



KERRY RAPE & SEXUAL ABUSE CENTRE

Annual Report 2024

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Organisational Details

Freephone -1800 633 333



Name: Kerry Rape & Sexual Abuse Centre CLG

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

Phone No: 066 7123122/087 9739065

Freephone: 1800 633333

Email: KerryRapeCrisis@krsac.com

Website: 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 all survivors of all types of sexual violence and support for non-abusing partners, parents, relatives and friends.

Our 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 any type of sexual violence, including rape, sexual assault, and childhood sexual abuse. 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.

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.

Chairperson's Report 2024



As we look back on 2024, I would like to take this opportunity to extend my heartfelt thanks to our Centre CE, counsellors, and administrative team for their unwavering dedication to the important work we do. I also wish to acknowledge my fellow Board members for their continued, selfless commitment to supporting the Centre.

A special word of appreciation goes to our former Centre CE, who retired in December 2024 after over 30 years of service. Her remarkable dedication — along with that of all our recent retirees — has left a lasting impact on the organisation. On behalf of the Board, I sincerely thank them for their years of service, tireless effort, deep compassion, and professionalism. Their contributions have made the Centre stronger, and it is now our responsibility to build on their legacy of excellence.

In 2024, we experienced a growing demand for our services, and continuing to provide compassionate, impactful care has become increasingly challenging. This year, we also launched our new Strategic Plan, outlining ambitious goals for the next five years. Achieving these targets will require additional resources, and we are committed to working closely with CUAN, our new funding agency, to deliver meaningful impact and change.

I would also like to acknowledge the vital support of our external partners, who work alongside us in helping victims of abuse navigate their recovery journeys. These partnerships are essential to the healing process for survivors, their families, and their communities.

It is a true honour and privilege to Chair the Board of Directors of the Kerry Rape and Sexual Abuse Centre. Every day, I witness the profound impact of the work we do. To our clients — thank you for placing your trust in us. As we have done for the past 32 years, we remain committed to delivering our services with professionalism, compassion, and unwavering advocacy for those in our care. We look forward to your continued support as we move forward together.

Brid McElligott



KERRY RAPE &
SEXUAL ABUSE CENTRE



Services for adults & young people over 14 years.

Have you experienced
rape, sexual assault,
child sexual abuse,
sexual harassment
or any type of
sexual violence?

Free professional services:

- Specialist counselling
- Helpline
- Support for parents,
carers, partners.
- Garda / Court Acc
- Advocacy

Helpline: 1800 633333

Landline: 066 712 3122

Mobile: 087 973 9065

Email: kerryrapecrisis@krsac.com

www.krsac.com



Registered Charity No.: 20027155



CUAN
An Gleann na hEalaíon Dúinníne Éire,
Gleann na hEalaíon Éire
The Dúinníne, Ireland
Gleann na hEalaíon Éire

BOARD OF DIRECTORS 2024

KRSAC is managed by a Board of Directors all of whom are voluntary and do not receive remuneration. The Board consistently adheres to the principles of effective governance and to the principles within the Charity Regulator's Governance Code.

In 2024, the Board of Directors held nine meetings and the AGM was held on June 11, 2024.

DIRECTOR'S NAME	POSITION	MEETINGS ATTENDED
Brid McElligott	Chairperson	8/9
Caitriona Py Collins	Vice Chairperson	7/9
Denise Heaslip Griffin	Secretary	7/9
Gerry Enright	Financial Director	7/9
Barry O'Rourke	Director	8/9
Ben Slimm	Director	6/9
Brendan Roantree	Director	8/9
Mary Corkery	Director	4/5 *resigned June 2024
Siobhan Garvey	Director	7/9

Thank you to our Board of Directors

Thank you so much to our voluntary Board of Directors who devoted so much of their time, energy and expertise to KRSAC in 2024. We also want say a special thanks to Mary Corkery who retired from the Board of Directors in June 2024 for her many years of service and contribution to the mission, strategic direction and governance of Kerry Rape and Sexual Abuse Centre.

Chief Executive's Report 2024



Dear Survivors, Supporters, and Stakeholders,

As I stepped into the role of Chief Executive of Kerry Rape and Sexual Abuse Centre (KRSAC) in January 2025, I felt both the great honour and the responsibility of the position.

