

**RAPE CRISIS AND SEXUAL ABUSE COUNSELLING**  
**CENTRE SLIGO, LEITRIM AND WEST CAVAN**  
**ANNUAL REPORT 2009**

## **INTRODUCTION**

There are adults everywhere who have experienced some form of sexual violence either as a child or adult. The unacceptability of sexual violence and the devastating effects of such traumatic experiences have long been recognised by the Rape Crisis Movement resulting in Rape Crisis Centres being set up to address both the needs of survivors of sexual violence and the causes of sexual violence in our society. The Rape Crisis Movement has its roots in feminism and believes that sexual violence is a result of the power imbalance and role differences between men, women and children within our society.

The Centre was originally established in 1996 as a local response to sexual violence within the region. Our geographical remit is essentially the regions of Sligo, Leitrim and West Cavan. Previous to its establishment the nearest Rape Crisis Centre was the Mayo Rape Crisis Centre, Castlebar Co. Mayo. The Centre is a member of the Rape Crisis Network Ireland.

## **HOW WE WORK**

The Centre provides a safe, confidential space for survivors of child sexual abuse, rape and sexual assault where adults and young people can explore and access help with the legacy of issues resulting from their traumatic experiences. The centre provides a non-directive service where survivors are treated with respect and empowered through out their counselling process, this process is underpinned by the belief that everyone has the inner capacity and resources to move towards change, and well being. We believe that no matter what the circumstances sexual violence is never the survivor's fault, the perpetrator is always solely responsible for their actions. This ethos is reflected in our following vision statement:

### **Key Principles**

Sexual violence in all its forms is an abuse of human rights and should never be accepted.

To provide a model of good practice in our centre and for our clients.

To ensure clients volunteer and staff are treated with respect and dignity.

To underpin our work with the following values: empowerment, equality, inclusiveness and mutual support.

To take a proactive approach in the area of sexual violence; providing education on the dynamics behind sexual violence, the effects upon survivors and society's reactions.

## **Mission Statement**

*Our purpose is to create a safe place for those who have experienced sexual violence recently or in the past*

*We provide when required:*

- *Counselling and emergency advocacy,*
- *Awareness and training to support other agencies who are working with survivors*

*We are also committed to challenging the tolerance and very existence of sexual violence*

## **WHAT WE DO**

The response of the Centre to the issues of sexual violence is to provide the following services:

- ❖ Crisis counselling
- ❖ Ongoing face to face counselling
- ❖ Free phone helpline
- ❖ Support, advocacy and information for survivors, in particular around legal issues
- ❖ Relationship counselling
- ❖ Survivors support group
- ❖ Counselling, support and information for supporters of survivors
- ❖ Hospital, court, GP, garda accompaniment
- ❖ Education, training and awareness-raising
- ❖ Lobbying and influencing policy on relevant issues through the Rape Crisis Network Ireland
- ❖ Networking, experience and information sharing with other relevant voluntary and statutory organisations.

## **WHO WE ARE**

Members of the Centre are as follows:

*Gilla Cornelius*  
*Elaine Hanson*  
*Tina Horton*  
*Joan Mullan*  
*Mary Roche*  
*Eleanor Shortt*  
*Kate Duke*  
*Dolores Byrne*  
*Ursula Devaney*  
*Margaret Thermes*  
*Rosaleen Killgannon*  
*Rita McNulty*

#### **Directors**

The following members were appointed and retained as Directors at the Annual General Meeting on June 4<sup>th</sup> 2009

*Joan Mullan (Secretary)*  
*Mary Roche (Chair )*  
*Kate Duke*  
*Ursula Devaney*  
*Rita McNulty (joined 7<sup>th</sup> Oct 2009)*  
*Mary Conroy*

#### **Volunteers**

*Joan Mullan*  
*Mary Roche*  
*Eleanor Shortt*  
*Kate Duke*  
*Dolores Byrne*  
*Ursula Devaney*  
*Margaret Thermes*  
*Rosaleen Killgannon*

