



RAPE CRISIS
M I D W E S T

Annual Report

2019

Rape Crisis Midwest is a member of Rape Crisis Network Ireland

The legend of the Phoenix speaks of its ability to heal itself if injured during its lifetime. Our logo of the Phoenix Rising symbolises our belief that people can and do heal from the trauma of sexual violence.

THE PHOENIX

On days we feel like scorched earth,
Like corroded rust or trampled dirt,
All we have to do is turn our faces,
Toward the gentle breeze,
And be sprinkled into the four directions,
Be swept away by the wind's tender breath.

We are made holy
Through this burning,
Like a phoenix rising from its ashes
To become more powerful
Than it ever thought possible.

The scorching does not destroy us,
Rather, it burns through the chaff
Until our greatness is revealed
And what's of real value remains.

This is our defining hour,
The moment we are made whole
By what has made through the burning.

So, let us be marked,
Not by sorrow or pain,
Not for false humility,
Or, for thinking we are less than we are.

Let us claim our brilliance within the debris,
Let us dance on the ashes of our previous lesser selves,
Let the stars be engraved into our bones,
And our divine fearless nebula return home.

Ashes to ashes,
Dust to dust,
From the rust,

OUR MASTERPIECE SHALL RISE.

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Rape Crisis Midwest is an active member of Rape Crisis Network of Ireland (RCNI), a network which supports and promotes the work of Rape Crisis Centres and provides a national voice for survivors of sexual violence. We abide by the RCNI code of ethics, framework and practice.

Rape Crisis Midwest was founded in 1980 as Limerick Rape Crisis Centre, by a group of women and men who were concerned about the lack of services for survivors of rape and sexual abuse. Since then it has worked to provide a quality professional, information, support and counselling service for survivors of sexual violence and abuse throughout the Midwest region.

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.

Our Ethos

- ❖ We believe in a feminist analysis that recognises that all forms of sexual violence, whether committed against adults or children, women or men, involve the abuse of power and control by the perpetrator and the experience of powerlessness by the victim.
- ❖ We believe that perpetrators of sexual violence are responsible for their actions and should be held accountable.
- ❖ We believe that sexual violence is under-pinned and sustained by inequalities, including gender inequality. While sexual violence impacts on people within all sectors of society, those experiencing multiple disadvantages may be especially vulnerable.
- ❖ We believe in a survivor-centered approach, which means that the survivor's right to control her/his life is recognised, validated and supported.
- ❖ We believe in a trauma-based approach, which recognises that a survivor's reactions are a normal response to trauma.

- ❖ We believe that by drawing on the knowledge, experience, wisdom and power of survivors of sexual violence we can make a difference.
- ❖ We believe in building collective and democratic structures and working relationships which model positive and accountable uses of power.
- ❖ We believe in a partnership and collaborative approach with other key agencies that works towards real and profound change.
- ❖ We believe in transparency and accountability in our governance, management and operations.

Our Aims

- ❖ To reduce the impact of the trauma experienced by survivors of sexual violence and abuse and help them to regain a sense of safety.
- ❖ To enable the healing of survivors, this includes them regaining a sense of power and control over their lives and a positive regard for self.
- ❖ To support the recovery of survivors so that they are able to reconnect with family, friends and society.
- ❖ To raise awareness among other relevant front-line service providers of the impact of sexual violence so that trauma is reduced and the recovery of survivors is supported.
- ❖ To raise awareness among family members of the impact of sexual violence and abuse and ways of supporting the survivor.
- ❖ To raise awareness among policy makers of the prevalence and impact of sexual violence and abuse in order to ensure that all relevant areas of policy and service provision better serve the needs of survivors.
- ❖ To raise awareness in society as a whole of the prevalence and impact of sexual violence and abuse and our collective responsibility to challenge the attitudes that underpin it.

Our Board of Directors

2019

Lucy Smith (Chairperson)

Brian Dunne

Fiona Quinn

Helen Fitzgerald

Michael Howes

Mary Kelly

Jayne Leonard

Yvonne Murphy

- Rape Crisis Midwest CLG is registered in the CRA's Register of Charities (No. 20024970)
- CHY Tax Exemption - Our Charity Tax Exemption Number is CHY9931
- Governance Code - we confirm that our Organisation complies with the Governance Code we have adopted the Governance Code for the community, Voluntary and Charitable Organisations
- Commitments to Standards in Fundraising Practice - we confirm that we comply with the Statement of Guiding principles as set out in the ICTR website.



