



One in Four provides support and resources to women and men who have experienced sexual abuse and/or sexual violence.

Registered Charity Number CHY 15289

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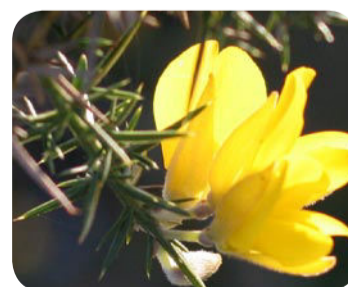
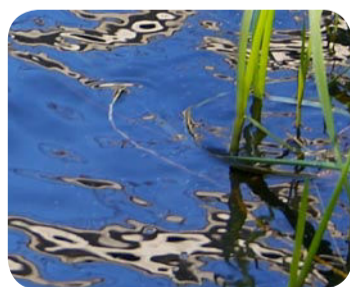
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One in Four

One in Four exists to support and give voice to people who, as children and/or as adults have experienced sexual violence and to provide a space that by its very existence challenges feelings of shame and self blame. In the often perceived hopelessness and despair of such trauma the possibility of meeting others on the journey offers hope and encouragement.

One in Four actively seeks and welcomes, at all levels of the organisations work, the involvement of people who have experienced sexual violence. The creation of a community that bears witness to the isolating and silenced reality of sexual violence fundamentally changes and moves beyond that reality.

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Introduction

This, our second Annual Report, covering the period from January to December 2004, affords us an opportunity to publicly report upon the nature and scale of our work, the approach we adopt in that work and the best practice standards we apply to the delivery of our services.

One in Four's 2003 Annual Report was the first opportunity the charity had to report upon the nature of its work, in particular its direct services to women and men who have experienced sexual violence. It reported that in 2003 the organisation delivered 2,140 sessions of one-to-one psychotherapy, 540 hours of group therapy and the Advocacy Programme supported 113 women and men through in-depth case work. It reported some 573,000 hits on the message boards of One in Four's website and on-line support service. In 2004, One in Four saw a dramatic increase in both the demand for and the delivery of its services. The organisation delivered 3,440 sessions of one-to-one psychotherapy and 1,359 hours of group therapy and the Advocacy Programme supported 291 individuals. There were 3.4 million hits on our website and 165 individuals joined the on-line support space.

In this report we demonstrate the need for the services we deliver and the value of these services. For the first time, we will include a section in this report which explores the service from the perspective of our clients. In understanding the nature and significance of our work it is vital that those accessing the service be able to express their view as to the quality of the service we provide.

One in four, or 27%, of Irish women and men have experienced sexual violence as children; one in three will experience sexual violence at some point in their lifetime.⁽¹⁾ Increasingly we recognise that such trauma has significant and often devastating impacts upon those who have been subject to it. We know that adults who have experienced childhood sexual abuse are twelve times more likely to attempt suicide than those who did not.⁽²⁾

One study showed that nearly 20% of rape victims had attempted suicide compared to just over 2% of non-victims.⁽³⁾ The suicide rate among sexually abused boys is between 1½ to 14 times higher than their non-abused counterparts.⁽⁴⁾ Sexually abused young men are amongst the highest risk groups for youth suicide.⁽⁵⁾

Women and men who have experienced sexual violence are more likely to have required mental health interventions; those who were subjected to actual or attempted penetration were four times more likely to have required medication for anxiety, over five times more likely to have required medication to treat depression and eight times more likely to have been an inpatient in a psychiatric hospital than those who had not been abused.⁽¹⁾

There can no longer be any doubt or lack of awareness of either the prevalence of sexual violence in Ireland or the impact it has upon its victims, their families, communities and wider society. In the face of such uncomfortable and unpalatable truths it is human to feel hopeless; understandable that we might want to look away when faced with a problem for which we can see no meaningful solutions. The tragedy is that in doing so we continue to fail those very same children that we failed in the past; those women and men among us who continue to live with the impact of childhood sexual abuse.

In continuing to report upon our work to respond to the needs of these women and men, we are determined to communicate how much hope and possibility exists when proper care and regard is granted to their needs. It is our experience that whilst this work is challenging, it is full of hope and possibility. Each and every day at our offices we witness the extraordinary courage and potential of those whom we work to support. We witness their struggle, their determination in the face of what can often appear impossible, as they work to triumph over the impacts of the crimes to which they were subjected.

It continues to be a challenge and a privilege to work in One in Four. Those women and men that we work to support continue to inspire and invigorate us in our work. On a personal note I would add, that I find equal inspiration in the energy, passion, commitment and integrity that my colleagues display in their approach to this vital work. 2004 has seen changes as some colleagues have moved onto new challenges and others have joined us in our work. What remains constant and steadfast however, is the compassion and the humanity, the professionalism and clarity that each member of the team here at One in Four bring to their work. I am honoured to be party to this work.

Colm O’Gorman
Director

1. McGee, H. Garava □
in Association with the Dublin Rape Crisis Centre.

2. Fellitti, V & Anda, R. (1998) “Adverse childhood experiences” : American Journal of Preventative Medicine : 14 : 245– 258

3. Kilpatrick, D.G., Best, C □
random community survey” : Journal of Consulting and Clinical Psychology : 53 :866–873

4. Holmes, W.C. (1998) University of Pennsylvania School of Medicine study quoted on <http://www.prevent-abusenow.com/stats.htm>

5. O’Leary, T □
[com.au/index.php/survivors/4/155](http://www.com.au/index.php/survivors/4/155)



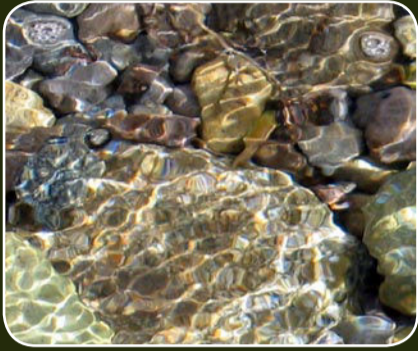
Review of Services

The work of providing psychotherapy, advocacy, on-line support, campaigning and fundraising, and managing administrative and financial matters are all undertaken with professionalism and integrity. Challenges are met by an extraordinary and dynamic team of individuals committed to the work of today in the hope of reshaping tomorrow.



Psychotherapy

3,440 one-to-one sessions provided to 235 women and men; this is an increase of 61% in contrast to 2003. 1,359 hours of group therapy provided to women and men; up 151% compared to 2003.



Advocacy

Direct client work included supporting 291 women and men through in-depth work; one-to-one meetings, telephone and/or e-mail contact. Indirect client work included research and preparation of submissions to The Ferns Inquiry and the Commission to Inquire into Child Abuse and other bodies.



On-line Support and Information

3.4 million hits recorded on our website in 2004. 165 individuals joined the on-line support space following its launch in June 2004.



Client Perspectives

Each and every day we witness the extraordinary courage and potential of those whom we work to support. We witness their struggle, their determination in the face of what can often appear impossible, as they work to triumph over the impacts of the crimes to which they were subjected.



Campaigning

It is through the understanding and awareness that we receive through client work, that we seek to inform, challenge and engage with parliamentary, governmental and public opinion.