#### **Staff**

Counsellor: *Gilla Cornelius*  
Administrator/Counsellor: *Elaine Hanson*  
Co-ordinator/Counsellor: *Tina Horton*

#### **DEVELOPMENT TO DATE**

The Centre has developed substantially during the last 13 years both as an organisation and in terms of the services it offers. Initially funding was secured from both, the Programme for Peace and Reconciliation and the Health Service Executive. The Centre has established itself as both a limited company and registered charity and obtained rented premises in central Sligo. The centre was officially opened by Ms Mary Wallace, T.D in 1999.

Further developments have been established in terms of staff and volunteer personnel within the centre. Throughout this period we have secured paid employment in relation to certain roles within the centre while still maintaining invaluable voluntary input. All members have undergone the extensive Rape Crisis Network Ireland Training and many have gone on to do further counselling training. The Centre is committed to providing further training to its members in order to provide a competent, professional service. Counsellors are accredited with such bodies as the Rape Crisis Network Ireland, The Irish Association of Counselling and Psychotherapy, The British Association of Counselling and Psychotherapy. Sligo Rape Crisis Centre is a member of the Irish Association of Counselling and Psychotherapy.

We have developed a four year Strategic Plan for 2008 –2011 and is committed to continuously reviewing and refining its service provision and operation.

## **DEVELOPMENT WITHIN YEAR 2009**

### ***Client Base***

In relation to face-to-face client contact there was an increase in face to face clients of 16% there has also been an increase of 24% in the number of counselling sessions given in 2009 in comparison with 2008.

The gender profile changes substantially with a decrease in male clients from 25% in 2008 to 16% in 2009.

23% of our clients were 23 years and under. The most common age was 30-39 years forming 37% of our client base.

68% of our clients are Irish citizens, 12% were other EU citizens 15% were Asylum Seekers or had Permanent Leave to Remain status.

Survivors of child sexual abuse and incest form almost half of the people who avail of the centres services at 49% of all clients.

Our figures show that 84% of perpetrators are known to the survivor and this would mirror national and international statistics.

In terms of referral the centre needs to continue to build on connections with other agencies in particular the Gardai and Hospital as the statistics show that the numbers of referrals from these agencies are still low. 37% of our clients self refer.

43% of clients also avail of our advocacy services.

26% of our clients reported to the Gardai. The RCNI estimates that 95% of reported cases do not make trial and the recent SAVI Report (2002, Dublin RCC) shows that less than 10% of survivors report a crime of sexual violence. Evidently the vast majority of sexual crime is not reported or not taken forward to trial and this is a situation rape crisis centres want to see changed by calling for legislative reform that makes the whole legal process an easier, quicker, more supportive and informed experience for complainants of sexual crime.

During 2009 we established our first survivors group in response to client identifying that being part of a support group would be of benefit to them. The group had 10 participants and ran for 2.5 hours over 20 weeks with 2 rape Crisis Counsellors facilitating the group. The following are extracts from the report provided by the facilitators:

‘During the planning process of the group we were aware that group work is essential for a big part of the healing after sexual violence.

Addressing issues of isolation and loneliness, learning to be open about feelings, developing trust or looking at power issues can be dealt with most effectively in a community.

During the group work sessions themes emerged naturally, and the group stayed with it. Some women risked to share at deep levels and allowed deep feelings to become visible. This was very helpful to everybody participating in realising they were not alone in how they felt and it encouraged them to become more open.

We decided to give individuals and the group the power to decide on themes and on the pace of work. This was the right way to go, and the group worked well with an open space for what was going on for people on a particular night.

In the end the majority of the women expressed a wish to continue the group work in future as they felt trust had grown and they felt ready to do deeper work. Within the group the women had found a connectedness which they had never experienced in the past.’

