be a pivotal part of our educational repertoire. The 2-hour standalone workshop we offer aims to be fun and engaging, it is adapted and offered to all secondary school age groups. KRSAC have worked to reduce misinformation and confusion around sexual consent and empower individuals to create healthy relationships, safe communities, and reduce the rates of sexual violence in Ireland.*
- We have been delivering Healthy Relationships workshops in conjunction with Consent education to provide a space for young people to explore further what relationships mean and how to recognise and respect our own boundaries as well as those of others.*
- Keeping in mind the technological world young people immerse themselves in, exacerbated by national Covid-19 lockdowns, KRSAC developed and began delivering a Programme of 'Prevention of Online Sexual Harm' to both young people and parents in differing formats. This has been well taken up and received.*
- Initiated by a request from a third level institution, KRSAC developed a comprehensive course 'Responding to a Disclosure of Sexual Violence' which incorporates a full overview of Sexual Violence and Consent while developing skills in reacting and responding to survivors of sexual*

violence in an appropriate and empathetic manner, alongside raising awareness of the key contextual and societal issues surrounding sexual violence.

Responding to a Disclosure of Sexual Violence

KRSAC developed and ran a pilot Programme for evaluation of 'Responding to a Disclosure of Sexual Violence' to 36 third level students over 3 separate 3-hour sessions. This again, was as a response to emerging need coming from a rising number of peer disclosures withing 3rd level institutions. Evaluation was extremely positive, and this is now being adapted for nationwide delivery.

KRSAC Education with Parents & Carers

In 2021 KRSAC began offering two online workshops around the prevention of online sexual harm (POSH), for both primary school and secondary parents and carers. Many teachers and school staff have also signed up to this training.

KRSAC Education have delivered these workshops to 475 adult participants, over evenings, daytimes and weekends to ensure all parents have the opportunity to engage. The uptake has been surprisingly strong, which would indicate parents are collectively feeling overwhelmed by the dangers young people may face online. The emergence of new apps and games every day can make the internet feel vast and ever-changing.

Plans for the Future

This year and last we began rolling out a model where Consent Education, Online Sexual Harm Prevention and Healthy relationships education take place within the Junior Cycle of schooling, whilst ensuring that TY's and Leaving Certificate students also receive the education albeit later than would have been preferred. This has given a robust foundation for 2022 where the young people we have worked with during the junior cycle are now progressing into further year groups with a good basis of knowledge. This model allows for consistent messages to be brought to young people across every year of schooling and keeps vital conversations happening throughout their school life. The aim is that education around each topic reaches young people before it has become an issue of concern for them.

We plan to introduce further courses for parents and carers around consent, healthy relationships and pornography to ensure that young people are getting consistent messages in a holistic way. These will continue to be delivered online over varying times to ensure parents and carers have the opportunity to participate.

Free course for Parents of Secondary School students in Co. Kerry

Do you find the online world for young people a little overwhelming or have concerns about your child using the internet?

Delivered by KRSAC Education via Zoom
Thursday 25th
February 7pm-8pm
Tickets available via Eventbrite

ONLINE HARM PREVENTION FOR PARENTS & CARERS (SECONDARY)
KRSAC EDUCATION

This course aims to educate parents about the online world of teens and what we can do to keep them safer from risks of online sexual harm.

A 'helpline' introductory course for parents in Co. Kerry to learn about how our secondary school children interact online, the concerns we may have, and the things they may face. We will discuss how to talk to young people about their online life and the support that is available.

With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is highly valuable for education, as well as a way to keep in touch with friends and family. However, it's important we all consider how we can help keep young people safer online during this lockdown, and always.

Free course for Parents of Primary School students in Co. Kerry

Do you find the online world for young people a little overwhelming or have concerns about your child using the internet?

Delivered by KRSAC Education via Zoom
Thursday 4th March
7pm-8pm
Tickets available via Eventbrite

Online Harm Prevention for Parents & Carers (Primary)
KRSAC Education

This course aims to educate parents about the online world of primary-aged children and what we can do to keep them safe online.

This is a 'helpline' introductory course for parents in Co. Kerry to learn about how primary school children interact online, the concerns parents may have, the things children may face, and how we support them to have safe and positive online experiences.