Psychotherapy

“...the Psychotherapy Programme is committed to continuing to provide and develop its service based on the needs of its service users. Over the past year we have provided one-to-one psychotherapy, group therapy, professional support and training, open nights and we have developed a Perpetrator Assessment and Treatment Programme.”

Psychotherapy Programme

As one of the core services in One in Four, the Psychotherapy Programme is committed to continuing to provide and develop its service based on the needs of its service users. Over the past year we have provided one-to-one psychotherapy, group therapy, professional support and training, open nights and we have developed a Perpetrator Assessment and Treatment Programme (PATP). The expansion of the Psychotherapy Programme in delivering the PATP programme has been a very exciting and challenging development of the organisation in 2004.

The Clinical Team offers a multi-disciplinary approach to the work where employed members of the team are trained to the highest standards and are accredited with the professional body that best serves their particular professional approach and discipline. As an organisation we continue to be committed to meeting best practice standards and over the year we have put procedures in place to examine and develop our professional practices. We have maintained our commitment to following the 'Ethical Framework for Good Practice' as set out by the British Association of Counselling and Psychotherapy and have integrated the 'Code of Ethics and Practice' of the Irish Association of Humanistic and Integrative Psychotherapy.

This year has seen new therapists join the Clinical Team as others have moved on from the organisation to pursue other career opportunities. The Clinical Team has been made up of a Clinical Director, two full-time permanent psychotherapists, three part-time permanent psychotherapists, two sessional psychotherapists, one sessional counselling psychologist and three placement psychotherapists. The Clinical Team continues to develop in terms of its skill base with individual members continuing their professional development through external training. In-house training continues to explore the broader themes and issues that arise in working in the area of sexual violence and also offers an opportunity for members of the team to explore individual interests and aspects of the work bringing their particular expertise to the rest of the Clinical Team.

In 2004 the Psychotherapy Programme has responded to the needs of over 235 individuals and one-to-one psychotherapy has been provided to 132 individuals on a weekly basis with a further 25 individuals engaging in group therapy over this period of time. What continues to be a significant trend is the increase throughout the service of the number of men seeking out and engaging with the service. Of the 235 individuals who have engaged with the Therapy Programme in 2004, 133 (57%) are male and 102 (43%) are female.

Thérèse Gaynor
Clinical Director

Psychotherapy Statistics

Figure 1.0 Individuals who contacted the Psychotherapy Programme

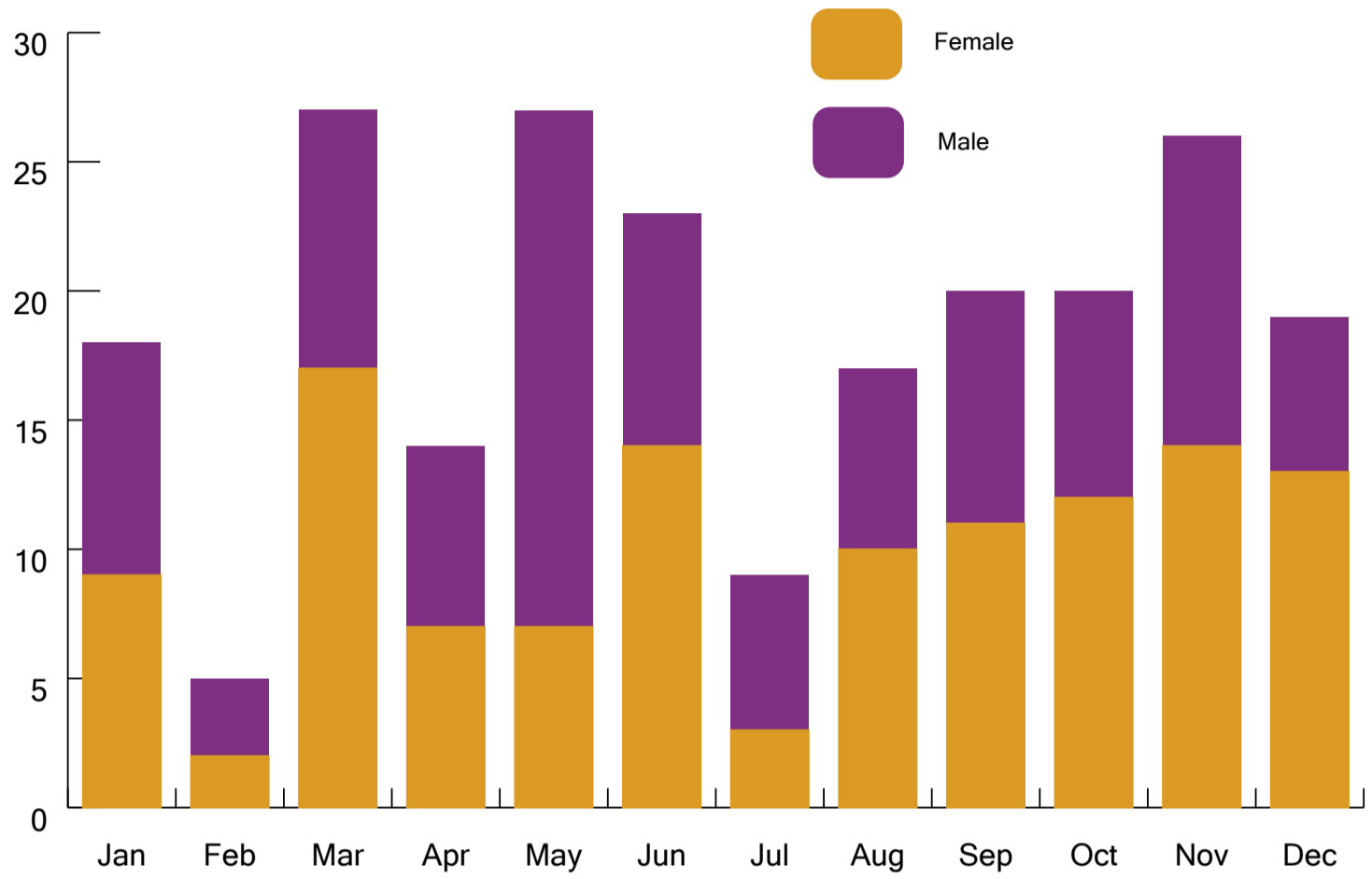


Figure 1.0 Illustrates the breakdown by month and by gender of individuals who contacted the Psychotherapy Programme in 2004.