Executive Director Miriam Duffy 2019

Our three centres, Limerick Clare and North Tipperary continue to provide services to the people on the Midwest region and again this year saw an increase in the numbers contacting us.

We welcomed the additional funding from Tusla which was allocated by Minister Zappone to Sexual Violence services. This funding was paid in installments Oct/Nov/Dec and will be included in core funding in future years. This allowed us to put in place an additional three-day counselling post which will go some way to addressing our waiting lists.

We are as ever, grateful to our supporters corporate and in the community, who continue to fundraise and help us to maintain our services.

Demands on the service increase every year. We saw over 350 people in 2019.

Our Clients ranged in age from 15 years to 73 years.

15% of our clients were Male.

We have developed an excellent relationship with the Garda Protective Services Unit in Limerick for the mutual support of clients who are engaged with the legal process and look forward to engaging with these Garda services as they come on stream in Clare and North Tipperary in 2020

I would like to thank the Board of Rape Crisis Midwest for their continued support, guidance and dedication.

My thanks also to our wonderful volunteers who help us to provide SATU Court and Garda accompaniment, counselling and support, our events and the maintenance of our garden. We would not be the service we are without you.

Thanks also to Rape Crisis Network Ireland who continue to support us in developing and monitoring our standards and practice.

2019 in Numbers

- **297 people were seen for face to face counselling**
- **1188 Helpline Calls were taken**
- **27 People were accompanied ---- SATU---- Court---- Gardai**
- **138 new clients began counselling with us**
- **3,446 counselling appointments were offered
(Limerick 2544, Clare 383, North Tipperary 520)**

Our Limerick centre is open 6 days Mon – Sat and can offer some evening appointments.

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 are in the Limerick centre.

Services provided by Rape Crisis Midwest

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.

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 Síochána. The service is out of hours operating from 6.30 each weekday until approx. 5am. The service operates 24 hours at weekends and Bank Holidays. Rape Crisis Midwest, RCNI trained, psychological support volunteers attend and provide vital support to the victim and their family/friends. Crisis counselling and support is offered and referral to STI screening can be arranged.

Garda/Court Accompaniment Service: Rape Crisis Midwest will provide a support person to accompany victims who wish to make a statement. The support person will attend the Garda station with the victim or if it is the victim's preference we can make a room in the centre available. In the event of a case proceeding to court we will provide a court support person for any cases being heard in the Midwest. If the case is to be heard in Dublin we will refer the victim to the support services available there.

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 RCNI registered. We unfortunately need to operate a waiting list for on-going long term counselling, but we endeavor to offer support sessions to people while they are on the waiting list.

Training and Education: Rape Crisis Midwest delivered training /awareness to a number of groups across the Midwest including input to the HSE FME training day, UL student Midwives, AGS, Mary Immaculate Students and the staff of the UL International office. As part of our commitment to ongoing learning board, staff and volunteers attended training on FME (Regional & National), Data collection, Data protection GDPR, Court Accompaniment, Garda Accompaniment, EU funding, Legal updates following the Sexual offences bill, Organisational Development, Complex Trauma, The Safe Ireland summit and perinatal Mental Health conference were attended.



Annette Strachan Rape Crisis Midwest Volunteer.

Being a part of Rape Crisis Midwest

Like most organisations RCM is akin to a close-knit community with all its various individuals going about their tasks in their selected roles, however, at the same time all working together for a positive impact within that community and beyond.

I'm privileged to be a member of that community and over the years have acquired a number of roles, I call myself an advocate for the survivor of sexual violence and I want to be there to offer support in the best, most professional way that I can, to any human being that has been violated and had control taken from them. I want to be able to let them know that they can take back some control, I want to give them a sense of safety during some of the most unnerving and confusing times that they are ever going to experience, this could be whilst undergoing a forensic medical examination, when giving a statement to the guards, or when attending court. Each and any of these events could cause immeasurable anxiety and distress.

As a RCM volunteer I get the opportunity to be there for an individual, I am someone with no other agenda than wanting to be an advocate for them, hopefully I can impart a feeling of strength allowing them to feel that they are not alone and that they can recover some semblance of power within themselves.

I have seen the fright and confusion in the survivor's eyes and have been given the opportunity to look into their being and say to them; "its ok, you are safe, I am here for you", when you see that frightened look soften and their breath ease, that's the payback. We carry on doing what we do in life because we get some kind of reward even though sometimes, we don't recognise it as that. I have had so many wonderful rewards.