In 2024, KRSAC prepared for significant transitions in the organisation with preparations for the retirement of Manager Vera O'Leary, who dedicated 32 years of incredible leadership and unwavering commitment to survivors and the sexual violence sector.

Additionally, cherished and incredibly dedicated staff member Noelle O'Connell who worked 25 years in the centre providing counselling to survivors and supporters retired in December. Both Vera and Noelle's legacy is one of tireless advocacy, passion, and a profound impact on the lives of countless survivors in our community. The foundation laid by Vera O'Leary and her leadership continues to be a guiding force as we look ahead.

KRSAC's 2024 annual report highlights the remarkable progress and achievements made, thanks to the support of our donors, volunteers, community stakeholders and Cuan. Our vision of a society that does not tolerate any type of sexual violence remains steadfast, and the work we do has never been more essential.

In 2024, KRSAC served 235 survivors and supporters, provided 2,766 counselling appointments and responded to 2,499 helpline calls which is a testament to the dedication, hard work, and commitment of the staff and all those who contribute to the success of KRSAC. Each individual we serve has their own unique journey and we are honoured to walk a part of that journey with them as we continually witnessed the incredible resilience, courage and strength in those we serve.

KRSAC was delighted to launch the new Strategic Plan 2024-2028 which outlines future goals to expand services and secure a facility in order to meet the growing demands for our services. I am excited about what the future holds for KRSAC, and I am eager to work alongside the Board of Directors, the staff, Cuan and our community stakeholders to continue the incredible work that has been so beautifully developed over the years.

On behalf of the entire team at KRSAC, I want to express our deepest thanks for your continued and unwavering support.

Warm regards,



Kristy McFetridge

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



**KERRY RAPE &
SEXUAL ABUSE CENTRE**

5 Greenview Terrace,
Princes Quay,
Tralee,
Co. Kerry



CUAN

An Ghníomhaireacht um Fhoréigean Baile,
Gnéasach agus Inscnebhunaithe
The Domestic, Sexual and
Gender-Based Violence Agency

Client Writings 2024

"I very much bless the day I took the courage to walk through the Red Door of the Kerry Rape & Sexual Abuse Centre. The warmth, non-judgemental, loving atmosphere is outstanding."

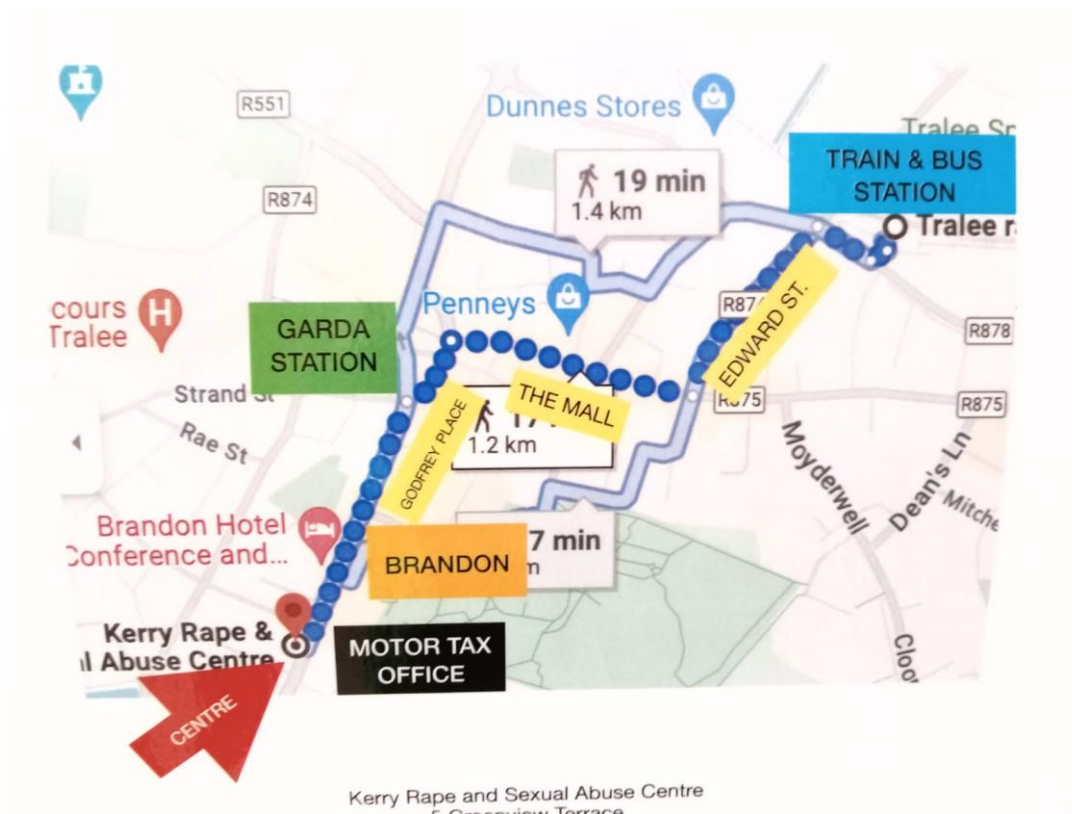
"From starting out in the Kerry Rape & Sexual Abuse Centre, it has been a long, rough, tough road. A lot of tears, anger, feelings, hopeless and worthless doubt, regrets, self-hate, blaming myself, asking WHY ME??? But without my one to one counselling and being part of the groups, I would not be here today. The Kerry Rape & Sexual Abuse Centre saved my life, and this I can say with my heart."