Figure 1.1 Outcomes of individual contact with Psychotherapy Programme

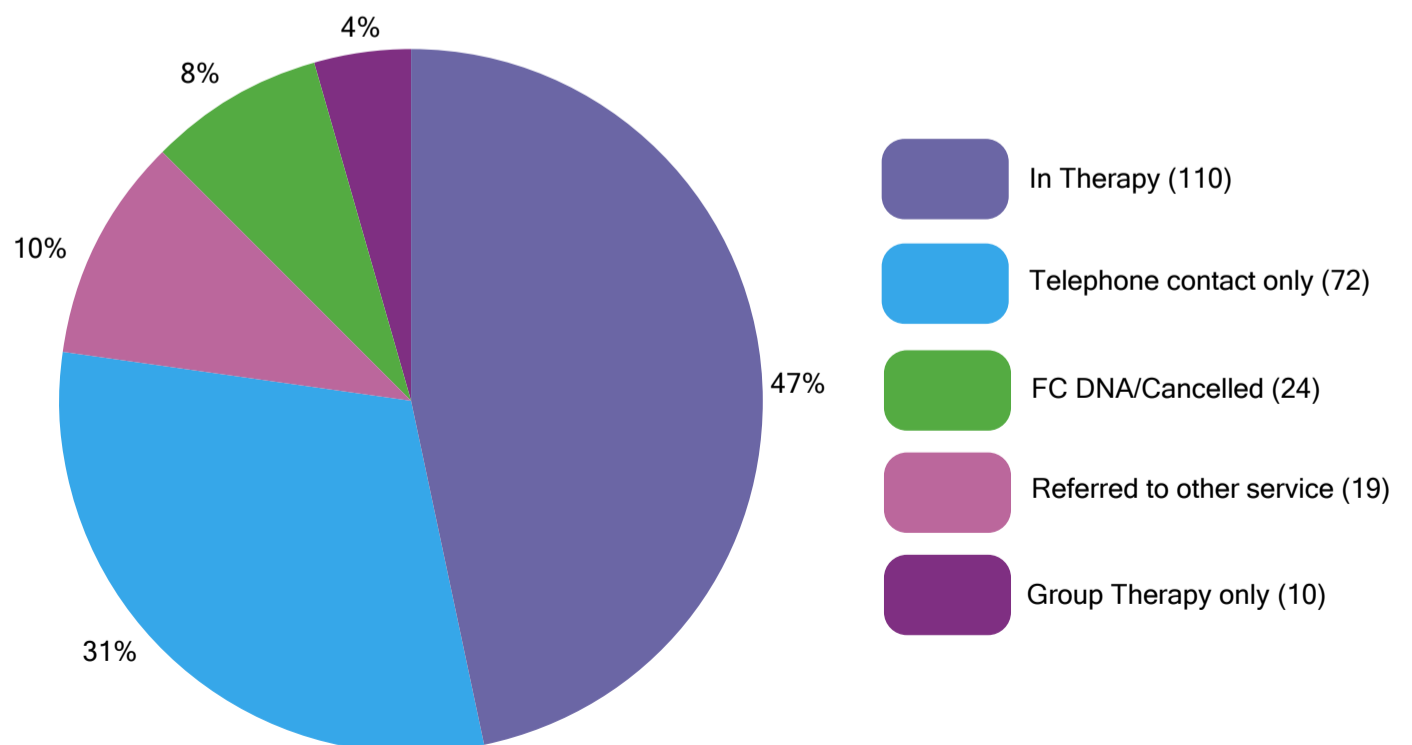


Figure 1.1 Illustrates the outcomes from individual contact with the Psychotherapy Programme.

Figure 1.2 Gender of individuals engaged in psychotherapy

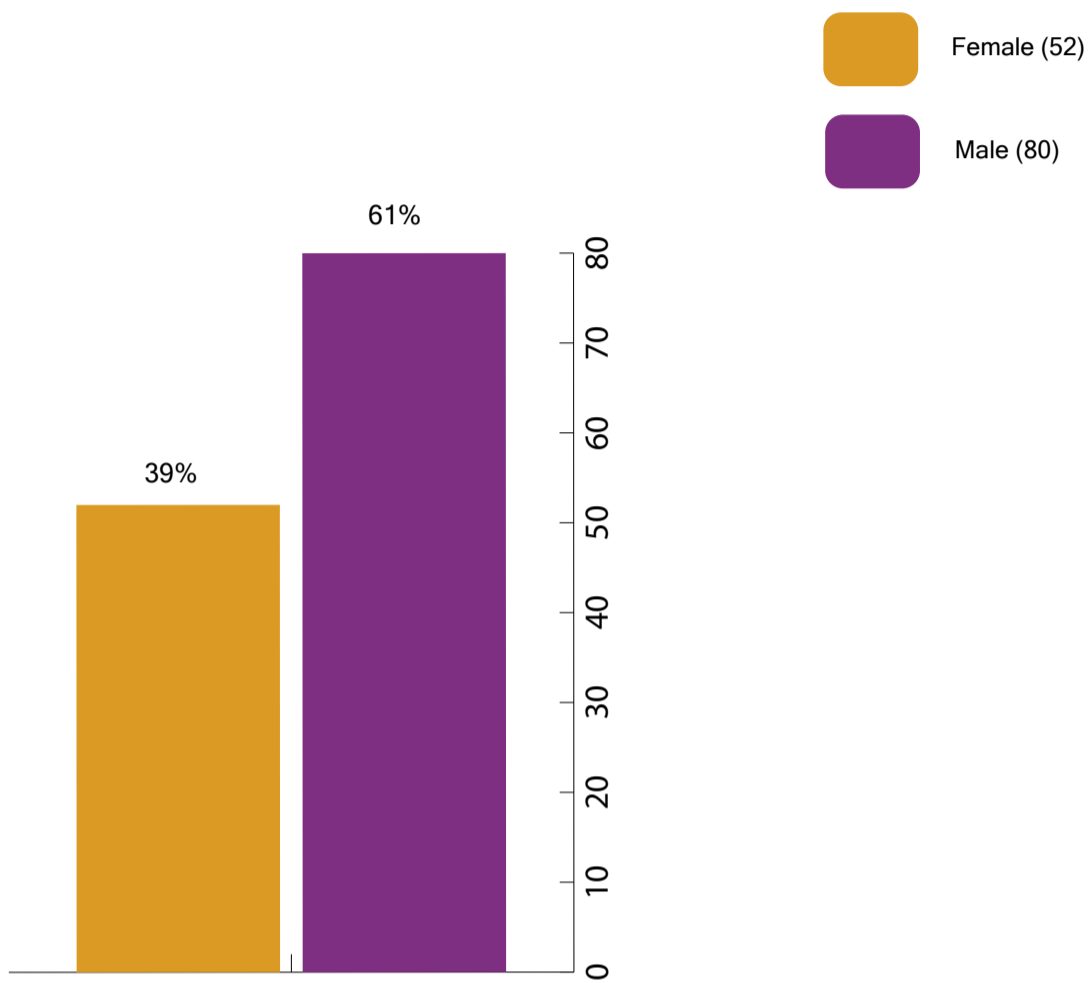


Figure 1.2 Illustrates a breakdown by gender of the number of individuals who were engaged in one-to-one therapy in 2004.