With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is highly valuable for education, as well as a way to keep in touch with friends and family. However, it's important we all consider how we can help keep young people safer online during this lockdown, and always.

ONLINE HARM PREVENTION FOR PARENTS & CARERS (SECONDARY)
KRSAC EDUCATION

TUESDAYS 4:30-6:30 AT KDYS KILLARNEY STARTING IN OCTOBER.

This project will be led by the young people involved, but can incorporate:

- Art & Sculpture
- Graphic Design
- Videography

Qualified and experienced artists to guide the project.

Spaces are very limited. To book or for further information please email education@krsac.com or contact KRSAC Education on Facebook or Instagram

There will be a mandatory zoom meeting with parents before the project begins.

KRSAC EDUCATION WILL BE RUNNING A FREE CREATIVE AFTER SCHOOL PROJECT FOR YOUNG PEOPLE FOCUSSED ON CONSENT AND HEALTHY RELATIONSHIPS

Kerry Local Community Partnership

22 nóg

KERRY RAPE & SEXUAL ABUSE CENTRE

GIR

CLÁR Fíre Iddánach Creative Ireland Programme 2017-2022

Staff Profile

<i>Name</i>	<i>Experience</i>	<i>Role</i>
<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>Cheryl Murphy</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>Amber Kavanagh</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Kelly Hartnett</i>	<i>BA Youth & Community Studies</i>	<i>Administrator</i>
<i>Sianna Williams</i>	<i>Honours Degree Sociology & Social Policy Education Co-Ordinator Dip in Education & Training</i>	

List of Funders:

- ***Tusla – Child & Family Agency***
- ***Donations and Fundraisers***
- ***Kerry Education Training Board***
- ***NEWKD***
- ***Community Foundation Ireland***
- ***HSE Community Dept***
- ***Sisters of Mercy Solidarity Fund***

Representation:

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

- *Rape Crisis Network Ireland*
- *Research & Ethics Committee -MTU*
- *Southwest Counselling Centre – Board of Directors*
- *Kerry Adolescent Counselling Service – Board of Directors*
- *West Cork Violence Against Women Working Group*
- *Tralee International Resource Centre Board of Directors*

16 Days of Action Campaign

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).

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 (UN Day for the Elimination of Violence Against Women) to December 10th 2021 (International Human Rights Day)



 KERRY RAPE &
SEXUAL ABUSE CENTRE
FreePhone - 1800 633 333

Kerry Rape & Sexual Abuse Centre,
5 Greenview Terrace,
Princes Quay,
Tralee,
Co. Kerry

FreePhone - 1800 633 333
Email - kerryrapecrisis@krsac.com

#16daysofaction

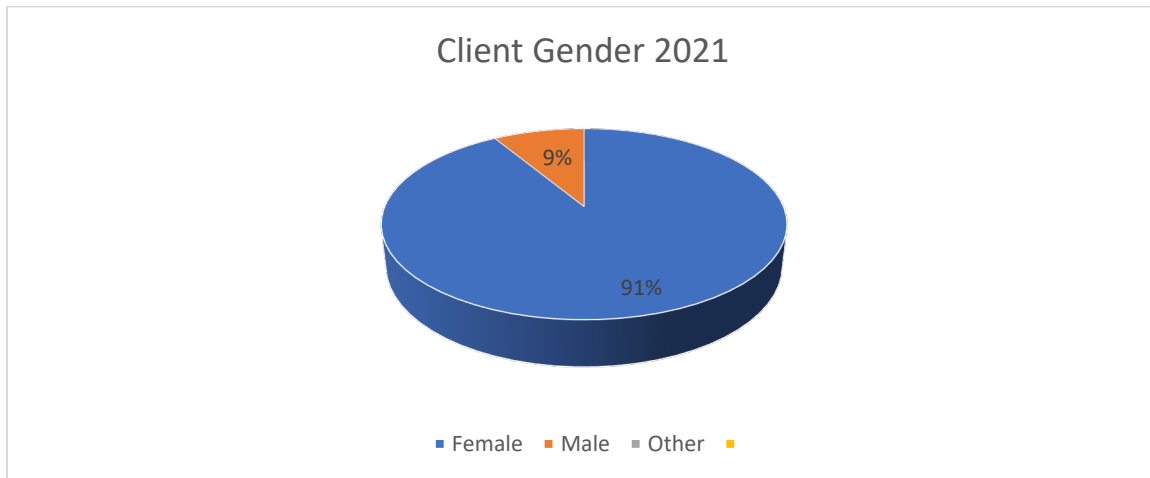
16 Days of Action
25th November – 10th December