Over the years I have accompanied diverse members of society as there is no 'standard' sexual violence survivor, male or female, young and not so young they each try to deal with the situation that has been thrust upon them as best they know how.

As an empathetic person its natural that I too am affected, it might not be right at that time, 2am at the hospital or after 2 weeks of court when you have heard perhaps horrendous testimony. It could be whilst in the supermarket or sitting having a cuppa, its only right that I am touched by the experience and I may have a few tears on their behalf but that's ok (I'd be worried if I didn't!) and that's when I have the RCM community as my strength, I've had wonderful training, I have great colleagues there that understand and that's where we have our support for each other.

I believe that through helping others you definitely enhance your own life.

I am honoured to accompany survivors and hope during those negative moments of their lives I can continue to convey, strength, compassion, honesty and support.

Fundraising and Events

For Rape Crisis Midwest, fundraising is an essential, year-round activity, and without it the centre would not be able to provide its vital services. These efforts ensure we can continue to improve the lives of rape and sexual abuse survivors here in the Midwest. We rely on voluntary donations and fundraising to maintain our core services, and are extremely grateful for the generosity of the local community and beyond. Highlights include:

UL Medical Ball

We were honoured to be the recipients of the 2019 Medical Ball hosted in the Strand Hotel in February this year and a cheque for €10,000 was presented to Miriam Duffy in March.



ULSU charity week

We were also honoured to be nominated for the ULSU charity week proceeds and a cheque was presented in April to our centre



Running Events

A number of volunteers from across the Midwest took part in running events this year including Kelly Wallace who brought together a group of volunteers for the GLR. Also we are grateful to Emma O'Brien and Joann McGlinchy who raised thousands for us at the Limerick Mini Marathon.



10k Paddle Kayaking

Over 100 kayakers took part in this annual event. We had a number of companies who came on board this year and kayaked including Kemp, & Irish Cement. We also had a group from the 'Wellness on the Water' campaign take part. We wish to thank Limerick Academy and Scouts Kayaking club and Canoeing Ireland for making this event a great success again and to Limerick Civil Defence for providing ground cover on the day.



1980's disco

Arlene Hayes from Ennis organised a 1980's themed styled disco at the Old Ground Hotel in September this year and the event raised in excess of €7,000. I think Arlene along with staff from our centre were overwhelmed with the outcome of this fundraising event. We are grateful to Arlene and her family for all they do for us.



Ultimate Quiz

Our *Ultimate Quiz* night in Thomond Park was a great success once again this year. The event took place in October and was hosted by the local Limerick actor, Myles Breen. The trivia fanatics were out in force and the night was a sell-out. We are extremely grateful to those who came and showed their support, and also to those who helped organise the event.



Dainty Daisy

For the 8th year in a row, the Dainty Daisy competition took place in Ennis. A beauty pageant with a twist, the comical event sees a dozen brave men of the Midwest strut their stuff for a judge's panel and adoring crowd, all in aid of Rape Crisis Midwest. This is one of our biggest fundraisers for 2019

As well as being an enjoyable night, the event is also always a great source of funding for our service, and for this we are very grateful. This year's competition raised in excess of €25,000, thanks to the incredible selflessness of the organisers, volunteers, donators and of course; competitors. This year's event was won by Ian Dinan.



Fundraising

For Rape Crisis Midwest, fundraising is an essential and year-round activity as without it the Centre would not be able to provide its vital services. We rely on your help to continue the work we do supporting men and women in the Midwest.

Why not organise your own event with your friends and family or even your work colleagues? By organising your own event, you can help us to reach out to those who need us most.

Volunteering

We are extremely fortunate to have a committed teams of men and women who work on committees and organise our annual events. Without this voluntary help, our service would not be able to run as it does. The help can vary from fundraising roles to event planning and management, and we are incredibly grateful to all our volunteers both past and present.

Nonetheless, every year there unfortunately remains a shortage of *helping hands*, which both increases pressure on staff and volunteers and negatively affects the service. This is something that you can change! We are always on the look-out for enthusiastic volunteers, and offer a wide variety of opportunities with something to suit everyone.

Corporate Support

We work with a cross-section of businesses and companies based in the Midwest including a number of [Charity Partners](#) who have become involved in a diversity of volunteering opportunities. These opportunities can range from contributing to one-off events to taking on long-term roles within the organisation.