Figure 1.3 Number of psychotherapy sessions delivered

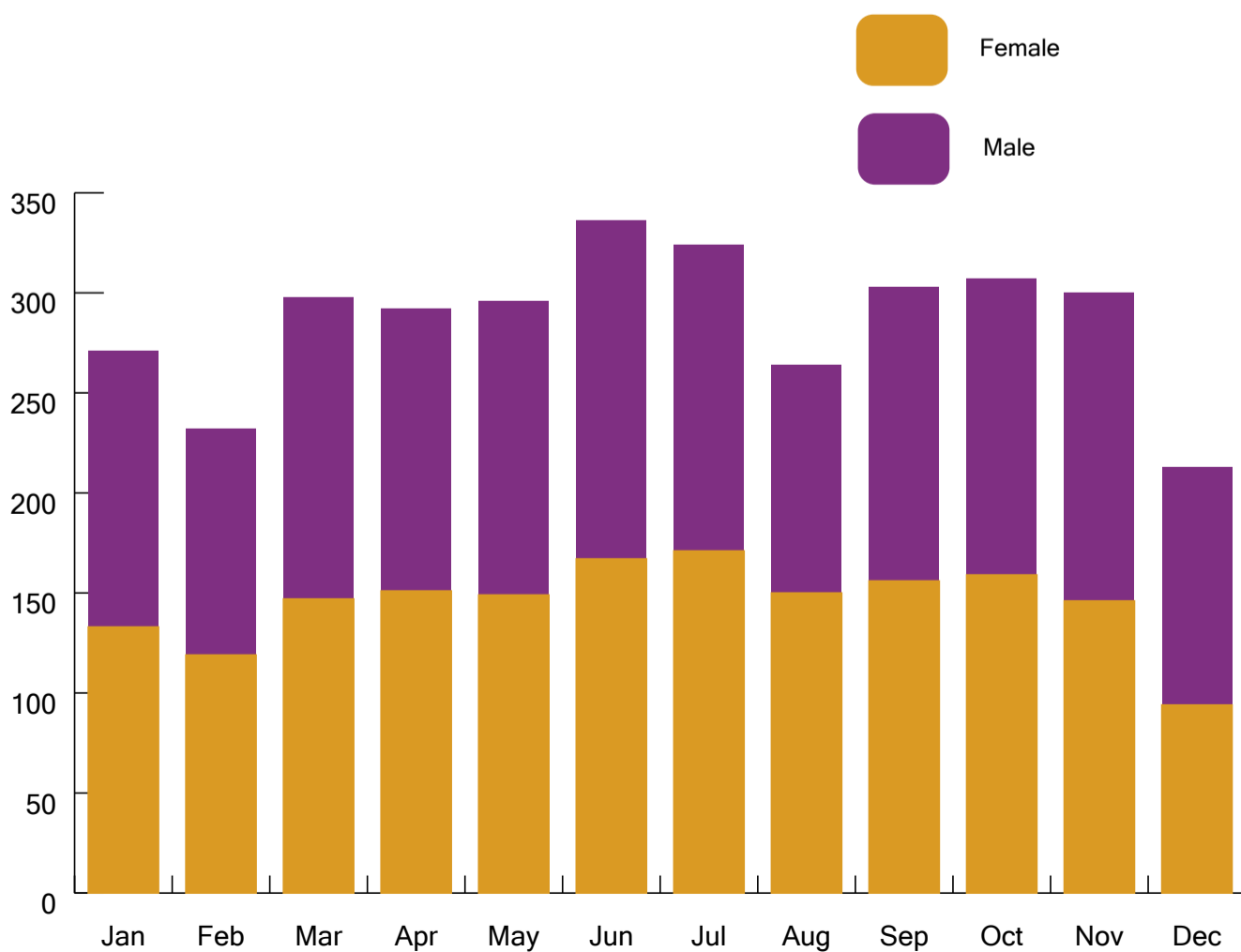


Figure 1.3 Illustrates the breakdown by month and by gender of the total number of psychotherapy sessions (3,440) delivered in 2004.

Psychotherapy - Context of Abuse

Figure 1.4 Illustrates the breakdown by gender of perpetrators as indicated through psychotherapy client disclosures; female (12) and male (165).

Figure 1.4 Breakdown by gender of perpetrators

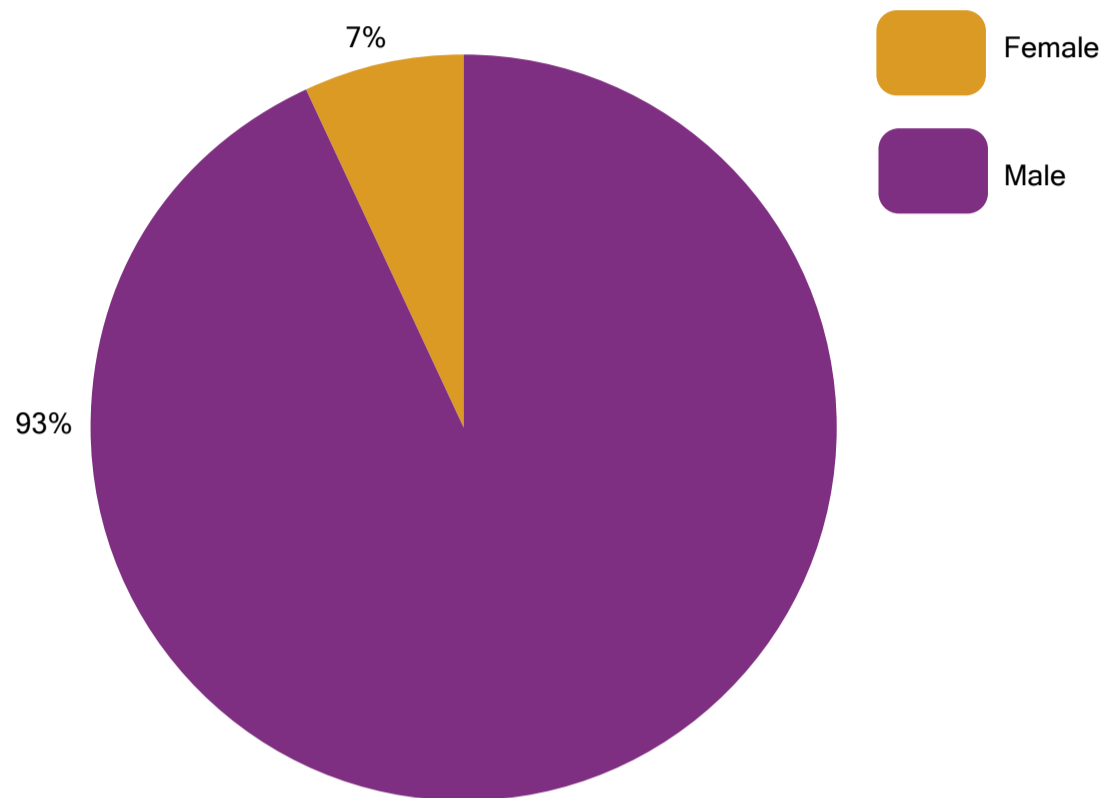


Figure 1.5 Illustrates the breakdown of the context in which abuse occurred as indicated through psychotherapy client disclosures (177). Multiple perpetrator experiences are included in this figure.