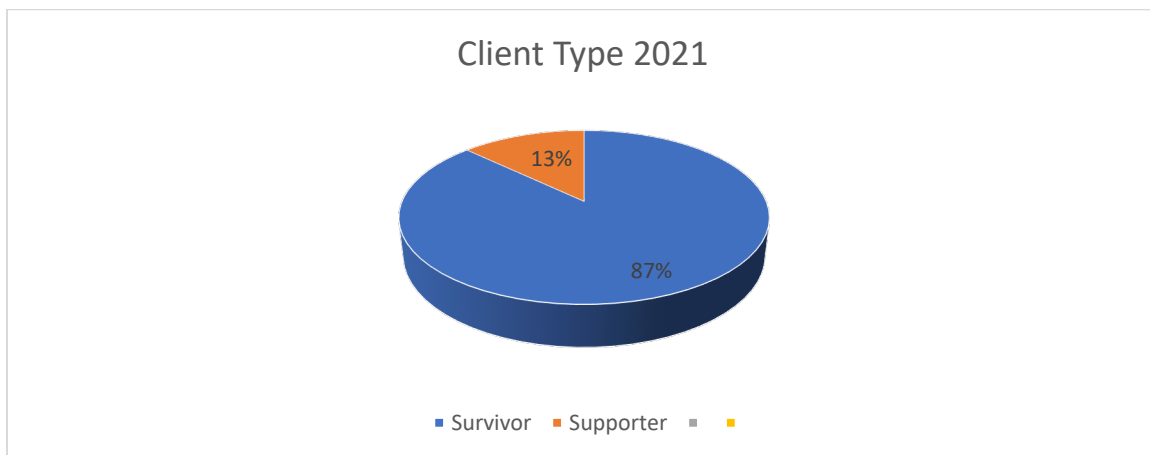
KERRY RAPE &
SEXUAL ABUSE CENTRE

Kerry Rape & Sexual Abuse Centre Statistics 2021

In 2021 the Centre provided 2,430 appointments and there were 221 clients availing of face-to-face counselling, 25 of these clients were under the age of 18. KRSAC had 182 survivors, 166 were female survivors, 14 were male survivors and 2 were other. KRSAC had 39 supporters attending the Centre last year, 34 were female supporters and 5 male supporters. Also, the Centre saw 155 new clients in 2021, 141 female clients, 12 male clients and 2 other 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 91% of the clients seen in 2021 were female and 9% were male.



The above chart illustrates that 87% percent of clients seen in 2021 were survivors and 13% were supporters.

Appointments 2021

2021 was an exceptionally busy year for the Centre, there were 2,430 appointments provided to clients. These were provided through face to face and online services.

Helpline 2021

A total of 2047 calls were recorded in our helpline call centre in 2021

1,328 calls were incoming, and 718 calls were outgoing.

1,447 were client calls.

600 Professional Calls.

Accompaniments 2021

In 2021 the Centre provided 11 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.

6.5 days 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- judgmental 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 2021

The Centre received over 600 professional calls in 2021 from external organizations such as Gardai, legal services, Social Workers, other Counselling services, youth organizations etc.

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

Referrals 2021

In 2021 KRSAC received 155 new referrals to the Centre. KRSAC has a diverse referral pathway. Referrals range from the following: Self Referrals, Community Organizations, Mental Health Services, Other Sexual violence Services, Domestic Violence Services, Medical, Gardai and Social Services. Self-Referrals accounted for 50% of referrals seen in Centre.

