



# KERRY RAPE & SEXUAL ABUSE CENTRE

*Annual Report 2023*



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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](http://www.krsac.com)

**Facebook:** <https://www.facebook.com/KerryRapeCrisis>

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

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

**Charity Regulatory Authority No:** *20027155*

**Company Registration No:** *358498*

**Year established:** *1992*

***Our Mission***

***“To provide a safe, confidential and free counselling and support service to female and male survivors of all types of sexual violence and support for non-abusing partners, parents, relatives and friends”***

***Vision:***

***Our vision is of a society that does not tolerate any type of sexual violence but that, when it does occur the survivors are treated with dignity & respect.***



***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.***

***The main object for which the Company was established is to provide:***

***Counselling, education, training, information and support for survivors of sexual violence and their families.***

***In furtherance exclusively of the main object, the Company will have the following subsidiary objects and any income generated from the subsidiary objects is to be applied to the main object only:***

***(a) To provide free and confidential unlimited counselling services to the survivors of sexual violence and crimes.***

***(b) To provide a programme of supports to survivors of sexual violence and crimes, their families and friends.***

***(c) To develop education and training initiatives that create awareness and understanding of the effects of sexual crimes.***

***(d) To continue to actively participate in local and national level networks and fora that will have a direct impact on our work, will raise our profile and enhance information sharing.***

***(e) To provide for the continued professional development of our staff and volunteers.***

***(f) To foster a greater awareness in society of the dynamics and impact of sexual violence and crime.***

***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 2023**

***As we reflect on 2023, I would like to take this opportunity to thank our Centre Director, counsellors and administrative team for their tremendous commitment to the work we deliver. I would also like to express my gratitude to my fellow Board Members and the various stakeholders we engage with on a daily basis to ensure we deliver the most appropriate services for our clients in a caring, compassionate and effective manner.***

***2023, similar to 2022 saw an increase in demand for our services and dealing with this increased demand, in an environment of limited resources is challenging. We welcome the recent government initiatives to assist with waiting lists and increased requests for the services we provide, but we regret that as an organisation we cannot respond with immediacy on certain requests. This is despite the wonderful and committed efforts of our Director and our centre team, but we operate in an environment where demand exceeds the capacity of the centre and waiting list are now, regrettably, a feature of our service.***

***It has been a long-term ambition of the Centre to have a self-owned, purpose-built facility. Planning for our development was refused by Kerry County Council in 2023 and this decision has been appealed to An Board Pleanala and we await the outcome of this process. We would like to acknowledge the tremendous philanthropic donation of a site from a Centre advocate and his family and hopefully 2024 will see this project progress.***

***I would like to acknowledge the excellent working relationship with our primary funders Tusla and recognise their funding for the centre. I would also like to thank those who contributed financially to the Centre operations in 2023 through fundraising activity and donations. Your financial support to deliver is a key enabler of our service delivery.***

***It is an honour and privilege to Chair the Board of Directors of this organisation where daily I see the impact of the work we do.***

***To our clients, thank you for trusting us to work with you on your journey of recovery. As we have done over the last 31 years, in 2024 we will continue to deliver our services in a professional and compassionate manner, advocating for the needs of victims of rape and sexual abuse in our care.***

***We look forward to your continued support in this journey.***

***Brid McElligott.***



**Are you experiencing difficulties in your life because of Sexual Violence?**

**Have you, or has someone you know, been raped, assaulted, or abused recently or in the past?**

**Kerry Rape & Sexual Abuse Centre can provide you with professional free and confidential information, support and counselling**

**Freephone: 1800 633 333**

**[www.krsac.com](http://www.krsac.com)**

**5 Greenview Terrace, Tralee County Kerry, Ireland**

**Telephone - 0667123122**

**Email - [KerryRapeCrisis@krsac.com](mailto:KerryRapeCrisis@krsac.com)**

**TÚSLA** An Ghriúmháireacht um Leasú agus an Toghfaíoch  
Child and Family Agency

**BOARD OF DIRECTORS 2023**

***Brid Mc Elligott (Chairperson), Caitriona Py-Collins (Vice-Chairperson), Gerry Enright (Financial Director) Denise Griffin(Company Secretary), Barry O' Rourke, Ben Slimm, Mary Corkery, , Brendan Roantree, Siobhan Garvey.***