"One of my most bravest moments was making that call to you. I dreaded that first meeting. I needn't have feared because all you did was listen to me. Thank you for taking on my burden, for your compassion, for listening to me and hearing me."

"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."



Where to find us.....



Staff Profiles 2024

<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/Advocacy</i>
<i>Amber Kavanagh</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>
<i>Helen O' Connor</i>	<i>Association of Accounting Technicians</i>	<i>Administrator</i>
<i>Denis Foley</i>	<i>Accredited Counsellor</i>	<i>Counsellor</i>

List of Funders

KRSAC would like to express our sincere gratitude and thanks to all of our funders and donors for supporting the Centre in 2024!

THANK YOU!!!

- ***Cuan – The Domestic, Sexual and Gender-Based Violence Agency***
- ***Donations and Fundraisers***
- ***HSE Community Dept***
- ***Mercy Ministry Fund***
- ***Kerry County Council***



CUAN

An Ghníomhaireacht um Fhoréigean Baile,
Gnéasach agus Inscnebhualithe
The Domestic, Sexual and
Gender-Based Violence Agency



Strengthening Communities
where we live & work

FUNDRAISING INITIATIVES 2024

January

A huge thank you to all the staff of Mercy Mounthawk 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 and generous in considering our Centre to benefit from their fundraisers.



Vera O' Leary Manager (pictured Centre) receiving our cheque from the staff at Mercy Mounthawk Secondary School

June

Kerry Rape & Sexual Abuse Centre would like to thank the Department of Rural & Community Development & Kerry County Council for providing us with funding under the Local Enhancement Programme 2024.



Thank You

We would like to sincerely thank Kerry
Council for providing us with funding
under the Local Enhancement
Programme 2024



KERRY RAPE &
SEXUAL ABUSE CENTRE

July

KRSAC would like to take this opportunity to thank the Lady Captain & club members of the Ballybunion Golf Club for their generosity. It is greatly appreciated.