Figure 1.5 Context in which abuse occurred

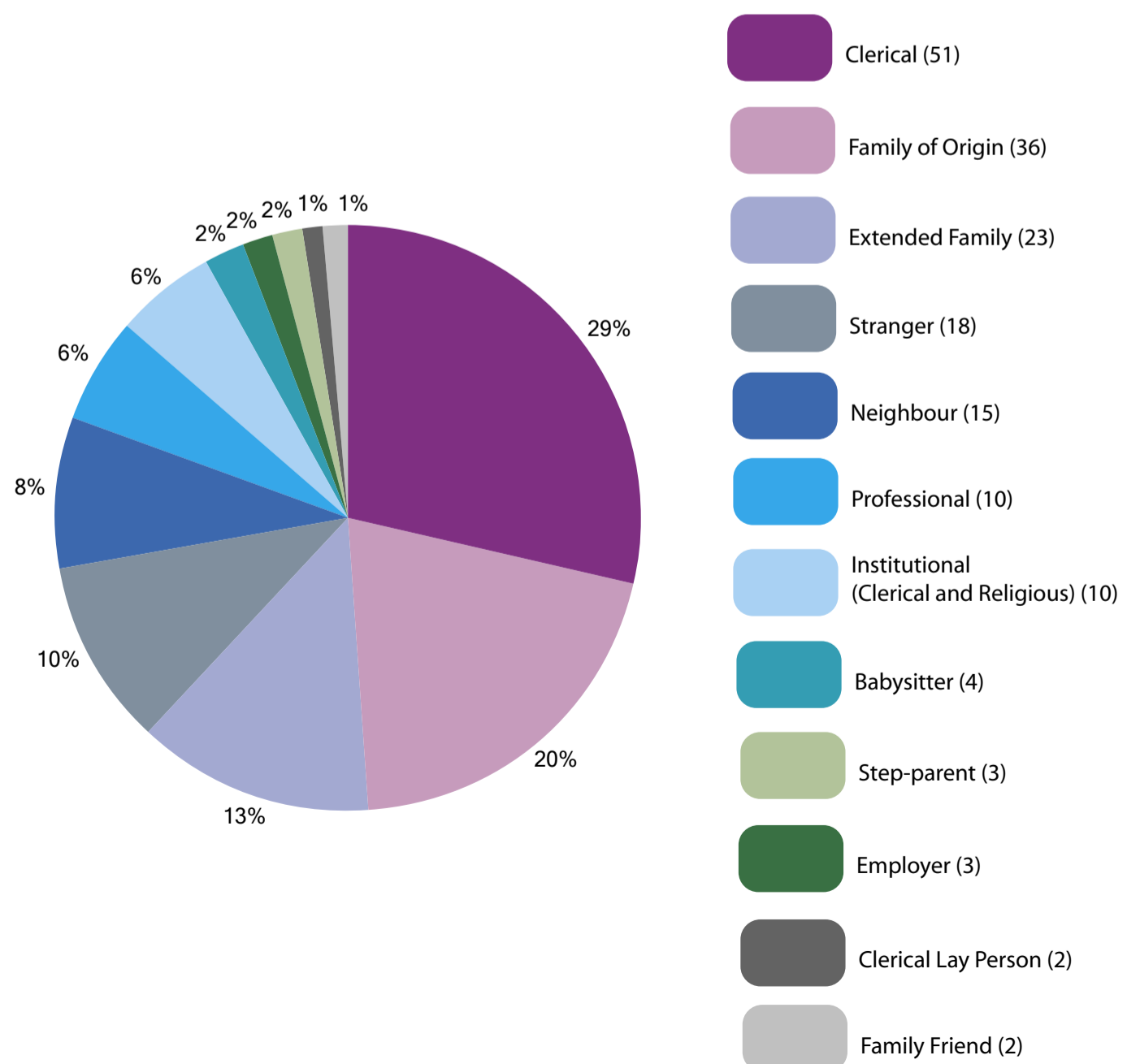


Figure 1.6 Gender of perpetrator within intra-familial context

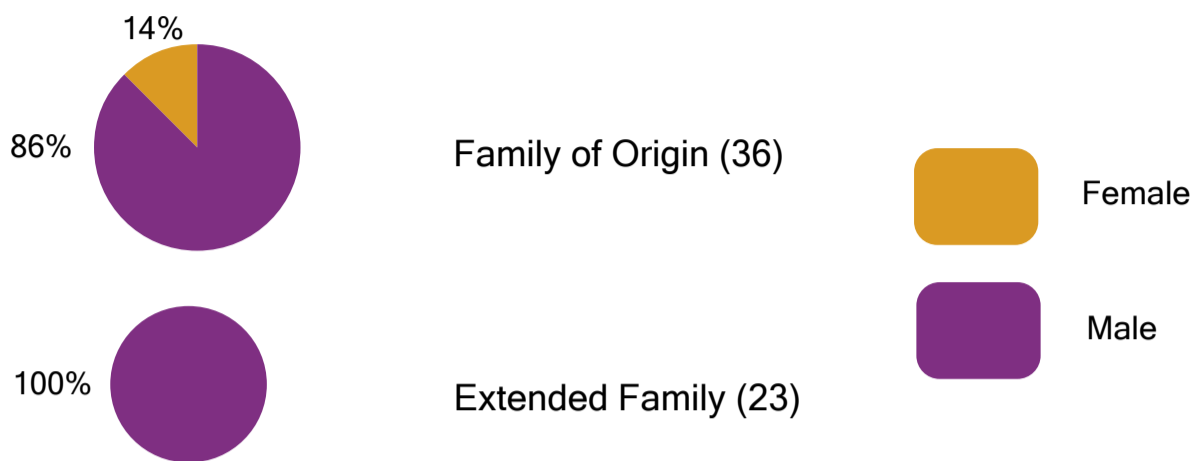


Figure 1.6 Illustrates a breakdown by gender of perpetrators within the intra-familial context.