We view our relationship with our Corporate Supporters as a two-way process which is mutually beneficial. Corporate Supporters benefit through positive promotional exposure, increased employee satisfaction and enhanced community relationships.

We are grateful to GECAS who came on board this year once again and funded the renovation works required on our chimneys in Limerick. The overall cost was in excess of €6,000



Company Number: 373531

Rape Crisis Midwest Company Limited by Guarantee
Annual Report and Financial Statements
for the financial year ended 31 December 2019

Rape Crisis Midwest Company Limited by Guarantee

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Rape Crisis Midwest Company Limited by Guarantee

DIRECTORS AND OTHER INFORMATION

Directors

Lucy Smith
Brian Dunne
Fiona Quinn
Caroline Holmes (Resigned 16 April 2019)
Michael Howes
Helen Fitzgerald
Michelle Walsh (Resigned 22 February 2019)
Yvonne Murphy (Appointed 4 November 2019)
Mary Kelly (Appointed 3 December 2019)
Jayne Leonard (Appointed 16 April 2019, Resigned 30 September 2019)

Company Secretary

Fiona Quinn

Company Number

373531

Business Address

Phoenix House
Punch's Cross
Rosbrien Road
Limerick

Auditors

O'Donovan Lavin
Chartered Accountants and Registered Auditors
1 Mount Kennett Place
Henry Street
Limerick

Bankers

Allied Irish Bank Plc
106/108 O'Connell Street
Limerick

Solicitors

David Punch & Co.
11 Glentworth Street
Limerick

Rape Crisis Midwest Company Limited by Guarantee

DIRECTORS' REPORT

for the financial year ended 31 December 2019

The directors present their report and the audited financial statements for the financial year ended 31 December 2019.

Principal Activity and Review of the Business

The principle activity of the company is the provision of free, confidential, counselling and non-judgemental support to both female and male individuals, who have recently, or in the past, been subjected to sexual violence. These services are provided from offices in Limerick together with part-time outreach centres located in Ennis and Nenagh.

The company is limited by guarantee and does not have a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets and liabilities of the company on winding up such amounts as may be required not exceeding €1 each. The objects and powers of the charitable company is governed under its Constitution and managed by a Board of Directors. The charity has been granted charitable tax status under Sections 207 and 208 of the Taxes Consolidation Act 1997, Charity No 9931 and is registered with Charities Regulatory Authority.

The company is part funded with TUSLA grants and funding for the provision of services under a service level agreement. The directors report that there has been a constant demand for eligible services throughout 2019 and at this time it is not envisaged that there will be any reduction in that demand for 2020.

Financial Results

The surplus for the financial year after providing for depreciation amounted to €68,559 (2018 - €23,002).

At the end of the financial year, the company has assets of €1,141,702 (2018 - €1,094,938) and liabilities of €956,632 (2018 - €978,427). The net assets of the company have increased by €68,559.

The company has exempt charitable status and is therefore exempt from Corporation Tax. The company is limited by guarantee and in accordance with the provisions of the Constitution it is precluded from making a distribution to members, and is obliged to expend all of its assets and resources for the purposes for which it was formed.

Directors and Secretary

The directors who served throughout the financial year, except as noted, were as follows:

Lucy Smith
Brian Dunne
Fiona Quinn
Caroline Holmes (Resigned 16 April 2019)
Michael Howes
Helen Fitzgerald
Michelle Walsh (Resigned 22 February 2019)
Yvonne Murphy (Appointed 4 November 2019)
Mary Kelly (Appointed 3 December 2019)
Jayne Leonard (Appointed 16 April 2019, Resigned 30 September 2019)

The secretary who served throughout the financial year was Fiona Quinn.

In accordance with the Constitution, - Brian Dunne and Fiona Quinn retired as directors on the 12th of August 2019. Being eligible they both offered themselves for re-election on the same date.

Future Developments

The Directors intend to continue with the company's principle activity and no material changes are expected in the near future.

Post Statement of Financial Position Events

There have been no significant events affecting the company since the financial year-end.

Auditors

The auditors, O'Donovan Lavin, (Chartered Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Statement on Relevant Audit Information

In accordance with section 330 of the Companies Act 2014, so far as each of the persons who are directors at the time this report is approved are aware, there is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

Rape Crisis Midwest Company Limited by Guarantee


DIRECTORS' REPORT

for the financial year ended 31 December 2019

Accounting Records

To ensure that proper books and accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The books of account are located at the company's registered office.

