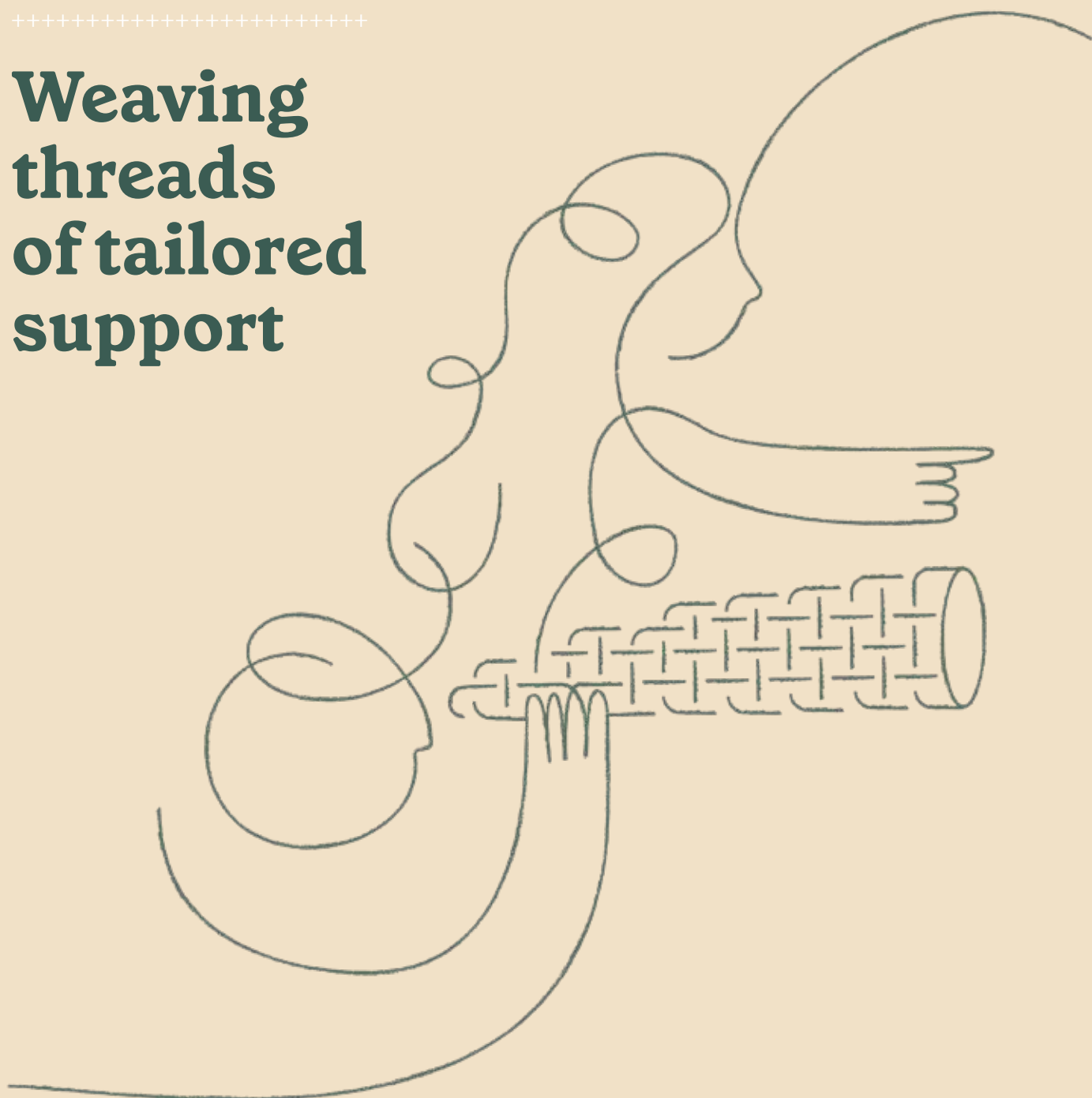


# Annual Review 2024

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## Weaving threads of tailored support



**ONE IN FOUR**  
Ending the trauma of childhood sexual abuse

# Strategy & Performance

One in Four delivers an integrated service framework that responds comprehensively to the needs of child sexual abuse survivors. Our model weaves together complementary interventions to ensure our support is both cohesive and tailored to an individual's needs.



**Things changed when I went to One in Four. They're good people; they never gave up on me.**

+++++

Our clinical programme provides individual and group therapy for survivors and families, using an evidence-informed, collaborative, and responsive therapeutic approach tailored to each person's needs.