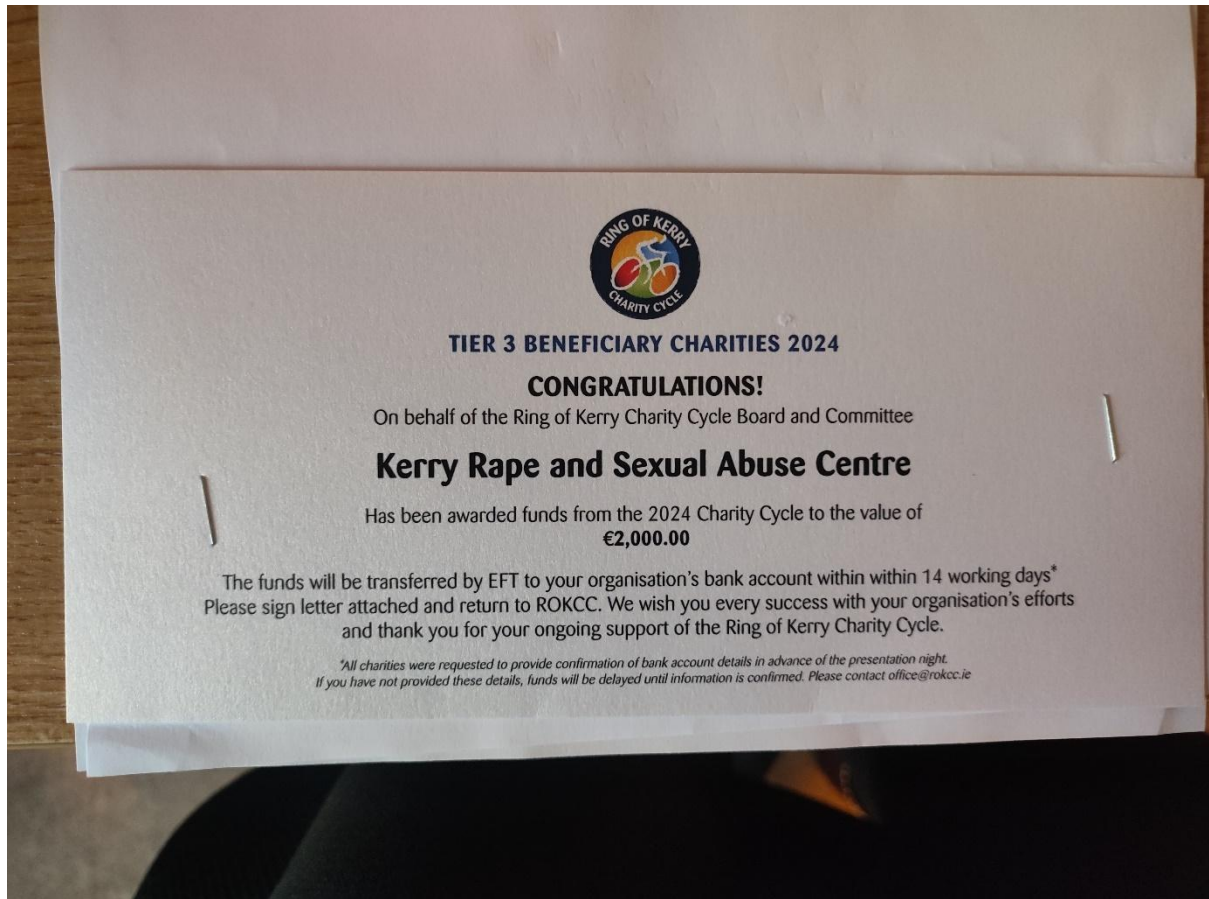
September

In September, Home Store & More nominated KRSAC as their chosen beneficiary from their Community Fund. Thank You!!



October

Last October, KRSAC was awarded funds on behalf of the Ring Of Kerry Charity Cycle Board & Committee. KRSAC would like to acknowledge and thank everyone involved for their generosity. We are extremely grateful.



November

On November 29th last, Kerry Business Women's Network had their annual Christmas celebration which took place at Ballyseedy Castle. KRSAC were delighted to be chosen as one of the beneficiaries from the night's proceedings. A sincere thank you to all involved.



Caitriona Py-Collins Board member (pictured Centre) attending the KBWN annual Christmas party.

Training Initiatives & Awareness Activities 2024

2024 was another busy year for KRSAC attending and taking part in wide variety of training initiatives & awareness activities throughout the year.

February

KRSAC were invited to take part in the Sexual Health & Guidance week in Munster Technology Campus in Tralee. Many thanks to the President of the Student's Union for asking us to attend and for all of the students who visited our stand. (Pictured Helen O' Connor)



March

On Wednesday the 20th of March KRSAC were invited to the Listowel Family Resource Centre Open Information Day based on the needs of our Ukrainian community. KRSAC were invited to participate along with a wide variety of groups. We would like to thank all involved for making the day such a success!! (Pictured Caroline Fennell)



May

Go Purple Day

Thank you to the Killarney Gardai, who invited Kerry Rape & Sexual Abuse Centre to a coffee morning which took place on Friday the 3rd of May in support of victims of domestic violence in Kerry. The purpose of this initiative was to highlight this Go Purple Day annual campaign - raising awareness of domestic abuse and the local domestic abuse support services that are available.



Vera O' Leary Manager (Retired) pictured left. Catherine Casey Manager of Adapt, Vera O' Leary & members of An Garda Síochána pictured right.