Figure 1.7 Gender of perpetrator within extra-familial context

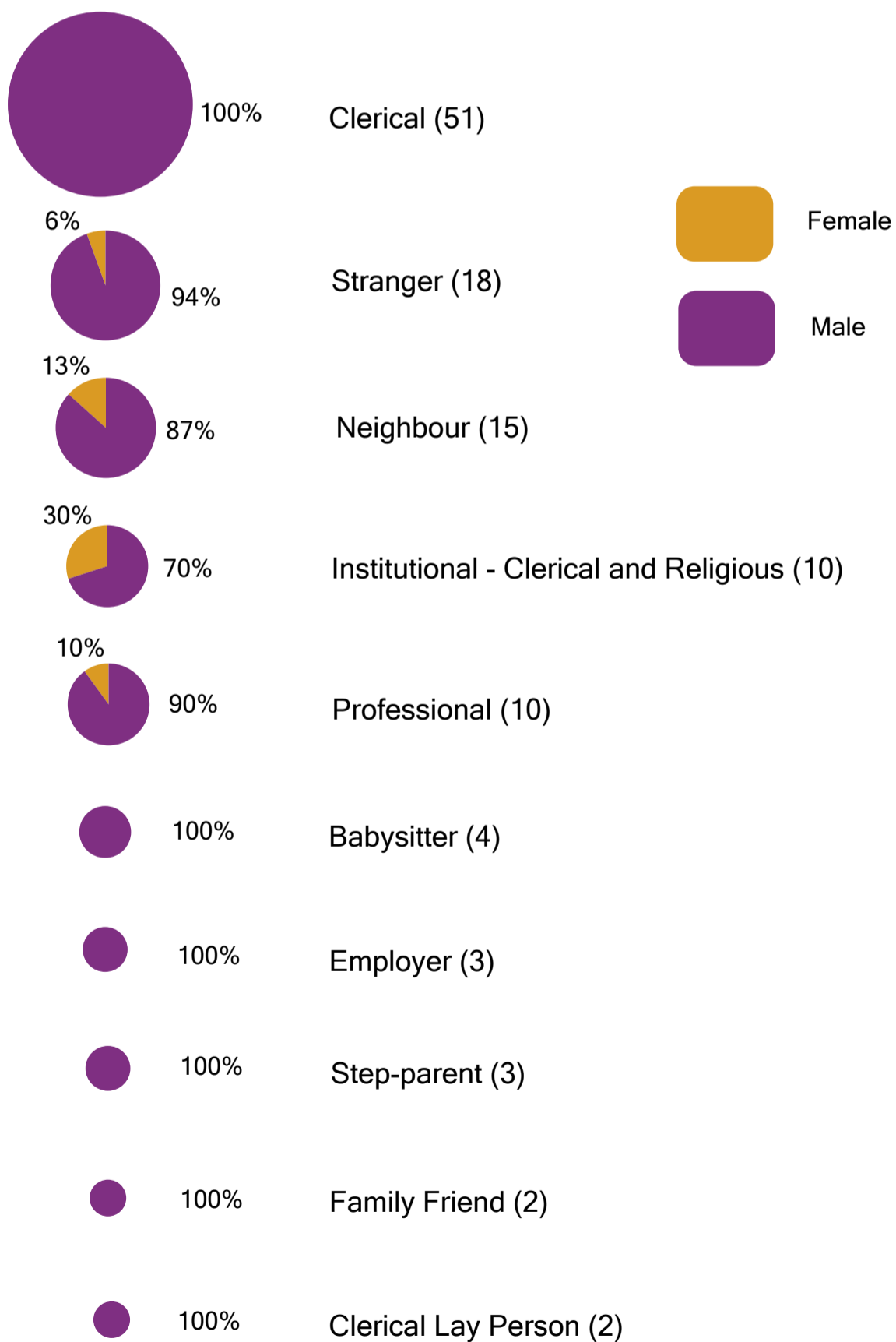


Figure 1.7 Illustrates a breakdown by gender within the extra-familial context. The sequence of the chart reflects the number of perpetrators in each context.

Group Therapy

Over the past year, two groups have continued to run on an on-going basis. Group therapy is available to both women and men who have experienced sexual violence. Group therapy offers a space for individuals to discuss and share their experiences in a caring supportive environment. In being part of a group process these individuals have an opportunity to be with others who can show empathy and compassion to each other as each individual is witnessed on their journey toward recovery. The groups are facilitated by members of the Clinical Team who are experienced psychotherapists working with the issues that surround sexual violence.

Mixed Group:

Participation in the mixed group is offered to clients who are in one-to-one therapy either in One in Four or elsewhere, with a maximum of twelve participants at any time. The group is facilitated by two psychotherapists and runs on a Tuesday evening from 7:00p.m. to 9:30p.m. This is an on-going group that runs for fourteen weeks, followed by a two week break, followed by fourteen weeks and so on. The break creates an opportunity for an intake of new participants and for any participant who may wish to finish in group to do so. New participants and/or on-going participants are asked to commit to a fourteen week period.

Allies Group:

The Allies Group offers a space to individuals who are currently supporting, or who have in the past supported someone who has had an experience of sexual violence. The Allies Group is facilitated by one psychotherapist and runs on a Thursday evening from 6:30p.m. to 8:00p.m. This is an on-going group that runs for ten weeks, followed by a two week break, followed by another ten weeks and so on. The break creates an opportunity for an intake of new participants and for any participant who may wish to finish in group to do so. New participants and/or on-going participants are asked to commit to a ten week period. The maximum number of participants at any time is eight.

Table 1.0. Breakdown of Group Therapy delivered in 2004:

Group	Hours per week	Duration	Participants	Total Client Hours
Mixed Group	2.5	39 weeks	12	1,170
Allies	1.5	18 weeks	7	189

Perpetrator Assessment and Treatment Programme

... the treatment of perpetrators is an essential child protection response.

In responding to sexual victimisation it is inevitable that one will find oneself being presented with sexual predation. The challenge must be to be able to respond to both aspects of sexual violence as they present, objectively, professionally and responsibly. As an organisation One in Four is committed to working towards a future where there is no longer a need for the organisation to exist, where childhood sexual abuse and sexual violence are phenomena consigned to history. This will only happen when we recognise that the treatment of perpetrators is an essential child protection response. Treatment does reduce the risk of future offending. The child protection guidelines, Children First states that we need to give; '*consideration of the position of the abuser and need for treatment.*'⁽¹⁾

At One in Four approximately one quarter of our service users have experienced intra-familial sexual abuse; that is sexual abuse perpetrated by either members of their immediate or extended family. Responding to intra-familial sexual abuse presents particular challenges both for this organisation and for Irish society. How do we begin to truly effect change and work towards meaningful responses that can meet the therapeutic needs of those affected, the demands of both child protection and criminal justice, whilst also paying proper regard to the trauma experienced by families who discover that one of their loved ones has been sexually abused by another?

This is just one of the dilemmas that One in Four has been presented with through its work in 2004. In responding to this need, we have developed a Perpetrator Assessment and Treatment Programme that offers therapeutic intervention, assessment and treatment to adults who have perpetrated sexual violence. This programme has been developed as a direct response to need as it presented to the service and is delivered at a separate location to our core support services. In developing the Perpetrator Assessment and Treatment Programme, One in Four has called upon the broad range of clinical expertise and experience within its clinical team in working with perpetrators of sexual violence. The programme has been developed by Thérèse Gaynor, Clinical Director of One in Four who has worked in the area of sexual offender assessment and treatment since 1998. Her training and extensive experience in carrying out risk assessments and the application of treatment programmes focusing on an in-depth exploration of the sexual assault cycle of individual perpetrators has been key in the development of this programme.

In developing the programme, One in Four has established links with other professional services, both statutory and non-statutory, in order to deliver a response in each case that is appropriate and responds to the unique needs of each individual and family system. In delivering this programme we have continued to place particular emphasis on the need for the fullest consideration of the rights and needs of victims of sexual violence and the paramount importance of child protection.

1. Department of Children and Youth Affairs
Office



Advocacy

“The primary focus of the Advocacy Programme is to provide or seek whatever practical support might be necessary in any individual case. This includes sourcing, providing information and facilitating safe, effective contact with other agencies and services where necessary.”

Advocacy Programme

The Advocacy Programme provides practical support and information to a person based on their individual need(s). The primary focus of the Advocacy Programme is to provide or seek whatever practical support might be necessary in any individual case. This includes sourcing, providing information and facilitating safe, effective contact with other agencies and services where necessary.

Our Advocacy Programme has one simple and clear aim; to work to empower our clients by providing them with safe and clear contact with necessary services. The client decides what steps to take and the advocate acts only under their direction. Our role is to determine and discuss the options, to empower the individual to act for themselves and where appropriate, to facilitate any further action.