Comments from participants:

*‘I felt very secure, home during my meetings. I am thankful to everybody, it was a great help for my personal life, and helped me to move on’*

*‘I liked that the group shaped itself with the help of the facilitators, and the structure of the group was allowed to be fluid and change according to the group’s need.’*

In 2009 the Centre has continued to support asylum seekers and refugees in the Sligo region. This support includes counselling, information and advocacy, particularly in relation to current and future status within Ireland and also accompaniment to various agencies. The type of abuse we are hearing about is changing with prostitution, trafficking, female genital mutilation, forced marriage, kidnapping and gang rape by military forces often forming part of their stories. Counselling is offered in different European languages. We have also helped in the process of integration finding courses and work placements in the local area.

We form part of a wider community support network responding to refugees and asylum seekers being a member of Diversity Sligo and working in close association with Globe House, Youth Information Centre and Sligo Social Services.

### ***Change of Name***

During the year we changed our name to the Rape Crisis and Sexual Abuse Counselling Centre Sligo, Leitrim and West Cavan. This is due to feedback that not everyone understood that we saw adult survivors of child sexual abuse as well as survivors of rape and also to highlight that we cover the areas of Leitrim and West Cavan also.

### ***Strategic planning***

We reviewed and evaluated our previous strategic plan and developed a new one for the period 2008-2011. The new plan consists of 5 goals covering; development and expansion of core services, working with key agencies to promote our understanding of sexual violence, further develop organisational structures and systems, uphold supportive and accountable volunteer and employment policies and gain, maintain and account for core and additional funding. Within 2009 we continually monitored the plan through Staff and Board of Directors meetings.

### ***Evaluation***

In terms of evaluation a service users questionnaire has been developed providing an opportunity for medium to long-term clients to express qualitative feedback on our counselling service. Through this process the client's experience of our service will inform our present way of working and future developments planned.

In addition regular review sessions in relation to the strategic plan are held within Staff and Board of Directors meetings covering what has been achieved and priorities for the future. A formal appraisal system has also been implemented for staff and volunteers. Team building also provides an opportunity for evaluation of how we work together. In terms of data collection on clients the RCNI database now informs the statistical part of this report and provides new insight into details and trends.

### ***Volunteer Activity***

Over the period of 2009 1252.5 voluntary hours have been provided. Volunteer involvement ranges from provision of face to face therapy, helpline cover, directorship, fundraising, awareness raising, training and education.

In 2009 23 face to face clients were seen by volunteers.

### ***Internship***

During 2009 we undertook to provide a number of internships and placements. The purpose of these is to provide valuable work experience for people in a field they are interested in and also completing particular projects within our strategic plan which we don't have the resources for. The first of these placements was Cathy Mc Donnell around best practice in working with people with Learning Disabilities, covering research into best practice, connecting with local agencies working in this field and culminating in a days training for our members entitled 'Counselling People with Learning Disabilities – An Overview.'

The second internship was a research project entitled: 'Addressing the Needs of Young People: A Broader View of Sexual Health.' The following are extracts from the report:

‘This research was undertaken by Caroline Forde, Rape Crisis and Sexual Abuse Counselling Centre, Sligo, Leitrim and West Cavan (SRCC), with Mary Roche as advisor. Three focus groups and four interviews were conducted with professionals who work with young people aged between 14 and 21 (n=21). These were followed by an additional three focus groups conducted with young people of this age group (n=19), the findings from the initial research informing the topic guide for these participants. A variety of professional roles were represented, namely youth workers, counsellors, coordinators and nurses.’

‘The SRCC sought to create a partnership with relevant youth and community organisations that identify sexual health as a priority in their work, health services and young people in the Sligo and Leitrim area in order to explore ways in which we can better address the sexual health needs of young people. By creating links between the relevant organisations and services, knowledge was shared and means of enhancing this knowledge identified.’