May (continued)

WCI Launch

KRSAC was delighted to attend the launch in Cahersiveen on May 1st of a poster as part of WCI South Kerry to create awareness on domestic & sexual violence. This was a collaboration with Adapt Kerry Women's Refuge, Killorglin Family Resource Centre South West Kerry Community @Women's Collective Ireland - South Kerry.



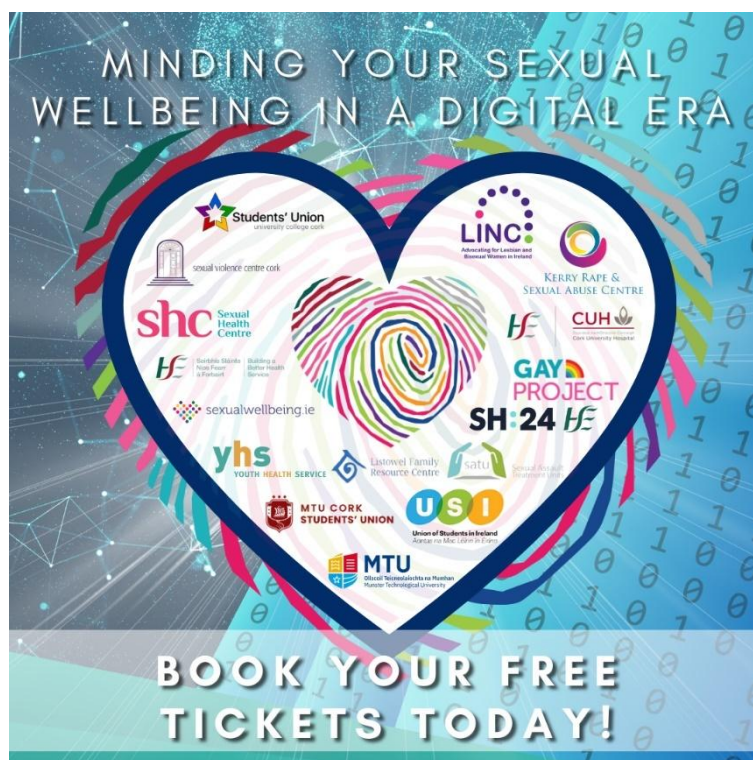
September

MTU Kerry Wellness Week took place on the 26th 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 KRSAC & Cian Mc Grath (Welfare) Students Union, MTU North Campus, Helen O'Connor KRSAC MTU South Campus)



October

KRSAC attended a Sexual Health Conference focusing on digital technology and communication and their impact on sexual wellbeing on Wednesday, 2nd of October, in Cork City Hall. The conference titled “Minding your Sexual Wellbeing in a Digital Era”, was hosted by the Sexual Health Network to build further awareness around the various sexual health resources available in Cork and Kerry.



Oct Continued

On the 11th of October, KRSAC were delighted to be part of the delivery of “Responding to Sexual Violence” at University Hospital Kerry. The training was delivered by Liam Mc Graynor (Inspector Protective Services Unit Kerry).



Included in photo from left to right are as follows: Margo Flynn SATU, Vera O’ Leary KRSAC, Niamh Whooley SATU, Deirdre Barry UHK, INSP Liam Mc Graynor.