Signed on behalf of the board



Lucy Smith
Director

Date: 03/06/20



Fiona Quinn
Director

Date: 4th June '20

Rape Crisis Midwest Company Limited by Guarantee

DIRECTORS' REPORT

for the financial year ended 31 December 2019

Directors Activities Report for the Year Ended 31st December 2019

Rape Crisis Midwest continues to provide free, confidential, counselling and non-judgemental support for those who have been subjected to sexual violence. These services continue to be provided from our Limerick office together with part time outreach centres in Ennis and Nenagh.

Throughout 2019 we were contacted by over 350 new cases of individuals who were in need of our services and for whom we provided initial support and guidance together with follow on services including counselling, accompaniment services, advice and counselling throughout the year. It continues to be a source of concern to us that the number of incidents requiring our assistance or intervention continues to increase.

Fundraising

Our core statutory funding is delivered through Tusla, to facilitate delivery and expansion of agreed services. The expansion included the provision of a three day counselling post at our offices during 2019.

Our sincerest thanks must go to our sponsors and the community who have supported our fundraising activities throughout the year and who were very generous and supporting of our work. We are grateful for their continued support. Our fundraising activities helped us to ensure that the shortfall in our budget was successfully met in 2019 and enabled us to achieve the goals we had set ourselves for the year.

Future Outlook

At the time of writing we are in the midst of the Covid-19 pandemic which has been really hard on all our members, clients and public at large.

The centre ceased face to face work on 16th March 2020 and all work with our clients was altered significantly to ensure compliance with Covid 19 restrictions. Initially the work was moved to remote working with our counsellors working from their own homes. In the first couple of weeks, while adjusting to the new safety guidelines, some clients thought to wait until face to face counselling was reinstated. By week three it was evident that the guidelines would be in place for some considerable time and they had all re-engaged with our services.

We would like to acknowledge the difficulty that this has brought to our clients having to move the work from the safe counselling space we provide in the centres to finding the space to do this work in their own homes with all the usual demands of family life.

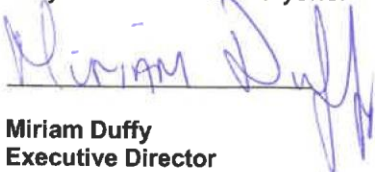
Our priority must be the physical safety of our clients' staff and volunteers in these difficult times. We also have plans to run some of our events virtually and we hope that these will be supported by the communities we serve.

Currently we are exploring ways in which we can return to more normal work practices and our hope is that in stage 5 we will be in a position to provide limited face to face work for the clients who wish to engage this service.

Unfortunately we do expect a reduction in our fundraising target for 2020 and we are monitoring our budgets closely on a monthly basis. We will endeavour to implement any cost saving measures which can be implemented within the organisation. That said there will be added expense in returning to work as new practices (sanitiser stations /Perspex screens) will need to be in place. We must however continue to apply ourselves and the organisation to the objects for which we were formed.

Finally my thanks must go out to all the Board, Staff, Volunteers and Clients of Rape Crisis Midwest who have been supporting each other through these difficult times.

Stay well and safe everyone.



Miriam Duffy
Executive Director
Rape Crisis Midwest

Rape Crisis Midwest Company Limited by Guarantee

DIRECTORS' RESPONSIBILITIES REPORT

for the financial year ended 31 December 2019

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

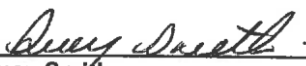
- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be readily and properly audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

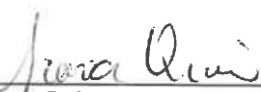
In so far as the directors are aware:

- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Signed on behalf of the board


Lucy Smith
Director

Date: 03/06/20


Fiona Quinn
Director

Date: 04/06/20

INDEPENDENT AUDITOR'S REPORT

to the Members of Rape Crisis Midwest Company Limited by Guarantee

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Rape Crisis Midwest Company Limited by Guarantee ('the company') for the financial year ended 31 December 2019 which comprise the Income Statement, the Statement of Financial Position, the Statement of Changes in Equity, the Statement of Cash Flows and the related notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2019 and of its surplus for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- in our opinion, the Directors' Report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited. The financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT

to the Members of Rape Crisis Midwest Company Limited by Guarantee

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operation, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is contained in the appendix to this report, located at page 10, which is to be read as an integral part of our report.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Patrick A. Lavin FCA

for and on behalf of

O'DONOVAN LAVIN

Chartered Accountants and Registered Auditors

1 Mount Kennett Place

Henry Street

Limerick

Date:

5th June 2020.