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Our advocacy service equips survivors to navigate legal, institutional, and other formal systems with trusted, trauma-focused support—combining accessible information, emotional care, and practical tools to foster empowerment and self-advocacy.

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Providing a space for families to understand and address the dynamics that allowed the abuse to happen.

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Working with those who have sexually offended as part of our commitment to child protection and community safety.

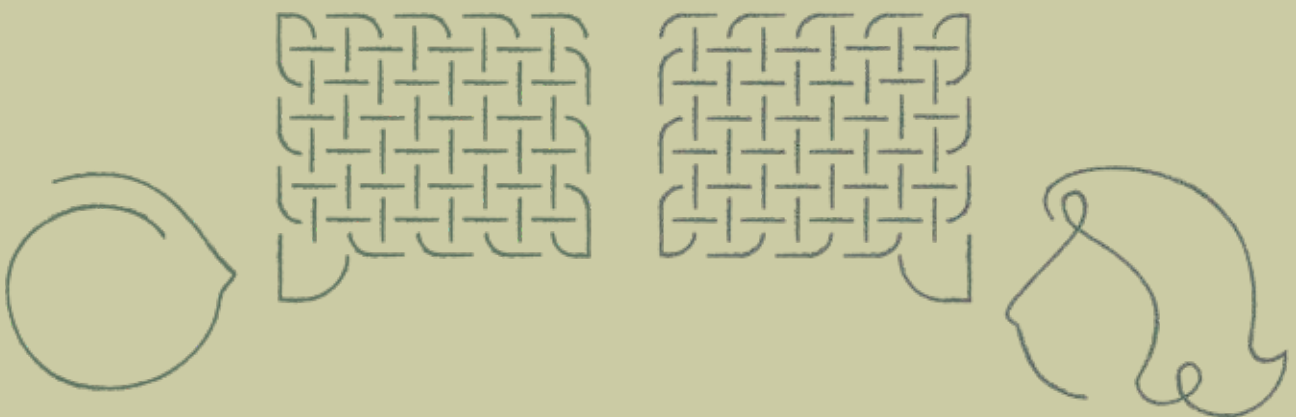
+++++

Advocating within institutional systems to ensure survivor-centered practices and meaningful access to justice.

+++++

Developing an organisation that remains resilient, accessible, and committed to the highest standards of transparency and accountability.

+++++



# Outcomes 7,674

Sessions Provided

## Advocacy

5,461

Sessions

1,039

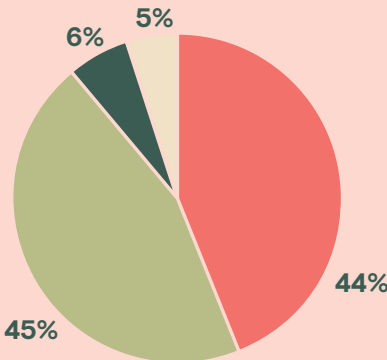
Individuals

48%

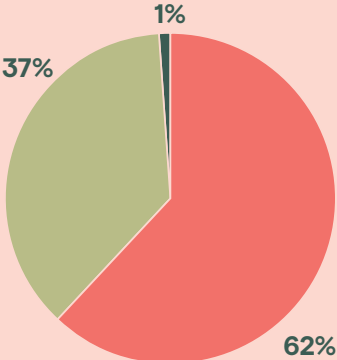
New clients

### Advocacy National Reach

- Dublin 44%
- Rest of Ireland 45%
- International 6%
- Unknown 5%



- Male 62%
- Female 37%
- Nonbinary 1%



## Psychotherapy

2,213

Individual and group sessions

154

Survivors took part in therapy

27

Individuals took part in group therapy

57 92

Male

Female

## Waiting List Case Management

We delivered

1,795

individual support engagements to

459

survivors seeking therapy. Of these,

95

survivors transitioned to receive therapy with us.

## Prevention

72

Individuals took part in the prevention programme

Delivering high quality services are a cornerstone of our commitment to supporting survivors and maintaining high standards in therapeutic practice. Recognising the vital role of innovative and evidence-based approaches, in 2024 we introduced the following new initiatives to further enhance the support we provide:



**I live a life I love now and that is mainly because of the support I received from One in Four.**

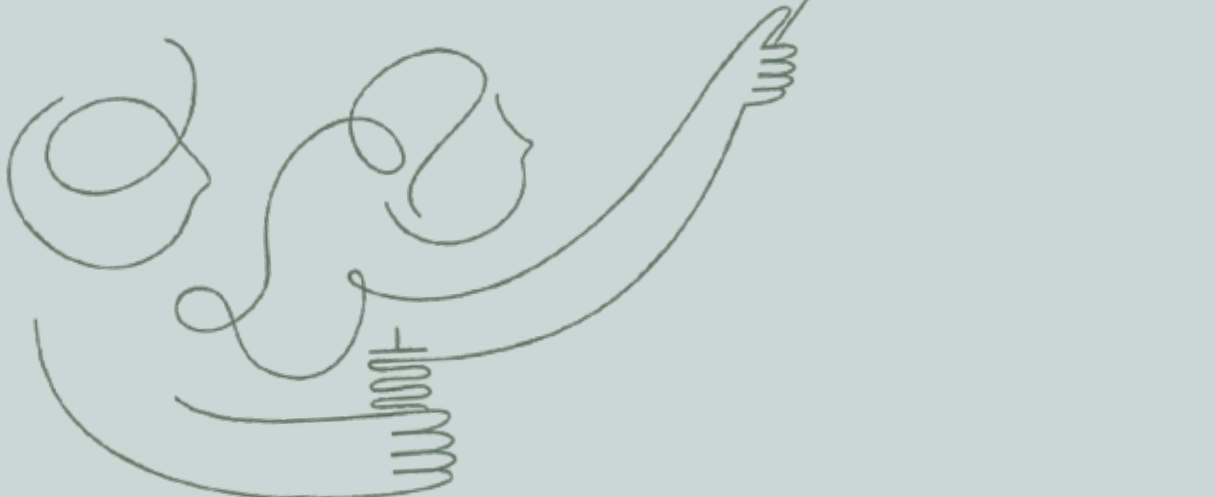
## Psychometrics

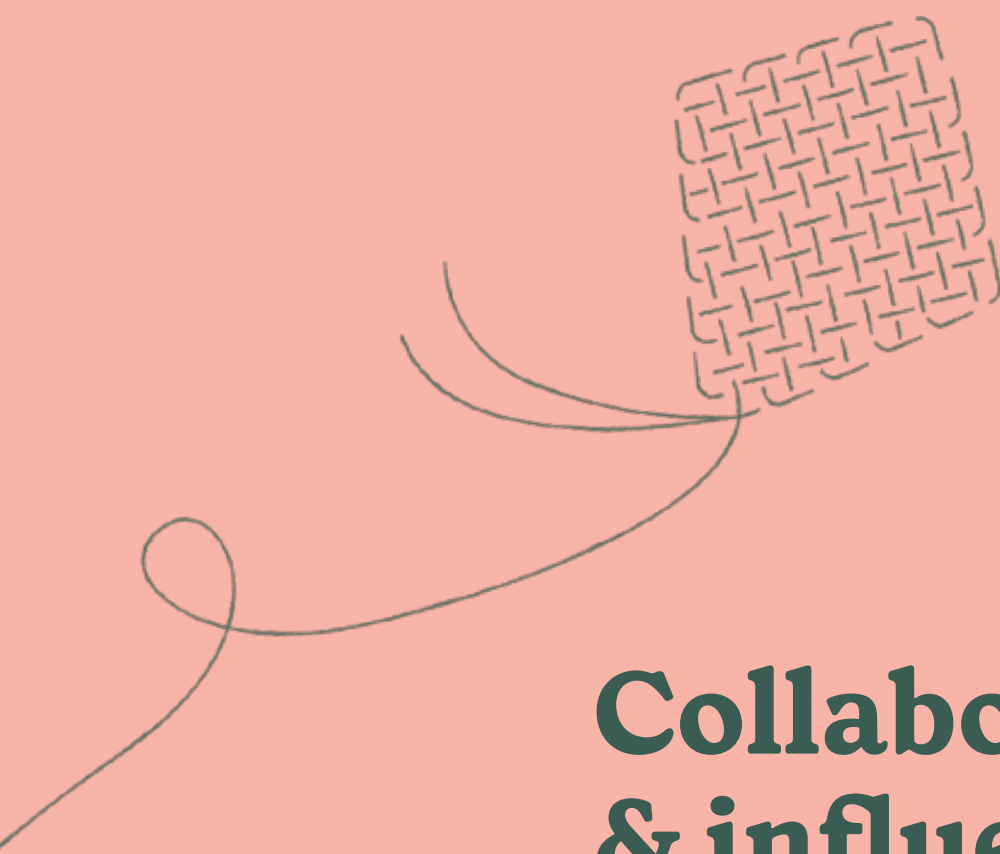
We adopted a range of psychometric assessments to balance and guide the personal and subjective experience of therapy with objective data. We were careful to select assessments that would benefit clients, note strengths and progress, and identify areas that would benefit from attention, to inform an individualised approach. Standardised measures also provide an evidence base for our practice, fostering transparency and accountability for optimal outcomes for our clients, funders, and other stakeholders.