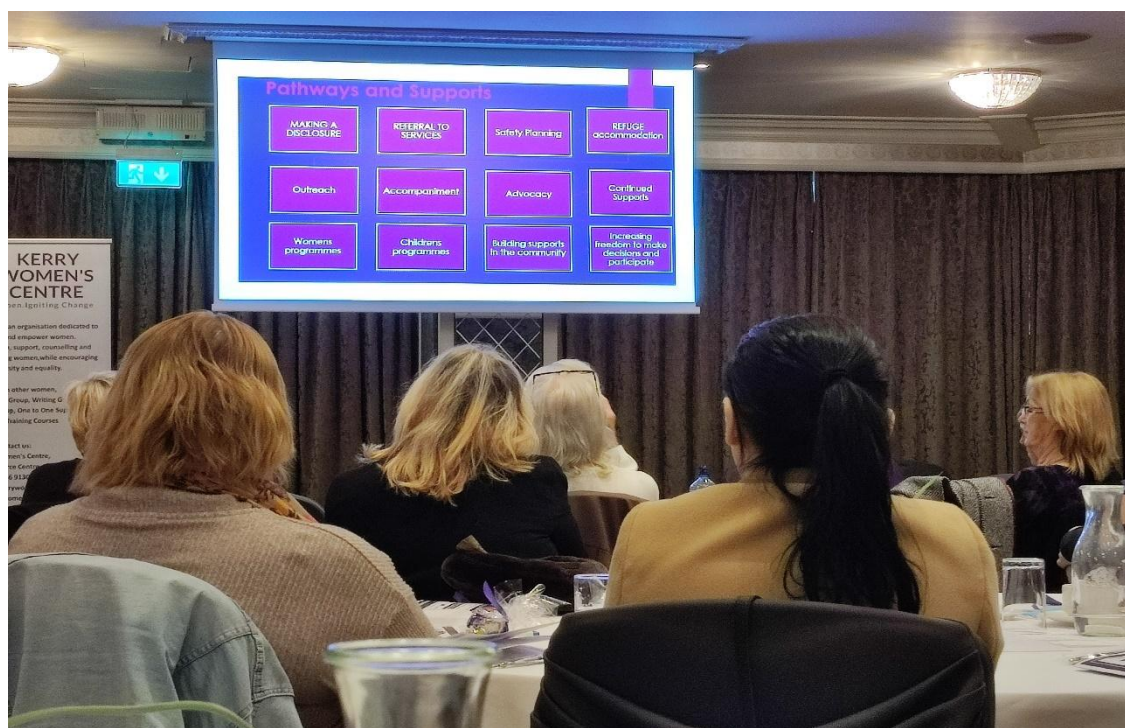
November

Kerry Women's Centre

There was an excellent turnout at The Rose Hotel on Thursday November 28th as the Kerry Women's Centre hosted the 'End All Violence Against Women And Girls' conference. KRSAC would like to thank everyone involved for thought provoking and informative day.

Each year for the United Nations 16 Days of Activism, The Kerry Women Centre, NEWKD & Leadership in Wellbeing collaborate with multiple agencies to host a conference to raise awareness to end all violence against women and girls.

Speaking at the event were Marian Relihan (MC), Rita O'Sullivan (The Kerry Women's Centre), Judy Carmody (MA Leadership in Wellbeing), Catherine Casey (Adapt Kerry Women's Refuge), Patricia Rickard-Clarke (Chair of Safeguarding Ireland), Madeline McAleer (Director Haven Horizons), Dr Caroline Munyi (Akwida Charity), Michelle Roche & Niamh Corkery (Garda Victims Unit) & Rebecca Lyons (One Million Stars Project).



Kerry Rape & Sexual Abuse Centre Five Year Strategy Launch

(2024-2028)

Minister Norma Foley launched the Kerry Rape & Sexual Abuse Centre (KRSAC) Strategic Plan on Friday the 18th of October at the Rose Hotel Tralee.

This Strategy and Action Plan (2024-2028) reflects a commitment to enhance the Centre's ability to confront and address sexual violence and abuse. The Kerry Rape & Sexual Abuse Centre aims to prevent the harm and heal the trauma of all types of sexual violence. The Board and staff recognise the importance of a focused strategic plan to be able to face the challenges provided by an ever-increasing demand for its service. Also, the Strategy outlines the work of the organisation over the next five years. The plan outlines a set of strategic themes and aims agreed by consensus and geared at achieving the long-term vision for the development of the Centre.

KRSAC would like to take this opportunity to thank Minister Norma Foley, Board Members, staff, community groups, volunteers and stakeholders for attending our launch and making it such a success!



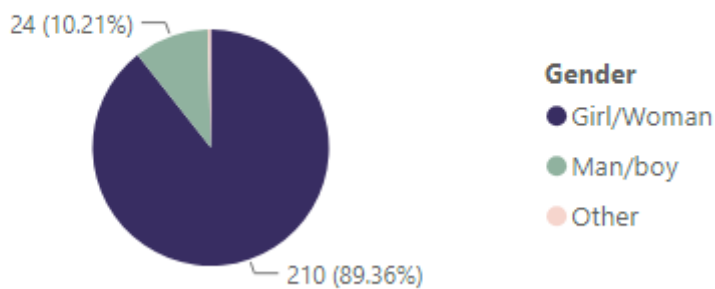
Minister Norma Foley with Brid McElligott (Chairperson, Board of Directors Kerry Rape and Sexual Abuse Centre) and Vera O'Leary (Centre Manager) from the Kerry Rape and Sexual Abuse Centre as they launched their Strategic Plan at the Rose Hotel.