As one of the core services of One in Four, the Advocacy Programme continued to experience a heavy demand in 2004. One in Four's funding provides for one member of staff for the programme, the Advocacy Co-ordinator, who, with support from the Director, has undertaken all the work involved in this programme in 2004. This lack of resources has meant that the service has neither been able to respond fully to demand nor develop the programme further. In order to address this problem, the Advocacy Programme sought to recruit an additional Advocacy Worker at the end of 2004 with the intention of appointing this worker in 2005.

Deirdre Fitzpatrick
Advocacy Co-ordinator

The Advocacy Programme in One in Four is broken into two work streams; direct client work and in-direct client work, though both streams are obviously closely inter-linked.

Direct client work:

In 2004 the Advocacy Programme provided in-depth support to 291 individuals, through one-to-one meetings, via e-mail and/or by telephone.

In depth case work included:

- Arranging and facilitating meetings with individual clients to discuss their needs and explore all available options.
- Providing information on personal entitlements including; health, housing, social welfare, education and the legal process.
- Providing information and appropriate advice in relation to the purpose and function of the Ferns Inquiry.
- Supporting clients who wish to give evidence to the Ferns Inquiry and accompanying them to hearings.
- Facilitating meetings between clients and the Gardaí and supporting them through any resulting criminal justice process, including court accompaniment where necessary.
- Supporting clients by providing them with advice on the application procedures and hearing process of the Residential Institution Redress Board and by referring them to appropriate legal advice.
- Supporting clients and providing appropriate advice on the civil judicial process and referral to appropriate legal advice, including court accompaniment where necessary.
- Assisting clients in their application for records under the Freedom of Information Act.
- Sourcing medical services that are sympathetic to the needs of clients.
- Making and facilitating contact with health and/or social care services.
- Supporting and accompanying clients to meetings with solicitors.
- Sourcing any other service or resource as required to meet the needs of clients.
- Referral to relevant agencies, where appropriate, in order to meet individual need.

The Ferns Inquiry

In 2004 One in Four continued to support individuals who had given evidence to the Ferns Inquiry. The primary focus of this work was to support individuals in an appropriate manner while also remaining independent of the work of the Inquiry itself. The support provided to individuals seeking to give evidence to the Inquiry involved:

- Working closely with clients in order to ensure they fully understood the nature and remit of the Inquiry and familiarising them with the practical operation of the Inquiry by providing safe and clear contact with the Ferns Inquiry.
- Arranging travel and accommodation for clients giving evidence to the Inquiry, when necessary.
- Arranging legal advice for clients when required.
- Providing a supportive space for clients and an opportunity for de-briefing at our offices before and after their visit to the Inquiry.
- Accompanying clients to oral hearings or meetings at the Ferns Inquiry.

Indirect client work:

Indirect client work is informed by the issues presented through direct client work. During the period of this report, this work included:

- Research on issues applicable to the Advocacy Programme.
- Report writing on issues that are applicable to the Advocacy Programme and wider organisation.
- Policy analysis and policy writing for internal and external purposes.
- Assisting in the development of national inquiries into child abuse.
- Developing and maintaining effective links with outside agencies.
- Participating and informing discussion and debate in the media on issues that are applicable to the Advocacy Programme.

The following are issues that the Advocacy Programme has worked on in 2004:

- Research and preparation of a briefing paper on False Memory Debate.
- Research and preparation of two detailed submissions to the Ferns Inquiry.
- Research and preparation of two detailed submissions to the Commission to Inquire into Child Abuse.
- Research and preparation of two detailed submissions to the Irish Bishops Conference, Conference of Religious in Ireland and the Irish Missionary Unions' Working Group on Child Protection.
- Engaging with the Department of Justice, Equality and Law Reform to lobby and prepare for a statutory Inquiry into clerical sexual abuse in the Catholic Archdiocese of Dublin.

ADVOCACY CLIENT WORK 2004

Table 2.0: Categories of work

PIECE OF WORK	NUMBERS	ACTION
CRIMINAL JUSTICE SYSTEM	76 cases	<ul style="list-style-type: none"> Information on the criminal justice process. Referral to the Gardaí. Facilitating meetings with An Garda Síochána. Court accompaniment & support. Information and support on the public prosecution process and on the refusal of cases by the Director of Public Prosecutions.
FERNS	15 cases	<ul style="list-style-type: none"> Providing up-to-date information and a point of contact for individuals seeking to participate in the Inquiry. Working closely with clients in order to ensure they fully understood the nature and remit of the Inquiry and familiarising them with the practical operation of the Inquiry. Arranging travel and accommodation for clients giving evidence to the Inquiry, when necessary. Arranging legal advice for clients when required. Providing a supportive space for clients and an opportunity for de-briefing at our offices before and after their visit to the Inquiry. Accompanying clients to oral hearings or meetings at the Ferns Inquiry.
CIVIL CASES	73 cases	<ul style="list-style-type: none"> Information provision on the civil process. Explanation of issues in the civil process. Referral to solicitors. Arranging meetings, where appropriate, with solicitors. Court support at settlement hearings.
REDRESS	46 cases	<ul style="list-style-type: none"> Explaining the application procedure for the Redress Board. Transcribing personal information. Referral to solicitors.
COMMISSION TO INQUIRE INTO CHILD ABUSE	4 cases	<ul style="list-style-type: none"> Providing information on new developments in the Commission.
IRISH MEDICAL COUNCIL HEARING	8 cases	<ul style="list-style-type: none"> Sourcing support Arranging meetings with the IMC
HOUSING	3 cases	<ul style="list-style-type: none"> Sourcing housing options. Arranging housing. Writing letters to Housing Welfare Officer.
EDUCATION	8 cases	<ul style="list-style-type: none"> Sourcing further education options. Assisting with application forms.
HEALTH BOARD	6 cases	<ul style="list-style-type: none"> Referral to Health Board in relation to child protection concerns.
FREEDOM OF INFORMATION	2 cases	<ul style="list-style-type: none"> Completion of Freedom of Information applications.
GENERAL INFORMATION	50 cases	<ul style="list-style-type: none"> General information on services of One in Four & other agencies.
MISCELLANEOUS	3 cases	<ul style="list-style-type: none"> Letter writing. Arranging and facilitating meetings with the Irish Bishops Conference Child Protection Office. Referral to Dublin Arch Diocese Child Protection Service.

Advocacy Statistics

Figure 2.0 Illustrates the breakdown by gender of the number of individuals who accessed the Advocacy Programme.