Rape Crisis Midwest Company Limited by Guarantee

APPENDIX TO THE INDEPENDENT AUDITOR'S REPORT

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Rape Crisis Midwest Company Limited by Guarantee

INCOME STATEMENT

for the financial year ended 31 December 2019

	Notes	2019 €	2018 €
Income		588,791	515,692
Expenditure		(517,282)	(488,960)
Surplus before interest		71,509	26,732
Finance income		2	13
Finance costs	6	(2,952)	(3,743)
Surplus for the financial year	16	68,559	23,002
Total comprehensive income		68,559	23,002

Approved by the board on 4/6/2020 and signed on its behalf by:

Lucy Smith
Lucy Smith
Director

Fiona Quinn
Fiona Quinn
Director

Rape Crisis Midwest Company Limited by Guarantee

STATEMENT OF FINANCIAL POSITION

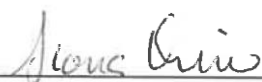
as at 31 December 2019

	Notes	2019 €	2018 €
Non-Current Assets			
Property, plant and equipment	9	966,655	994,437
Current Assets			
Inventories	10	-	1,400
Receivables	11	2,432	1,295
Cash and cash equivalents		172,615	97,806
		175,047	100,501
Payables: Amounts falling due within one year	12	(94,699)	(63,197)
Net Current Assets		80,348	37,304
Total Assets less Current Liabilities		1,047,003	1,031,741
Payables			
Amounts falling due after more than one year	13	(861,933)	(915,230)
Net Assets		185,070	116,511
Reserves			
Capital reserves	16	60,222	60,222
Income statement		124,848	56,289
Equity attributable to owners of the company		185,070	116,511

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the board on 4/6/2020 and signed on its behalf by:


 Lucy Smith
 Director


 Fiona Quinn
 Director

Rape Crisis Midwest Company Limited by Guarantee
STATEMENT OF CHANGES IN EQUITY

as at 31 December 2019

	Retained surplus	Capital contribution reserve	Total
	€	€	€
At 1 January 2018	33,287	60,222	93,509
Surplus for the financial year	23,002	-	23,002
At 31 December 2018	56,289	60,222	116,511
Surplus for the financial year	68,559	-	98,959
At 31 December 2019	124,848	60,222	185,070

Rape Crisis Midwest Company Limited by Guarantee
STATEMENT OF CASH FLOWS
for the financial year ended 31 December 2019

	Notes	2019 €	2018 €
Cash flows from operating activities			
Surplus for the financial year		68,559	23,002
Adjustments for:			
Finance income		(2)	(13)
Finance costs		2,952	3,743
Depreciation		34,729	33,712
Surplus/deficit on disposal of property, plant and equipment		-	(2,200)
Amortisation of grants		(26,150)	(26,150)
		<u>80,088</u>	<u>32,094</u>
Movements in working capital:			
Movement in inventories		1,400	200
Movement in receivables		(1,137)	157
Movement in payables		1,102	3,529
		<u>111,853</u>	<u>35,980</u>
Cash generated from operations		(2,952)	(3,743)
Interest paid			
Net cash generated from operating activities		<u>108,901</u>	<u>32,237</u>
Cash flows from investing activities			
Interest received		2	13
Payments to acquire property, plant and equipment		(6,947)	(1,784)
Receipts from sales of property, plant and equipment		-	2,200
		<u>(6,945)</u>	<u>429</u>
Net cash (used in)/generated from investment activities			
Cash flows from financing activities			
New long term loan		(27,147)	(26,355)
		<u>74,809</u>	<u>6,311</u>
Net increase in cash and cash equivalents		97,806	91,495
Cash and cash equivalents at beginning of financial year			
Cash and cash equivalents at end of financial year	22	<u>172,615</u>	<u>97,806</u>

Rape Crisis Midwest Company Limited by Guarantee

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2019

1. GENERAL INFORMATION

Rape Crisis Midwest Company Limited by Guarantee is a company limited by guarantee incorporated in the Republic of Ireland.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2019 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

Income

Revenue grants are recognised and attributed to the relevant expenditure covered by the grant. One-off donations, collections, fees and other income of such nature are recognised in the accounts and attributed to the financial period in which the income is received, subject to any specific conditions attaching to the receipt of such funds or income.

Grants awarded to assist with capital expenditure are held on the balance sheet and released to the Income & Expenditure Account on a straight line basis over the expected useful life of the assets.