‘This study’s findings indicate that much can be gained from consulting with young people and those who work with them. It is also clear that much more can be achieved by creating a partnership through which their proposals can be addressed.’

There was a general agreement among the participants that sexual health continues to be a difficult area for both young people and parents, with a perceived lack of awareness and understanding associated with sexual violence in particular. It was revealed in an interview with one female youth worker that an official best practice manual for the Teenage Health Initiative (THI) is currently being developed by the Foróige Best Practice Unit and she is a member of the working group charged with this task. Therefore, there is an opportunity for the SRCC and the RCNI to link in with this youth worker in relation to designing a module on sexual violence for inclusion in this manual.

A full and summary copy of the report will be available in April 2010 at [www.srcc.ie](http://www.srcc.ie)

The third internship began in late 2009 and continues into 2010. It is in conjunction with Sligo Institute of Technology with 5 students undertaking to organise a fundraising/awareness raising project for early 2010.

### ***Training***

Extensive further training was sourced and undertaken by both staff and volunteers. During 2009 we decided to put on in house training based on identified needs of members. The training undertaken by different members is as follows:

The Hakomi Way Level 4 – Novara Centre, Dublin  
Group Facilitation Training – Irish Gestalt Centre  
Attachment and Addiction Training – Grof Holotropic  
Depression Seminar – Institute of Psychosocial Medicine  
Understanding Psychosis – Institute of Psychosocial Medicine  
Gestalt Psychotherapy Training – Irish Gestalt Centre  
Counselling with People with Learning Disabilities – Cathy McDonnell  
Excel Proficient Training – Pitman Institute

Sexually Transmitted Infections Health Training-HSE  
Risk Management for Clients  
Community Analysis- Co. Council

***Conferences Attended 2009***

Refugee Integration Agency Information Day

***Publicity and Awareness Raising***

For a detailed account of the awareness raising activities please refer to the statistical section at the end of this report.

***Rape Crisis Network, Ireland***

The Rape Crisis Network continues to act as a source of support, information, training and development to member rape crisis centres and is a medium through which we as a rape crisis centre can influence policy and lobby for change on a national level. We are represented at the RCNI Managers Meetings and attended the AGM.

***Diversity Sligo***

We have continued to be represented on Diversity Sligo a local support group for asylum seekers and refugees. We work in close conjunction with other relevant statutory and community groups in relation to refugees and asylum seekers. We also work with the HSE re meeting the specific needs of refugees and asylum seekers locally.

***Fund Raising Events***

During year the following fundraising events occurred. Our annual Flag Day occurred in September, this year we had the invaluable help of the Grammar School Students. A number of women ran the Women's Minimarathon for us. We would like to thank all the organisations and individuals who kindly chose us as the beneficiary of their event and for all the hard work they put in to make each event a great success. Finally a big thank you to all who support us through attending our fundraising events, the support of our community is invaluable.

***Applications for Funding 2009***

Applications for funding were made to the following organisations during the year 2009:

- ❖ The HSE North West
- ❖ Electric Aid
- ❖ Lottery Funds
- ❖ POBAL
- ❖ COSC

## **FUTURE DEVELOPMENT**

During 2009 waiting times for client appointments continue to increase. Further paid counselling hours are required to help meet the demand for our services and it also makes it difficult to advertise the services we offer when we know that people will have to go on a waiting list to access the support they deserve.

The Centre intends to engage to a greater degree with the wider community via the implementation of a comprehensive public awareness and training campaign. The main barrier to this initiative continues to be the lack of resources available to the centre. In terms of administrative back up both the Co-ordinator and Administrator positions need to be increased to full-time in line with the demands of the workload.

We continue to encounter a number of calls from Sligo county and Leitrim. Many rurally based callers find a Centre based in Sligo town inaccessible in response to this we have identified a need for an outreach counselling service, through our Feasibility Study, covering the counties of Sligo, Leitrim and West Cavan. By changing our name to include Leitrim and West Cavan we hope to highlight the fact that while this region is our geographical remit we are unable to provide the much needed services in these specific regions. Again the lack of funding available to initiate an outreach-counselling programme remains the obstacle to its realisation.