***9 Board Meetings took place in 2023***





## Centre Manager's Report 2023



***To finish where I started: This will be my final report as I retire later in the year after 32 years at the helm. It is an honour and a privilege to be able to work with Kerry Rape & Sexual Abuse Centre and with the wider community who want to bring about a society free of the harm of sexual violence, and also where those who experience sexual violence are given the support they need and deserve by highly qualified, experienced & compassionate staff.***

***We were very pleased to see the Government's Third National Strategy, led out by the Taoiseach and Minister for Justice & CEDiy in June 2022, this strategy has specific goals including to support those who engage with what victims call a 'daunting' justice system. We were delighted to be part of a consultation process with the Minister & Dept. of Justice in developing the new agency which is called "Cuan" meaning safe harbour. This agency is specifically tasked with dealing with Domestic, Sexual & Gender based violence. We look forward to collaborating and improving the responses to all survivors of sexual violence.***

***We created a new role, Waiting List Case Manager, to support survivors on our long waiting list. Whilst, we would strive towards not having a waiting list, the reality is that the demand outstrips the current resources. We endeavour to support all the clients while they wait for counselling.***

***The efforts to secure new accommodation for KRSAC continues. We applied for planning permission and are awaiting the outcome of an appeal from An Bord Pleanála. We are hopeful that we will be in a position to proceed with this exciting project.***

***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 current Chairperson, Brid McElligott and all the Board Directors 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, March 2024***

### Client Writings 2023

***I wasn't sure how to say thank you, so I said I would write you a letter. I have thought about this letter often over the past year so here it is.***

***I came to you broken, not know who I was, unable to stop the negative thoughts swirling around my head. I had feelings of hatred towards myself. I prioritised everyone else before listening to myself.***

***I had a secret that I could never ever speak out loud. And in my darkest moments that secret would come out and hurt me over and over again. I couldn't ever admit that what had happened, happened.***

***One of my most bravest moments was making that call to you. I dreaded that first meeting. I didn't like the feelings I had of being so vulnerable and admitting what had happened to me. I had so much fear that you would put blame on me or force me to peruse a prosecution.***

***I needn't have feared because all you did was listen to me. And helped me identify my true feelings. After a session I would feel absolutely worn out. An emotional explosion would happen and for days afterwards my thoughts would be working through my feelings through a new lens. I would see that I was a victim and was faultless. An innocent good person that someone did something awful to.***

***The sessions were hard work, they really were. And I would be raw and sore after them. But like going to the gym the results were amazing. Now I am me. I know my own thoughts and feelings. I can identify feelings and situations that make me uncomfortable. I can handle those feelings. You gave me a tool kit to help me deal with normal day to day feelings. And normal is a good word to use.***

***I'm not saying that magically everything in life is perfect. I live a normal life. But my world is stable. I'm happy because of me and choosing to make myself happy. The work has continued Even though my sessions have finished. After The last session I felt a lot of fear. Who would listen to me and help me sort out my thoughts. The answer is simple: me.***

***So, thank you, thank you, thank you. From the bottom of my heart. Thank you for taking on my burden, for your compassion, for listening to me and hearing me. You are a wonderful human and I really hope that you mind yourself and understand how important you are in the world.***

**Client Writings 2023**

***My sincere gratitude for all the support given to me in my time with you. The freedom I have achieved with the support I have been given has been truly immense. I will never forget you and may I say I am very thankful that that people like you do as you are destined to meet people at a very difficult time in their life and aid them in finding their feet.***