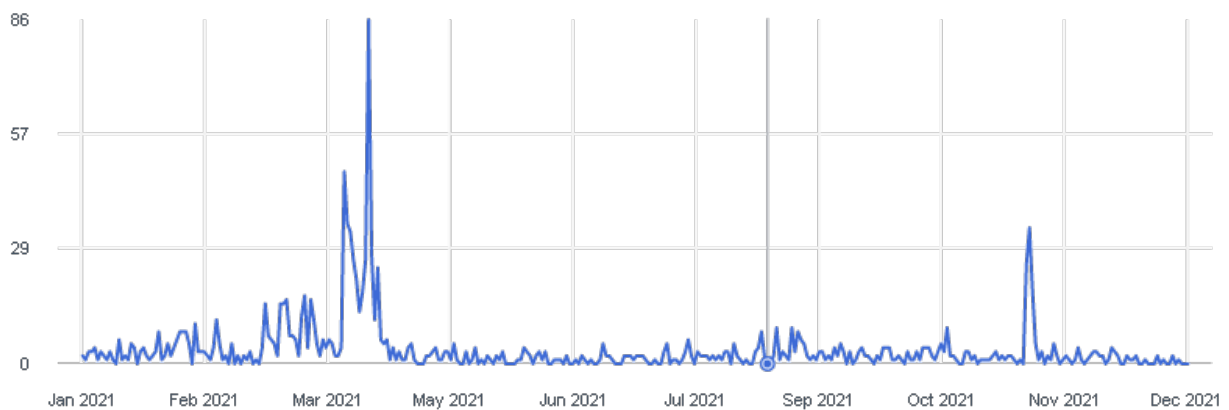
Social Media Activity 2021

Facebook

Post reach



Page Views



Over 5,000 people engaged with our face book page over the course of 2021

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 **3.2K impressions** over this **31-day** period.