In order to maintain the high standard of service provided it is essential that ongoing training continues to be provided to both paid and volunteer staff in order to develop and refresh counselling skills. It is envisaged that management, organisational training and team building will also be undertaken.

The free phone help line is still only open for 1 ½ hours in the morning Monday to Friday it is reasonable to assume that a phone line so limited in its operational time does not suit many potential clients. Consequently we require further resources to increase volunteer and paid staff cover in order to extend the phone line opening hours.

## **STATISTICAL INFORMATION 2009**

### **1. FACE TO FACE COUNSELLING AND SUPPORT SERVICES**

#### **1.1 STATISTICS REFERRING TO ALL CLIENTS IE SURVIVORS AND SUPPORTERS**

**Table 1.1.1 No. of clients**

<b>TYPE OF CLIENT</b>	<b>NO. OF CLIENTS</b>
<b>Survivor</b>	78
<b>Supporter</b>	16
<b>Total</b>	94

This represents a 16% increase in clients for 2009 in comparison with 2008.

**Table 1.1.2 No. of counselling sessions provided**

Year	No. of counselling sessions provided	No. fulfilled	No. cancelled	No. DNA
2009	990	888	72	30
2008	802	680	95	27
2007	699	600	81	18

This represents a 24% increase in counselling sessions provided for 2009 in comparison with 2008.

**Table 1.1.3 Gender Profile of clients 2009**

GENDER PROFILE	% OF CLIENTS 2009	% OF CLIENTS 2008
Female	84	75
Male	16	25

**Table 1.1.4 Referral Profile of clients 2009**

CLIENT REFERRED BY	% OF CLIENTS 2009	% OF CLIENTS 2008
DOCTOR	3	2
FRIENDS/RELATIVES	21	20
GARDAI	2	4
HOSPITAL	0	1
SELF	37	40
OTHER VOLUNTARY ORGANISATION	11	10
COUNSELLOR/THERAPIST	9	7
SOCIAL WORKER	10	8
PSYCHIATRIST	3	1
HOSTEL	2	4
REFUGE	1	
REFUGEE LEGAL SERVICE	1	
OTHER	2	

**Table 1.1.5 Legal Status of clients**

LEGAL STATUS	% OF CLIENTS 2009	% OF CLIENTS 2008
Irish citizen	68	72
EU citizen	12	8
Asylum seeker	15	13
Refugee- a person who has been granted legal refugee status		1
Permanent leave to remain	1	
other	3	1
unknown	1	1

**Table 1.1.6 Primary Language of Clients 2009**

<b>LANGUAGE</b>	<b>%OF CLIENTS 2009</b>	<b>% OF CLIENTS 2008</b>
English	77	78
Irish	1	2
French	2	1
Portuguese	1	
Dutch	3	
Polish	1	
German	1	
Arabic	1	
Other	13	16

**Table 1.1.7 Country of origin profile of clients**

<b>COUNTRY OF ORIGIN</b>	<b>% OF CLIENTS 2009</b>	<b>%OF CLIENTS 2008</b>
Irish/settled	67	70
Australia		1
Nigeria	3	4
Democratic Republic of Congo	1	
France	1	
Uganda		
Kosovo	1	
Angola	1	
Somalia	1	
United states of America	2	
Cameroon	1	
Mauritius	1	
The Netherlands	3	
Great Britain	5	
Northern Ireland	1	
Albania	1	
Sudan	1	
Ghana	1	
Germany	1	
New Zealand	1	
Poland	1	
Other		12
Unknown	4	5

**Table 1.1.8 Religion profile of clients**

<b>RELIGION</b>	<b>%OF CLIENTS 2009</b>	<b>%OF CLIENTS 2008</b>
Catholic	28	28
Protestant		1
Buddhist	1	2
Muslim	4	5
Other Christian	3	
Other	1	4
Unkown	63	58