***Lousie O' Neill Author & Vera O' Leary Centre Manager at the launch of the West Cork Sexual Violence Project.***

**Staff Profile**

<b><i>Name</i></b>	<b><i>Experience</i></b>	<b><i>Role</i></b>
<b><i>Vera O’Leary</i></b>	<b><i>Nurse/ Midwife&amp; Accredited Counsellor</i></b>	<b><i>Manager/Counsellor</i></b>
<b><i>Sinead Kavanagh</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Bernie McCarthy</i></b>	<b><i>Psychiatric Nurse&amp; Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Cheryl Murphy</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Noelle O’Connell</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Melissa Cournane</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Caroline Fennell</i></b>	<b><i>Dip in Business Studies</i></b>	<b><i>Administrator/funding</i></b>
<b><i>Amber Kavanagh</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>
<b><i>Helen O’ Connor</i></b>	<b><i>Association of Accounting Technicians</i></b>	<b><i>Administrator</i></b>
<b><i>Denis Foley</i></b>	<b><i>Accredited Counsellor</i></b>	<b><i>Counsellor</i></b>

**List of Funders:**

- *Tusla – Child & Family Agency*
- *Donations and Fundraisers*
- *Franciscans*
- *HSE Community Dept*

### **Representation:**

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

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

## **FUNDRAISING INITIAIVES 2023**

### **January**

***A huge thank you to all the staff of Mercy Mount hawk Secondary School who organised a fundraiser through Christmas raffles/hampers on behalf of KRSAC. Over the last number of years, they have been extremely thoughtful in considering our Centre to benefit from their fundraisers.***





**February**

***Kerry Rape & Sexual Abuse Centre would like to take this opportunity to thank I the Lady Captain at Ballybunion Golf Club, who very kindly organised a fundraiser on our behalf.***



**March**

***Kerry Rape & Sexual Abuse Centre would like to take this opportunity to thank Tesco, The Square, Tralee for the donation we received. Also, a huge thank you to everyone that voted for us as part of the Tesco Community Fund. We really appreciate it!!!***



May

***A huge thank you to all the staff of Enterprise Car & Van Hire, John Joe Sheehy Road, Tralee who organised a hugely successful charity car wash and coffee morning on our behalf. It was greatly supported on the day by everyone. We really appreciated all the effort and hard work from everyone who participated in the event.***



October

*Throughout the month of October, the wonderful staff of Pitman Training Kerry took on the arduous task of walking 1 million steps in over 30 days!! They achieved their target and Kerry Rape & Sexual Abuse Centre were delighted to be beneficiaries from this successful fundraiser. We would like to take this opportunity to thank all the staff at Pitman Training Kerry.*



November

*All roads led to Kenmare to the Kenmare Brewhouse on the 3<sup>rd</sup> of November for what was a most enjoyable night! We would just like to take this opportunity to thank Urban Bulldogs Against Kids Abuse for organising a table quiz night on our behalf and for supporting our services. It is very much appreciated.*



## TRAINING INITIATIVES & AWARENESS ACTIVITIES 2023

**2023 was another busy year for KRSAC attending and taking part in wide variety of Training Initiatives & awareness activities throughout the year.**

### February

**Our manager, Vera O' Leary was delighted to be asked to speak on Thursday the 23<sup>rd</sup> of February at the "Tackling Sexual Violence in Ireland" Conference which took place at the Ormonde Hotel, Kilkenny. It was a thought provoking experience and a wonderful opportunity to meet so many people from different sectors including Lavinia Kerwick who was the keynote speaker at the Conference.**