Kerry Rape & Sexual Abuse Centre Statistics 2024

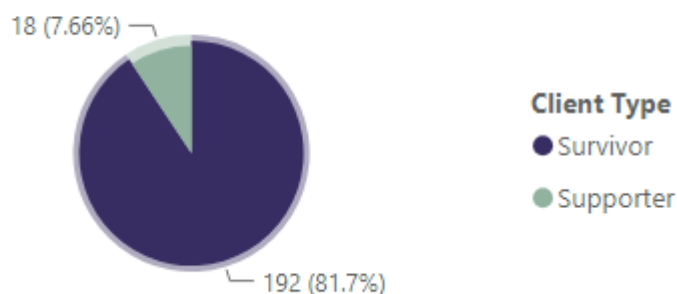
In 2024 the Centre provided 2,766 appointments and there were 235 clients availing of face-to-face counselling, 19 of these clients were under the age of 18.

Of the 235 total counselling clients, 210 were female survivors, 24 were male survivors and the remaining number identified as other. KRSAC had 22 supporters attending the Centre last year. The Centre also saw 142 new clients in 2024, 126 female clients, the remaining numbers accounted for both male clients and other.

Clients by Gender



Clients by Type



Appointments 2024

2024 was an exceptionally busy year for the Centre, there were 2,766 appointments provided to clients. These were provided through face to face and online services.

Helpline Calls 2024

A total of 2,499 calls were recorded in our helpline call centre in 2024

Accompaniments 2024

In 2024 the Centre provided 32 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.

Four 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 2024

The Centre received over 479 professional calls in 2024 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 2024

In 2024 KRSAC received 154 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 2024

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

X (Twitter)

We find twitter an 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 2.7K impressions over this 30-day period.

Saturday, November 23, 2024

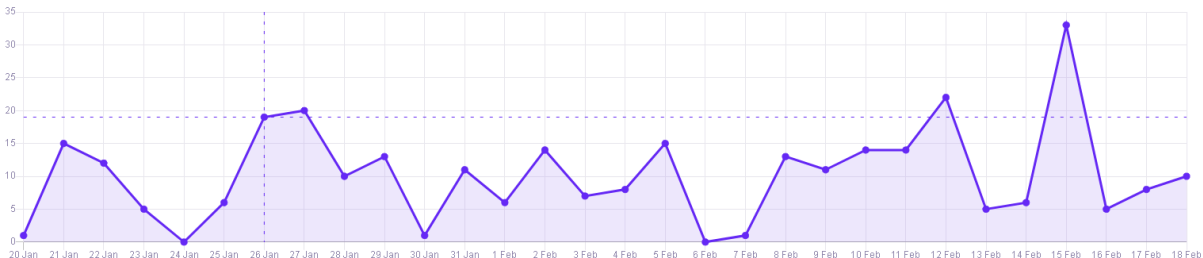
22	Organic Impressions	24
	Tweets	0

YOUR TWEETS

During this 31-day period, you earned 72 impressions per day.

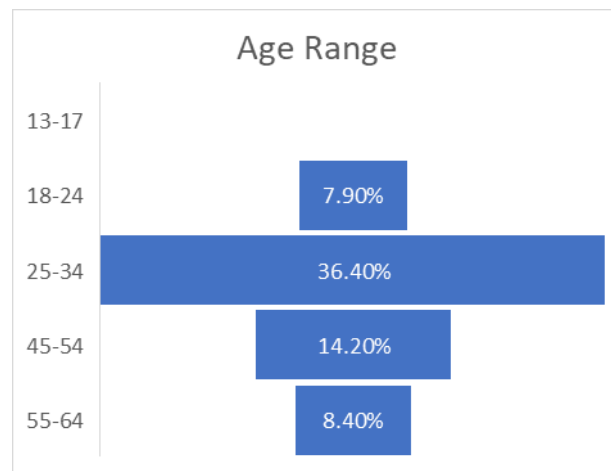
Website

In 2024 we had a total of 3,324 engaged users to our site.



Instagram

Instagram has 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 2024, we had an average of 800 followers on our Instagram page. 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.



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