**Table 1.1.9 Disability profile of clients**

<b>DISABILITY</b>	<b>% OF CLIENTS 2009</b>	<b>% OF CLIENTS 2008</b>
Deaf		
Learning disability	5	2
Mobility impaired – <i>a person who is not very physically mobile but does not use a wheelchair</i>	1	2
None	92	71
Visually impaired		
Wheelchair user	1	1
Unknown	1	24

**Table 1.1.10 Sexual orientation profile of clients**

<b>GENDER AND ORIENTATION</b>	<b>%OF CLIENTS</b>
Straight	72
Lesbian/gay	3
Bisexual	
unknown orientation	25

**Table 1.1.11 No. of Clients using our Advocacy Services**

<b>YEAR</b>	<b>NO. OF CLIENTS</b>	<b>% OF TOTAL CLIENTS</b>
2009	40	43
2008	23	28

## **1.2 STATISTICS REFERRING TO SUPPORTER ONLY**

**Table 1.2.1 Relationship of Supporter to Survivor**

<b>RELATIONSHIP OF SUPPORTER TO SURVIVOR</b>	<b>% of supporters 2009</b>	<b>% of supporters 2008</b>
PARENT	56	66
SIBLING	6	6
NON CO-HABITING PARTNER	6	11
CO-HABITING PARTNER		11
UNCLE /AUNT	13	
AQUAINTANCE	6	
FOSTER PARENT	6	
DOCTOR/CARING/MEDICAL	6	

OTHER		6
-------	--	---

### 1.3 STATISTICS REFERRING TO SURVIVOR ONLY

Table 1.3.1 Age Profile of Survivors

AGE PROFILE	% OF SURVIVORS 2009	% OF SURVIVORS 2008
5-11		3
12-14	1	2
15-16	1	3
17-23	21	22
24-29	18	16
30-39	37	26
40-49	17	18
50-59	15	8
60-69	5	2
70+		2

Table 1.3.3 Residence area of survivors

RESIDENCE AREA	% OF SURVIVORS 2009	% OF SURVIVORS 2008
cavan	1	2
donegal	1	8
leitrim	8	6
mayo	1	2
roscommon	5	3
sligo	78	70
dublin	4	6
fermanagh		2
Galway	1	
unknown		2

### 1.4 SEXUAL VIOLENCE DETAILS OF BOTH SURVIVORS THEMSELVES AND THOSE REPRESENTED BY SUPPORTERS

Table 1.4.1 Age at time of sexual violence

AGE AT TIME OF ABUSE	No. OF CLIENTS*
0-11	35
12-16 years	20
17-23 years	24
24-29 years	9
30-39 years	6
40-49 years	2
50-59 years	2
60-69 years	
70 and over	
unknown	18

**Table 1.4.2 Duration of abuse**

<b>DURATION OF ABUSE</b>	<b>NO. OF CLIENTS</b>
<1 hours	30
1-3hours	12
4-6 hours	
6+ hours	5
< 1 day	2
1-3 days	3
6+ days	2
< 1 week	1
1-3 weeks	3
4-6 weeks	1
6+weeks	1
1-3 months	1
6+months	1
0-1 year	3
1-3 years	8
4-6 years	9
6+ years	15
Unknown	15

**Table 1.4.3 Gender profile of perpetrators**

<b>GENDER OF PERPETRATOR</b>	<b>% OF PERPETRATORS 2009</b>	<b>% OF PERPETRATORS 2008</b>
Male	93	96
Female	4	3
Unknown	3	1

**Table 1.4.4 Type of Sexual Violence Experienced by Survivors**

<b>TYPE OF ABUSE EXPEREINCED</b>	<b>NO. OF CLIENTS</b>
CHILD SEXUAL ABUSE	46
RAPE	34
SEXUAL ASSAULT	6
SEXUAL HARRASSMENT	1
RITUAL ABUSE	1
UNKOWN	21

