



RAPE CRISIS M I D W E S T

[Website](#) | [Facebook](#) | [Instagram](#) | [Donate Here](#)

Rape Crisis Midwest (RCM) works for the protection of all people from all forms of sexual violence and abuse. It primarily supports survivors of sexual abuse and violence through free, confidential, and non-judgmental support and counselling, working from an intersectional feminist framework. RCM services are delivered utilising a survivor-centred and trauma-informed model. RCM operates from the knowledge that survivors have the capacity to grow and heal and that they are the experts in what they need. Survivor identified indicators of recovery and healing inform the way in which services are delivered and developed. A trauma-informed model means services are offered with the understanding that a survivor's reactions are a normal response to trauma. RCM believes that responding to sexual violence in our society and holding perpetrators to account starts with supporting survivors in ways that are respectful of their dignity, healing and choices. RCM works to hold perpetrators accountable for their behaviour and counteract victim-blaming. The headquarters for Rape Crisis Midwest services is in Limerick with outreach centres in both Ennis and Nenagh. Our service delivery includes: counselling; Garda and court accompaniment; advice, to both survivors, and their supporters; and sexual violence training to individuals and organisations. We work nationally in partnership with the Rape Crisis Ireland (RCI). RCM services are in receipt of public funding from Cuan – the domestic sexual and gender based violence agency.

Our Vision

The vision of Rape Crisis Midwest is of a society, where all adults and children live free from sexual violence.

Our Mission

The mission of Rape Crisis Midwest is to improve the lives of those who experience sexual violence or abuse and to work towards the elimination of sexual violence and abuse in our society.

Board of Directors

The Board of Directors held 11 meetings during 2023 where the following Board Members attended. An additional number of sub-committee meetings were also held namely covering HR, Health & Safety and Finance. Lucy Smith and Helen Fitzgerald both resigned from the board during 2023 and have not been replaced.

Directors: Lucy Smith(resigned) Michael Howes (Chairperson), Fiona Quinn, Mary Kelly Helen Fitzgerald (resigned) Yvonne Murphy, Marguerite O'Neill, Caroline Holmes

2023 Operating Highlights

- RCM services continue to be delivered from three centres, in Limerick, Ennis and Nenagh.
- Miriam Duffy – Executive Director of Rape Crisis Midwest for 22 years retired in 2023 – we wish her the very best in her retirement and thank her for her unwavering commitment to Rape Crisis services in the Midwest.
- Core funding for services began transfer from Tusla to Cuan - the domestic sexual and gender based violence agency in 2023, with an expected full transfer expected by early 2024.
- Karen O'Donnell O'Connor took up the role of Executive Director in March 2023.

Services

Our services are delivered from our three centres, the Limerick office and our part time satellite centres in Ennis and Nenagh. 2023 saw an increase in numbers contacting Rape Crisis Midwest for support services.

- Our Limerick centre is open 6 days Mon – Sat and can offer some evening appointments (by appointment only).
- Our Ennis centre is open Tuesday and Wednesday (by appointment only).
- Our Nenagh centre is open Thursday and Friday (by appointment only).

All initial appointments take place in the Limerick centre.

Counselling Service

Rape Crisis Midwest offers specialised counselling /therapy sessions to adult survivors of Childhood Sexual Abuse. All our counsellors are professionally qualified and have had additional Sexual Violence Training. All of our counsellors are accredited with the IACP, . We unfortunately need to operate a waiting list for on-going long-term counselling, but we endeavour to offer support sessions to people while they are on the waiting list.

- In 2023, RCM provided **3607 counselling appointments** to survivors of sexual violence.

Free Helpline

Rape Crisis Midwest operates a free helpline service 1800 311 511. This service is generally available Mon – Sat 9am -5 pm. This is a confidential, non-directive service and is available to survivors, supporters, families, friends, other professionals and other services. We can also be reached at info@rapecrisis.ie

- In 2023, **1207 Helpline calls** were answered – these calls related to various queries from survivors of sexual violence and their supporters. Information, support and guidance in terms of the services RCM provides is given in these calls.

Midwest Forensic Medical Examination Service Support:

This service in the Midwest operates when a report of Rape or Sexual Assault is reported to An Garda Síochana. The service is out of hours operating from 6.30pm each weekday until approx. 5am. The service operates 24 hours at weekends and Bank Holidays. Rape Crisis Midwest provide psychological support volunteers to attend to support the survivor and their family/friends. Crisis counselling and support is also offered and referral to STI screening can be arranged.

- In 2023, **22 people** were supported by this service

Garda Accompaniment Service:

Rape Crisis Midwest will provide a support person to accompany survivors who wish to make a statement. The support person will attend the Garda station with the survivor or if it is the survivor's preference, RCM can make a room in the centre available.

Court Accompaniment Service

When a court case is heard in the Midwest, RCM can provide a support person to accompany the survivor or if the case is heard elsewhere in the country, RCM will link with the local Rape Crisis Centre to access this service locally

- In 2023, **120 hours of Court & Garda accompaniment** – RCM staff and volunteers provided psychological support to survivors of sexual violence during court cases and Garda meetings