<p><b>Tackling Sexual Violence in Ireland: Meeting Demand &amp; Improving Inclusivity</b></p> <p>Thursday, 23rd February, 2023: Ormonde Hotel, Kilkenny</p> <p><b>Conference Agenda:</b></p> <p><b>10.30 - 11.00am:</b> Registration &amp; morning refreshments <b>11.00 - 11.15am:</b> Welcome &amp; overview of the day <b>11.15 - 11.40am:</b> Keynote speaker: Lavinia Kerwick</p> <p><b>11.40 - 13.00pm:</b> "How do we make our services more inclusive, accessible &amp; impactful into the future?"</p> <p>Panel one discussion moderated by John Doyle (Men's Development Network) &amp; includes inputs from:</p> <ul style="list-style-type: none"><li>• Alex Cooney (CyberSafe Kids)</li><li>• Chris Rooke (on issues facing queer male survivors)</li><li>• Dr. Jennifer Okeke (Immigrant Council of Ireland)</li><li>• Megan Berry (Pavee Point)</li><li>• Sam's Collective (on issues facing LGBTQ+ communities)</li></ul> <p><b>13.00 - 14.00pm:</b> Lunch (provided)</p> <p><b>14.00 - 15.45pm:</b> "What demands are we meeting and how do we meet these demands while continuing to improve our services?"</p> <p>Panel two discussion is moderated by Shirley Scott (Dublin Rape Crisis Centre) &amp; includes inputs from:</p> <ul style="list-style-type: none"><li>• Cathy Connolly (Galway Rape Crisis Centre)</li><li>• Jo Wright (One in Four)</li><li>• Michelle Grehan (Dublin Rape Crisis Centre)</li><li>• Vera O'Leary (Kerry Rape and Sexual Abuse Centre)</li></ul> <p><b>15.45 - 16.00pm:</b> Closing remarks</p> <p><small>The funding for this project is provided by the Department of Justice and Equality through the National Domestic Violence Helpline and the National Sexual Violence Research Programme.</small></p> <p><small>Do Saorú Bheithíochais agus Solúbhachtaí, Inghnó, Múinteoirí agus Clárúcháin, Department of Culture and Digital Media, Research, Innovation and Learning</small></p> <p><b>the wheel</b> Stronger Charities Stronger Communities</p>	
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October

**MTU Kerry Wellness Week took place on the 2<sup>nd</sup> of October. KRSAC were invited to participate along with a wide variety of groups. We would like to thank all of the students who visited our stand. (Pictured Caroline Fennell & Niamh Doherty Welfare Students Union, MTU South Campus)**



## November

***On the 30<sup>th</sup> of November as part of the UN's annual 16 Days of Activism against Gender-Based Violence, the Kerry Women's Centre in association with NEWKD hosted a morning conference on Eliminating Violence Against Women and Girls. Kerry Rape & Sexual Abuse Centre would like to thank all those involved for making a powerful and thought provoking morning. The conference combined presentations by keynote speakers including, Mary Mc Dermott, CEO of Safe Ireland, Catherine Casey General Manager of Adapt Kerry Women's Refuge Tralee, Garda Niamh Corkery & Dr Rosaleen McDonagh (playwright, poet and activist).***

***The conference was of particular interest to women from across the community, students, practitioners, activists, media and policy makers. The café style conference provided a unique opportunity to increase awareness, promote advocacy and created a safe space for discussion on challenges and solutions. There was also information stalls from a variety of groups, crafts from the Ukranian Women's Group and a display of art work from the Kerry Women's Centre Women's History Project and Women's Art Group.***





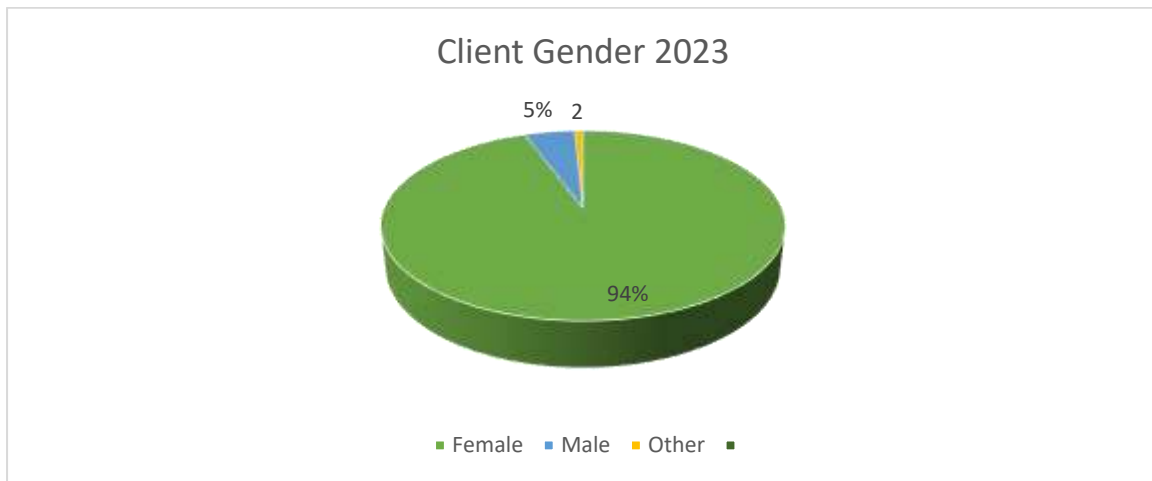
***On Monday the 27<sup>th</sup> of November, Kerry Rape & Sexual Abuse Centre hosted and Awareness Session with National Politicians.***