\* Included in these figures are some clients who may have experienced more that one form of sexual violence, for instance child sexual abuse and rape as an adult

**Table 1.4.5 Survivors Who Experienced More Than One Form of Violence**

<b>YEAR</b>	<b>% OF CLIENTS WHO EXPERIENCED MORE THAN ONE FORM OF VIOLENCE</b>
2009	51%
2008	49%

**Table 1.4.6 Reported to the Gardai/PSNI**

<b>ORGANISATION</b>	<b>% CLIENTS REPORTED</b>
<b>GARDAI</b>	<b>22</b>
<b>HSE</b>	<b>6</b>
<b>GARDAI AND HSE</b>	<b>4</b>
<b>OTHER NATIONAL POLICE</b>	<b>3</b>
<b>NOT REPORTED</b>	<b>53</b>
<b>UNKNOWN</b>	<b>11</b>

**Table 1.4.7 Relationship of Abuser to Survivor**

<b>RELATIONSHIP OF ABUSER TO SURVIVOR</b>	<b>NO. OF ABUSERS</b>
<b>AQUAINTANCE</b>	<b>14</b>
<b>NON COHABITING PARTNER</b>	<b>4</b>
<b>BROTHER</b>	<b>10</b>
<b>CLERGY</b>	<b>1</b>
<b>FAMILY FRIEND</b>	<b>15</b>
<b>FATHER</b>	<b>10</b>
<b>CO HABITING PARTNER</b>	<b>6</b>
<b>EX PARTNER NON CONHABITING</b>	<b>1</b>
<b>NEIGHBOUR</b>	<b>12</b>
<b>OTHER</b>	<b>1</b>
<b>STEPFATHER</b>	<b>1</b>
<b>TEACHER (LAY)</b>	<b>1</b>
<b>TEACHER (CLERGY)</b>	<b>1</b>
<b>GARDAI</b>	<b>3</b>
<b>UNCLE</b>	<b>10</b>
<b>UNKNOWN</b>	<b>14</b>
<b>SPORTSCOACH/YOUTHWORKER</b>	<b>1</b>
<b>BROTHER-IN-LAW</b>	<b>2</b>
<b>MOTHER</b>	<b>2</b>
<b>CHILDMINDER</b>	<b>1</b>
<b>COUSIN</b>	<b>2</b>
<b>STRANGER</b>	<b>16</b>
<b>SECURITY FORCES</b>	<b>12</b>
<b>DOCTOR/MEDICAL/CARING PROFESSIONAL</b>	<b>4</b>
<b>CO-WORKER</b>	<b>1</b>
<b>GRAND FATHER</b>	<b>1</b>

## **2. TELEPHONE STATISTICS 2009**

### 2.1 Telephone Statistics for 2009

<b>TYPE OF TELEPHONE CALL</b>	<b>2009</b>	<b>2008</b>
<b>No. Telephone Counselling/Support Sessions</b>	<b>468</b>	<b>355</b>
<b>No. Advocacy calls</b>	<b>263</b>	<b>163</b>
<b>No. Appointment calls</b>	<b>718</b>	<b>604</b>
<b>No. business calls</b>	<b>1260</b>	<b>1198</b>
<b>Hang Ups</b>	<b>71</b>	<b>67</b>

In comparison with 2008 the 2009 statistics show:

32% increase in counselling and support sessions. Previous year had a 30% increase.

61% increase in advocacy calls. Previous year advocacy remained the same

20% increase in appointment calls. Previous year had 7% increase.

5% increase in business calls. Previous year had 23% increase.

3% increase in hang ups. Previous year had a 28% decrease in hang ups

## **3. TRAINING, EDUCATION AND AWARENESS RAISING STATISTICS 2009**

### 3.1.1 DISCLOSURE WORKSHOPS

During 2009 we ran 6 disclosure workshops funded by COSC under the National Development Plan.