**The early results, relating to the 20 percent of our clients who completed psychometrics to allow a comparison, were very promising, evidencing a decrease in symptom severity for those individuals.**

## Neurofeedback Therapy

Neurofeedback Therapy (NFT) is an empirically supported approach that supports the brain, impacted by trauma, to self-regulate by moving towards more calm and relaxed patterns of electrical activity. It is safe and non-invasive. After completing initial training in late 2023, we ran a pilot in 2024 where we delivered 211 sessions to four clients and three staff volunteers, supported by 56 hours of expert clinical supervision provided by international experts Boston Neurodynamics. We were encouraged by the initial results and are delighted to be able to offer NFT as a service.





# Collaborating & influencing

## Strategic Planning

Throughout 2024, One in Four devoted time to collective reflection and strategic development. Board members and staff took part in a series of workshops and planning sessions to consider our mission, assess our progress, and identify the evolving needs of our clients. These collaborative efforts shaped the design of our new Strategic Plan for 2025–2029, ensuring it reflects both our core values, and the fresh insights gained from the people who engage with One in Four. By working together, we forged a renewed sense of direction and ambition for our organisation as we look toward the future.

One in Four welcomed an Australian delegation as part of the Sexual Violence Learning Exchange. Together with Children’s Health Ireland (CHI), we shared our service model and research, strengthening international collaboration and highlighting our work in supporting survivors and advancing prevention efforts.

Building on the 2022 National Child Safety Summit, in 2024 One in Four, with support from Community Foundation Ireland, first convened a stakeholder planning workshop. Later in the year, we held a soft launch and feedback session to present Dr Karen Hand’s attitudinal research findings, gathering valuable input from partners who have been committed to this work since the beginning. We were also pleased to welcome the new coordinator of the National Child Safety Taskforce to our team, further strengthening our collaborative efforts.

In 2024, we delivered specialist training sessions to frontline professionals—including lawyers and support workers—sharing our expertise to better support survivors of child sexual abuse. These sessions aimed to deepen participants’ understanding of survivors’ needs, enhance responses, and ensure that those at the forefront of services are well-equipped to provide compassionate, effective support.



**It’s such a delicate subject, it needs so much understanding, and time and care. The team at One in Four really understand that.**

# Governance<sup>1</sup>

## CLG Registered Charity Board of Directors [Trustees]:

### Chair

Catherine Heaney

### Company Secretary

Niall Behan

### Treasurer

David Barrett

Dr Conn Dorai-Raj, Emma Dennehy, Dr Sinéad Ring,  
Derek Small, Conall Harding

### Board Committees

Audit and Finance Committee, Governance  
and Risk Committee, Nominations Committee,  
Remuneration Committee, Research Committee

### CEO

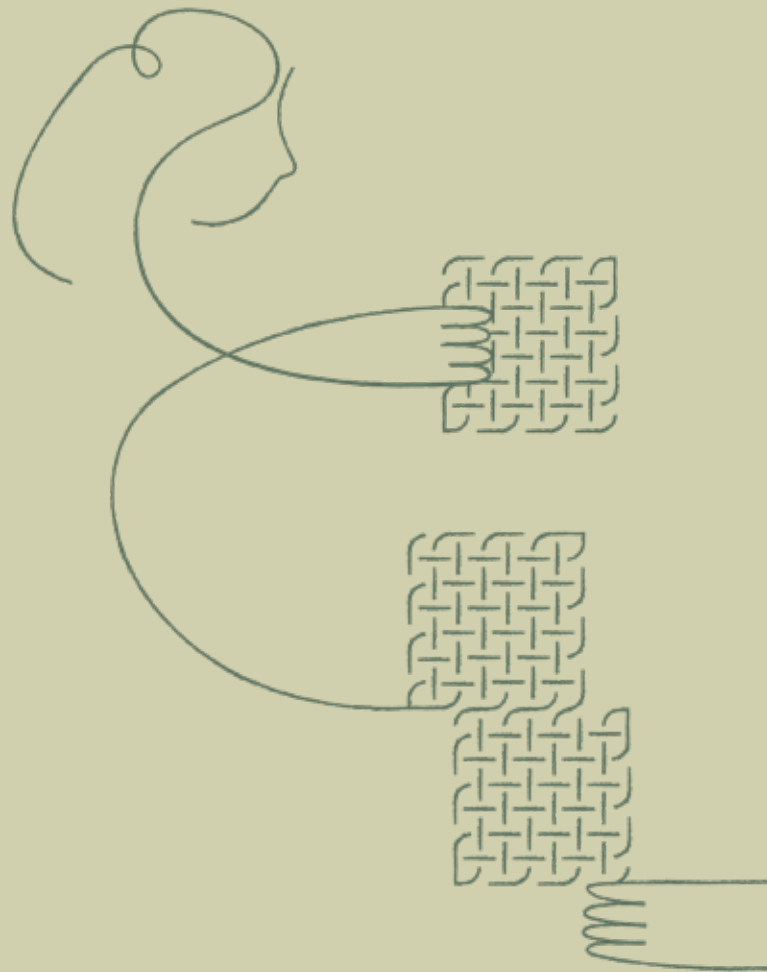
Maeve Lewis (Retired April 2024)  
Deirdre Kenny (Appointed April 2024)