**Kerry Rape & Sexual Abuse Centre Statistics 2023**

***In 2023 the Centre provided 2,489 appointments and there were 261 clients availing of face-to-face counselling, 22 of these clients were under the age of 18***

***KRSAC had 225 survivors, 204 were female survivors, 19 were male survivors and 2 were other. KRSAC had 36 supporters attending the Centre last year, 33 were female supporters and 3 were male supporters. Also, the Centre saw 151 new clients in 2023, 136 female clients, 15 male clients. The abuse began as young as 2 years of age and 99% of all perpetrators were male.***



***The above pie chart illustrates that 94% of the clients seen in 2023 were female and 5% were male.***



***The above chart illustrates that 86% percent of clients seen in 2023 were survivors and 14% were supporters.***

### **Appointments 2023**

***2023 was an exceptionally busy year for the Centre, there were 2,489 appointments provided to clients. These were provided through face to face and online services.***

### **Helpline 2023**

***A total of 1,903 calls were recorded in our helpline call centre in 2023***

### **Accompaniments 2023**

***In 2023 the Centre provided 20 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.***

***3.5 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 to avail of the facilities provided by us to take statements from survivors.***

### **Professional Calls 2023**

***The Centre received over 412 professional calls in 2023 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 2023**

***In 2023 KRSAC received 151 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 2023

*Here at Kerry Rape & Sexual Abuse Centre we use a variety of social media platforms to provide information, offer support and promote training and awareness to our audience. Instagram and X (formally Twitter) and our Website are the main tools we use in providing this information.*

### *X (Twitter)*

*One of our other tools we use to deliver information is through the use of X(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 X (twitter) page.*