Pensions

Pension's benefits are met by payments to a defined contribution pension fund. Contributions are charged to the profit and loss in the year in which they fall due. The assets are held separately from those of the company in an independently administered fund. Differences between the amounts charged in the profit and loss account and payments made to pension funds are treated as assets or liabilities.

Property, plant and equipment and depreciation

Property, plant and equipment are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of property, plant and equipment, less their estimated residual value, over their expected useful lives as follows:

Land and buildings freehold	-	2.5% Straight line
Fixtures, fittings and equipment	-	15% Straight Line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Leasing

Rentals payable under operating leases are dealt with in the Income Statement as incurred over the period of the rental agreement.

Inventories

Stocks are valued at the lower of cost and net realisable value.

Trade and other receivables

Trade and other receivables are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Rape Crisis Midwest Company Limited by Guarantee

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2019

continued

Borrowing costs

Borrowing costs relating to the acquisition of assets are capitalised at the appropriate rate by adding them to the cost of assets being acquired. Investment income earned on the temporary investment of specific borrowings pending their expenditure on the assets is deducted from the borrowing costs eligible for capitalisation. All other borrowing costs are recognised in profit or loss in the period in which they are incurred.

Trade and other payables

Trade and other payables are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation

The company is exempt from Corporation Tax as it has been granted charitable status by the Revenue Commissioners under Charity Number 9931.

Grants

Capital grants received and receivable are treated as deferred income and amortised to the Income Statement annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Income Statement to match the period and expenditure covered by the grant.

3. DEPARTURE FROM COMPANIES ACT 2014 PRESENTATION

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

4. OPERATING SURPLUS

Operating surplus is stated after charging/(crediting):

	2019 €	2018 €
Depreciation of property, plant and equipment	34,729	33,712
Surplus on disposal of property, plant and equipment	-	(2,200)
Amortisation of Grants	(26,150)	(26,150)

5. INCOME

The income for the year has been derived from:-

	2019 €	2018 €
Tusla-Core Funding	440,240	407,400
Grants	1,518	2,018
Donations and Other Income	22,110	16,582
Fundraising	98,773	63,542
Amortisation of Grant	26,150	26,150
	588,791	515,692

6. FINANCE COSTS

	2019 €	2018 €
Interest	2,952	3,743

7. EMPLOYEES

The average monthly number of employees, including directors, during the financial year was 10, (2018 - 10).

	2019 Number	2018 Number
Employees	10	10

Rape Crisis Midwest Company Limited by Guarantee
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2019

continued

The staff costs comprise:

	2019	2018
	€	€
Wages & Salaries	356,497	339,776
Social Welfare Costs	38,632	34,145
Pension Costs	16,378	16,664
	<u>411,507</u>	<u>390,585</u>

8. EMPLOYEE REMUNERATION BREAKDOWN

Employee Remuneration is split as follows:

	2019	2018
	€	€
Number of Employees: €0-€60,000	9	9
Number of Employees: €60,000-€70,000	1	1
	<u>10</u>	<u>10</u>

9. PROPERTY, PLANT AND EQUIPMENT

	Land and buildings freehold €	Fixtures, fittings and equipment €	Total €
Cost			
At 1 January 2019	1,323,357	59,440	1,382,797
Additions	-	6,947	6,947
Disposals	-	(30)	(30)
At 31 December 2019	<u>1,323,357</u>	<u>66,357</u>	<u>1,389,714</u>
Depreciation			
At 1 January 2019	331,140	57,220	388,360
Charge for the financial year	33,084	1,645	34,729
On disposals	-	(30)	(30)
At 31 December 2019	<u>364,224</u>	<u>58,835</u>	<u>423,059</u>
Carrying amount			
At 31 December 2019	<u>959,133</u>	<u>7,522</u>	<u>966,655</u>
At 31 December 2018	<u>992,217</u>	<u>2,220</u>	<u>994,437</u>

10. INVENTORIES

	2019	2018
	€	€
Consumables	-	1,400

The replacement cost of stock did not differ significantly from the figures shown.