Saturday, December 19, 2021

11 Organic Impressions 21

Tweets 0

50024Dec 6Dec 13Dec 20Dec 27

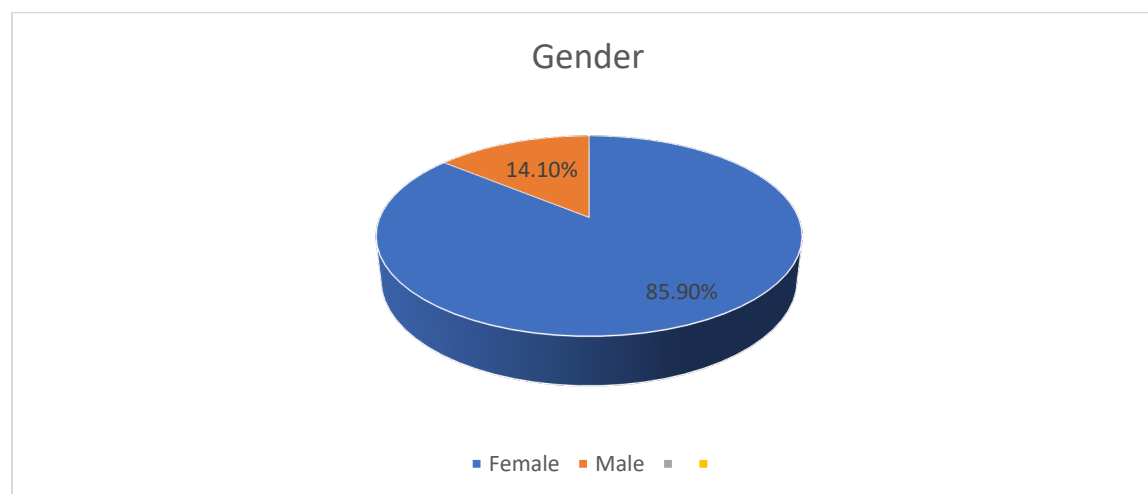
YOUR TWEETS

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

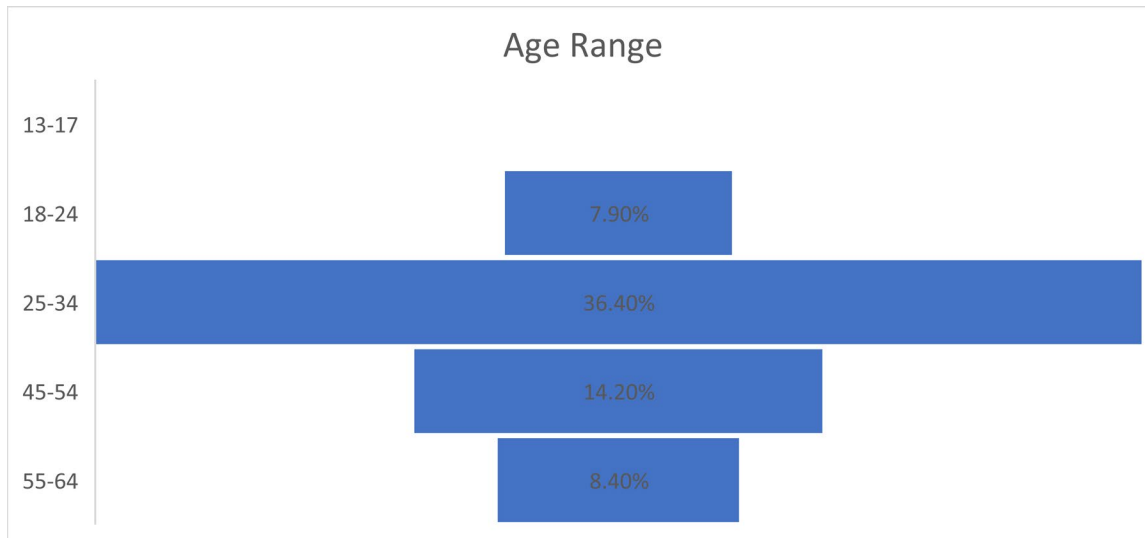
Instagram

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 2021, we had an average of 631 followers on Instagram.



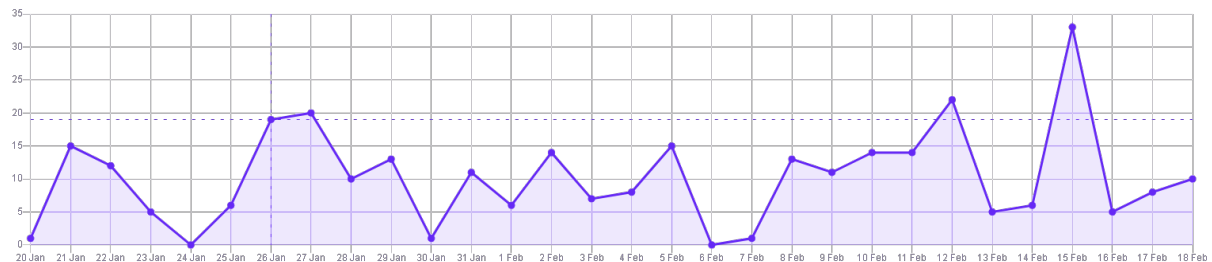
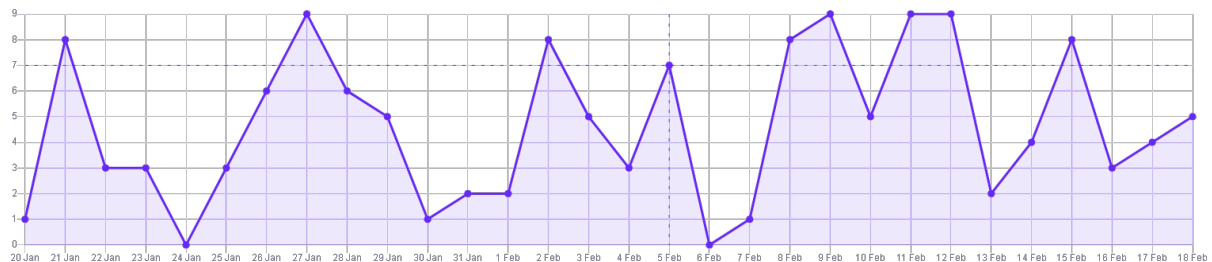
85.9% followers were female and 14.1% were male.



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 2021 we had a total of 3,785 engaged users to our site.



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 Gilycuddy, Derryana, Ballyard, Tralee, Co. Kerry.

Company Number: 358498

Charity Registered No: 20027155