*Your Tweets earned 2.1K impressions over this 31-day period.*

*Saturday, December 19, 2023*

**19** Organic Impressions 21

■ Tweets 0

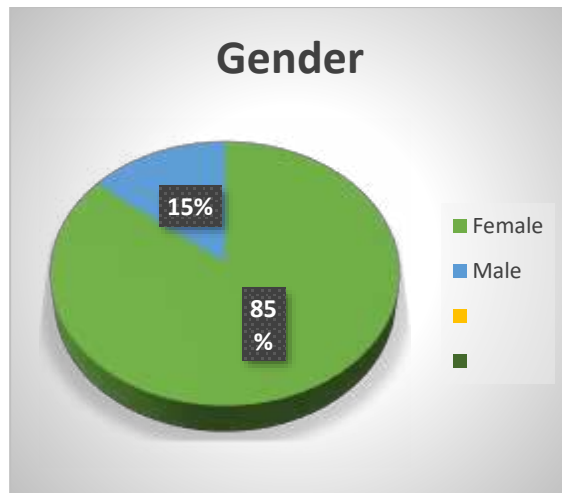
### *YOUR TWEETS*

*During this 31-day period, you earned 67 impressions per day.*

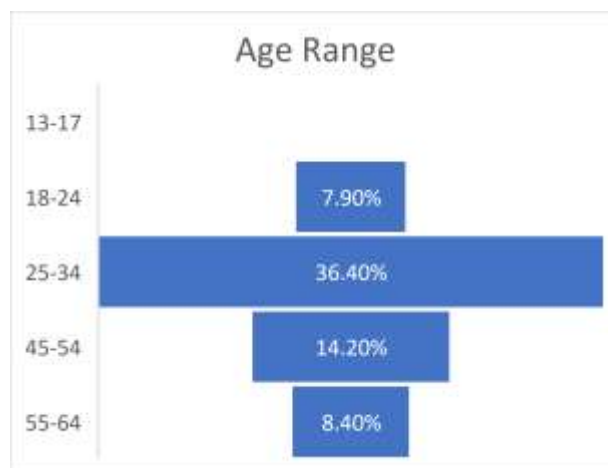
### *Instagram*

*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 2023, we had an average of 2,300 people engaging on our Instagram page. The Centre has a total of 780 followers*

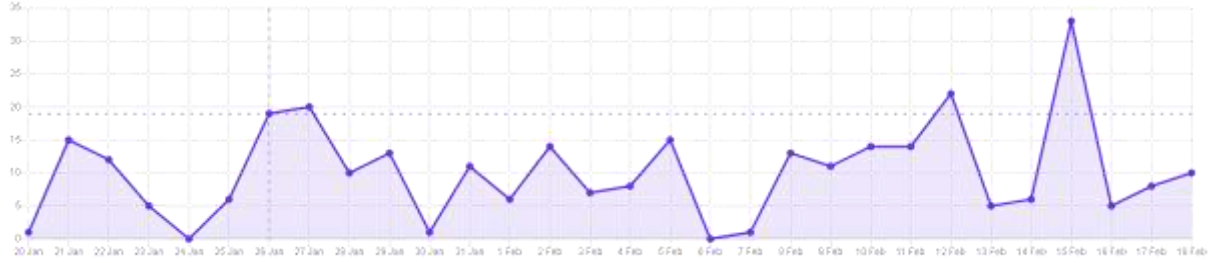


*The chart below plots the different age categories which the Centre has engaged in through Instagram. The highest level of engagement appears within the 25 to 34 years old age group*



## Website

***In 2023 we had a total of 3,634 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 Gillycuddy, Derryana, Ballyard, Tralee, Co. Kerry.***

***Company Number: 358498***

***Charity Registered No: 20027155***

### Kerry Peer Support Network

**Kerry Rape & Sexual Abuse Centre was delighted to work in conjunction with other agencies such as Adapt Kerry, Kerry Peer Support Network to develop a video on Coercive Control. Please see below a snap shot of the statistics that were collated during the campaign.**

- Total video views at 25% are 8,032
- Total video views at 50% are 6,415 - so people who watched up to halfway
- Total video views at 100% are 1,319
- The video has played on people's newsfeeds a total of 56,339 times
- The Organic post shared on Adapts page has 29 likes, 23 shares and some comments as well.
- While the paid campaign has had 218 reactions, 5 comments, 6 saves, and 33 shares.



### **Future Plans**

***Kerry Rape & Sexual Abuse Centre applied for planning permission for a permanent, bespoke Counselling Centre located in Reen, Ross Road, Killarney after a site was generously donated by the Clarke family. The Centre applied for planning permission and are awaiting the outcome of an appeal from An Bord Pleanála. We are hopeful that a decision will be made on this soon and we will be in a position to secure a new premises.***

***As we move into 2024, we do so with an awareness to with some significant changes to staffing in the year ahead. One of our long term therapists who has been with the organisation for 24 years will retiring at the end of 2024. The Centre and all of the staff wish to acknowledge her hard work and dedication over the years.***

***It is with a heavy heart that we will also see our Chief Executive Vera O' Leary retire at the end of the year after 32 years. Vera's hard work, dedication, passion and commitment to the Sexual Violence Sector has been remarkable.***

***Although, we are aware that 2024 will see a transition of roles within the Centre, we look forward to sharing these precious chapters with our esteemed colleagues for their remaining time in the Centre.***



**Strategic plan**



STRATEGIC  
PLAN IS  
BASED ON 5  
KEY GOALS