11. RECEIVABLES

	2019	2018
	€	€
Other debtors	856	6
Prepayments	1,576	1,289
	<u>2,432</u>	<u>1,295</u>

Rape Crisis Midwest Company Limited by Guarantee

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2019

continued

12. PAYABLES	2019	2018
Amounts falling due within one year	€	€
Amounts owed to credit institutions	24,793	24,793
Trade payables	2,692	2,593
Taxation	11,593	10,089
Accruals	22,167	21,801
Deferred Income	33,454	3,921
	<u>94,699</u>	<u>63,197</u>
13. PAYABLES	2019	2018
Amounts falling due after more than one year	€	€
Bank loan	65,231	92,378
Grants	796,702	822,852
	<u>861,933</u>	<u>915,230</u>
Loans		
Repayable in one year or less, or on demand (Note 12)	24,793	24,793
Repayable between two and five years	65,231	74,379
Repayable in five years or more	-	17,999
	<u>90,024</u>	<u>117,171</u>

The bank loan is secured by way of mortgage over the company's property.

14. Government Grant Agency:

Government Department:	Tusla - Child and Family Agency
Grant Programme:	Core Funding
Total Grant:	€470,640
Period Covered by Grant:	12 months - 1st January 2019 - 31st December 2019
Included in Income:	€440,240
Purpose of Grant:	The provision of supports to individuals subjected to sexual violence.
Amounts Deferred at Year End:	€ 30,400
Restriction on Use:	Yes

15. STATUS

The company is limited by guarantee, not having a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding one Euro (€1) each.

16. RESERVES

Capital Contribution Reserve

Capital Reserves arose at 30th September 2003 and represents the net assets transferred by the then existing association to the present company.

Rape Crisis Midwest Company Limited by Guarantee
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2019

continued

17. FINANCIAL COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2019 €	2018 €
Due:		
Within one year	-	1,217

In 2016, the company entered into an operating lease for printers with MJ Flood over a period of 3 years payable quarterly. The final 3 payments of this operating lease were fully paid at the year ended 31st December 2019.

18. CAPITAL COMMITMENTS

There were no capital commitments at 31st December 2019.

19. DIRECTORS' REMUNERATION

	2019 €	2018 €
Remuneration	52,890	50,289

An employee representative is appointed by the Board of Directors. The representative is employed by the company, for which services he/she is remunerated at normal levels. No remuneration is paid in respect of the directors duties undertaken by the representative.

20. PENSIONS

Pension contributions relate to a defined contribution scheme, funded by annual contributions which are charged directly to the accounts as incurred. Pension costs for the year amounted to €16,664. There is an accrual of pensions this year amounting to €5,702 (2018-€5,205).

21. EVENTS AFTER END OF REPORTING PERIOD

There have been no significant events affecting the company since the financial year-end.

22. CASH AND CASH EQUIVALENTS

	2019 €	2018 €
Cash and bank balances	161,257	87,291
Cash equivalents	11,358	10,515
	172,615	97,806

23. CAPITAL GRANTS DEFERRED

	2019 €	2018 €
Capital grants received and receivable		
At 1 January 2019	822,851	849,001
Amortisation		
Amortised in year	(26,150)	(26,150)
Net Book Value		
At 31 December 2019	796,701	822,851

Deferred Grants represent the balance of grants, previously received, which have not been amortised to date. The grants are amortised over the economic life of the asset for which they were received at the same rate as the specific asset is amortised.

Rape Crisis Midwest Company Limited by Guarantee
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2019

continued

24. TUSLA EXPENDITURE

	Total €
Income	
Grant Income Tusla	440,240
Expenditure	
Staffing Costs	411,507
Travel & Subsistence	5,208
Training / Staff CPD	660
Insurance	7,170
Light & Heat	6,406
Printing, Postage & Stationary	2,133
Computer Costs	1,016
Leasing of Equipment	1,218
Subscriptions	717
Cleaning	2,857
Maintenance & Repairs	8,166
Audit & Accounts	4,121
Bank	624
Supervision	6,390
Rent	41,100
Telephone	5,867
RCNI Database Licencing	1,000
Total Expenditure	<u>506,160</u>
Surplus/(Deficit)	(65,920)

On the 12th December 2019 a Service Level Agreement meeting was held with Tusla and Rape Crisis Midwest CLG. It was agreed by all parties that €30,400 that remained unspent at the 31st December 2019 would be carried forward to 2020.

25. RECONCILIATION OF NET CASH FLOW TO MOVEMENT IN NET DEBT

	Opening balance	Cash flows	Closing balance
	€	€	€
Long-term borrowings	(92,378)	27,147	(65,231)
Short-term borrowings	(24,793)	-	(24,793)
Total liabilities from financing activities	<u>(117,171)</u>	<u>27,147</u>	<u>(90,024)</u>

26. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on

5/6/2020





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