Specifically the aims of the training workshops are to

- Explain what constitutes sexual violence
- Highlight the effects of sexual violence
- Highlight the prevalence of sexual violence
- Raise awareness on the dynamics and myths about sexual violence within our society
- To raise awareness of sexual violence against women as a human rights issue
- How to deal with disclosure of sexual violence
- Raise awareness on the services provided by Sligo Rape Crisis Centre and how to refer or use the service
- Vicarious trauma and taking care of yourself as a service provider

Table 3.1.1 Disclosure workshops delivered 2009

Group	No. of participants	Evaluation rating
Social Care Students from Sligo Institute of Technology	14	9/10 Very helpful
Mental health Services Staff	10	8/10 Very helpful
SATU and Hospital Staff Letterkenny Hospital	9	9/10 very helpful
Private Psychotherapists	9	Excellent
Youth Workers	5	8/10 very helpful
Student Services Staff from Sligo Institute of Technology	8	9/10 very helpful
Overall No. and Evaluation rating	55	9/10 very helpful

### 3.1.2 MEDIA INPUTS

Throughout 2009 the following media inputs occurred;

Newspaper adverts : Sligo Champion, Sligo Weekender, Sligo Post and Leitrim Observer

Website: up and running

Newspaper articles submitted:

Survivors support group

Response to Ryan Report

Statistics 2008

Response to Rape and Justice Publication

Support for Pamela

Response to Murphy Report

We were also mentioned in 3 articles by others about Forensic medical Examinations and the 16 Days Campaign.

### 3.1.4 AWARENESS RAISING /EDUCATION

During 2009 we provided education/awareness raising to the following groups:

Talk to Grammar School Students, 60 participants, we provided information on our services.

Attended the Student Health Fair at the IT

International Womens Day Event in conjunction with DVAS – 35 people

Presentation to Leitrim SIMS Group -15 participants

Input into workshop re Working with Asylum Seekers and Refugees - 35 participants  
 Input into ‘Women and Health Workshop’ with Asylum Seekers and Refugees- 10 participants  
 Focus groups with Youth workers- 21 participants  
 Focus groups with young people - 19 participants

16 Days of Action Against Violence Against Women:

During the 16 Days Campaign the Centre undertook a number of awareness raising initiatives:

- ❖ Produced ‘16 Rights for 16 Days,’ a series of statements designed to raise awareness in relation to women’s rights within our society, for example, ‘You have the right to say no to any sexual advances and to have that decision respected’ and ‘You have the right to live free from criticism and judgement.’ Each day throughout the campaign a different statement was displayed outside the Rape Crisis Centre.
- ❖ Exhibitions of the statements and local services available to women were also held throughout the 16 Days in Sligo City Hall and Sligo City, Carrick-on-Shannon, Manorhamilton and Tubbercurry Libraries. The statements were also exhibited by the Institute of Technology.
- ❖ We participated in the Women’s Aid awareness raising email campaign

**3.1.2 No. of awareness raising/training input and participants 2008/2009**

<u>Year</u>	<u>No. of inputs</u>	<u>No. of participants</u>
<b>2008</b>	<b>30</b>	<b>309</b>
<b>2009</b>	<b>18</b>	<b>248</b>



# **Rape Crisis and Sexual Abuse Counselling Centre Sligo, Leitrim and West Cavan**

## **Annual Report 2009**

**Rape Crisis and Sexual Abuse Counselling Centre  
Sligo Leitrim and West Cavan  
42 Castle St  
Sligo  
Tel: 071 9171188  
Fax: 071 9171268  
Email: [info@srcc.ie](mailto:info@srcc.ie)  
Freephone Helpline: 1800 750 780  
[www.sligorapecrisiscentre.ie](http://www.sligorapecrisiscentre.ie)**