We wish to acknowledge and thank Maeve Lewis  
for her many years of dedicated leadership and  
invaluable service to One in Four.

We maintain an extensive Risk Register which  
is scrutinised and monitored regularly by the  
Governance and Risk Committee. The Board  
of Directors [Trustees] comprehensively reviews  
it annually.

We are fully compliant with the Charities Regulator  
Governance Code.

**Full-time and Part-time Staff 21 (FTE)**



**Step by step, session  
by session, One in  
Four has been able to  
help me. They have  
helped me overcome  
the guilt, the shame,  
and find pathways  
to deal with things.**

1 Full Governance details are available at [www.oneinfour.ie](http://www.oneinfour.ie)

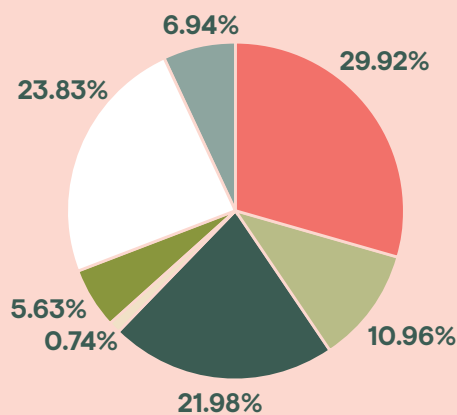
# Funding & Financial Reporting<sup>2</sup>

## 63%

Statutory funding

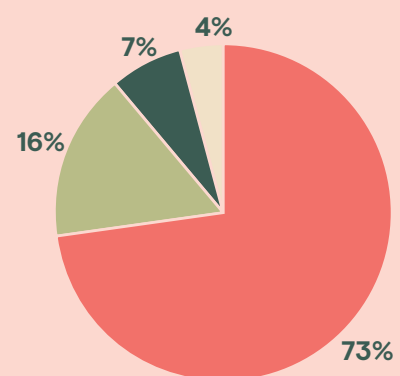


## Operational Funding



- HSE  
€685,095 (29.92%)
- Tusla  
€250,975 (10.96%)
- Cuan  
€503,218 (21.98%)
- Dept of Education  
€17,000 (0.74%)
- Income Generation (Clinical, Training and Interest)  
€128,861 (5.63%)
- Donations and Legacies  
€545,721 (23.83%)
- Philanthropic Grants (Community Foundation Ireland, Hospital Saturday Fund, IHREC)  
€158,835 (6.94%)

## Operational Expenditure



- Staff Costs  
€1,341,230 (73%)
- Operating Costs (Building, Rent, Office, Depreciation, Prof. fees, Telecomms, Travel and Meetings)  
€288,708 (16%)
- Raising Funds  
€119,053 (7%)
- Other (Attitudinal Research)  
€79,185 (4%)

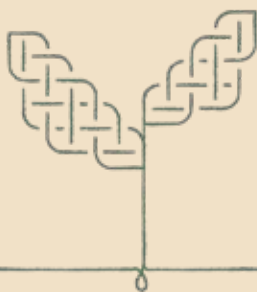
<sup>2</sup> 2024 Audited Financial statement is available on our website



**My therapist helped me rebuild  
the towers of my life, creating  
structures to cope, ways to give  
back the shame, the guilt and  
replace it with trust and hope.**

Mission

# **Ending the trauma of child sexual abuse**



**One in Four  
35-36 Arran Quay  
Dublin 7 D07 E221**

**01 662 4070  
info@oneinfour.ie  
www.oneinfour.ie**

RCN: 20052393 | CHY: 15289 | CRN: 359278

**Thank You for  
Your Support**