Figure 2.0 Breakdown by gender

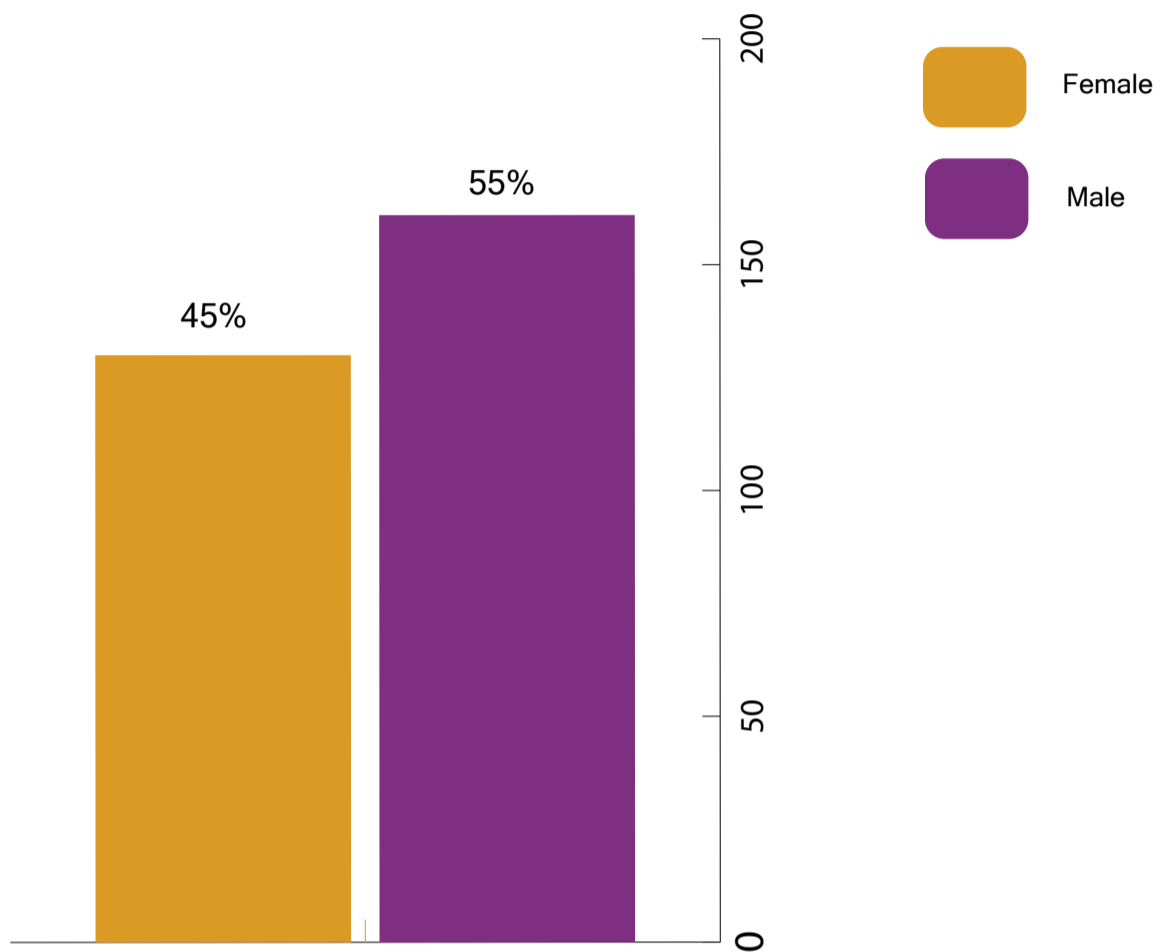


Figure 2.1 Illustrates the breakdown by month and by gender of one-to-one Advocacy client meetings.

Figure 2.1 Number of one-to-one meetings with individuals

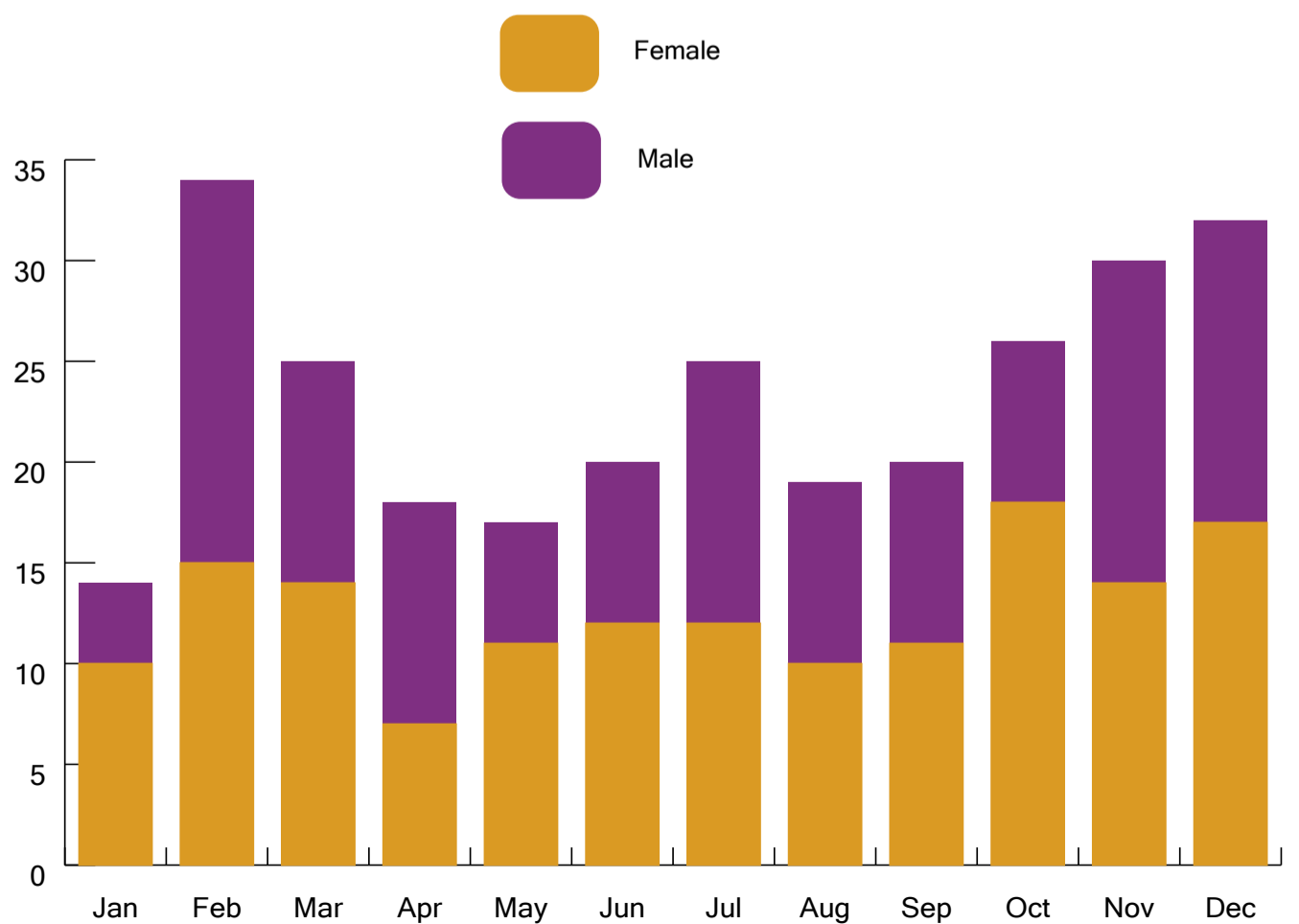


Figure 2.2 How clients access the Advocacy Programme

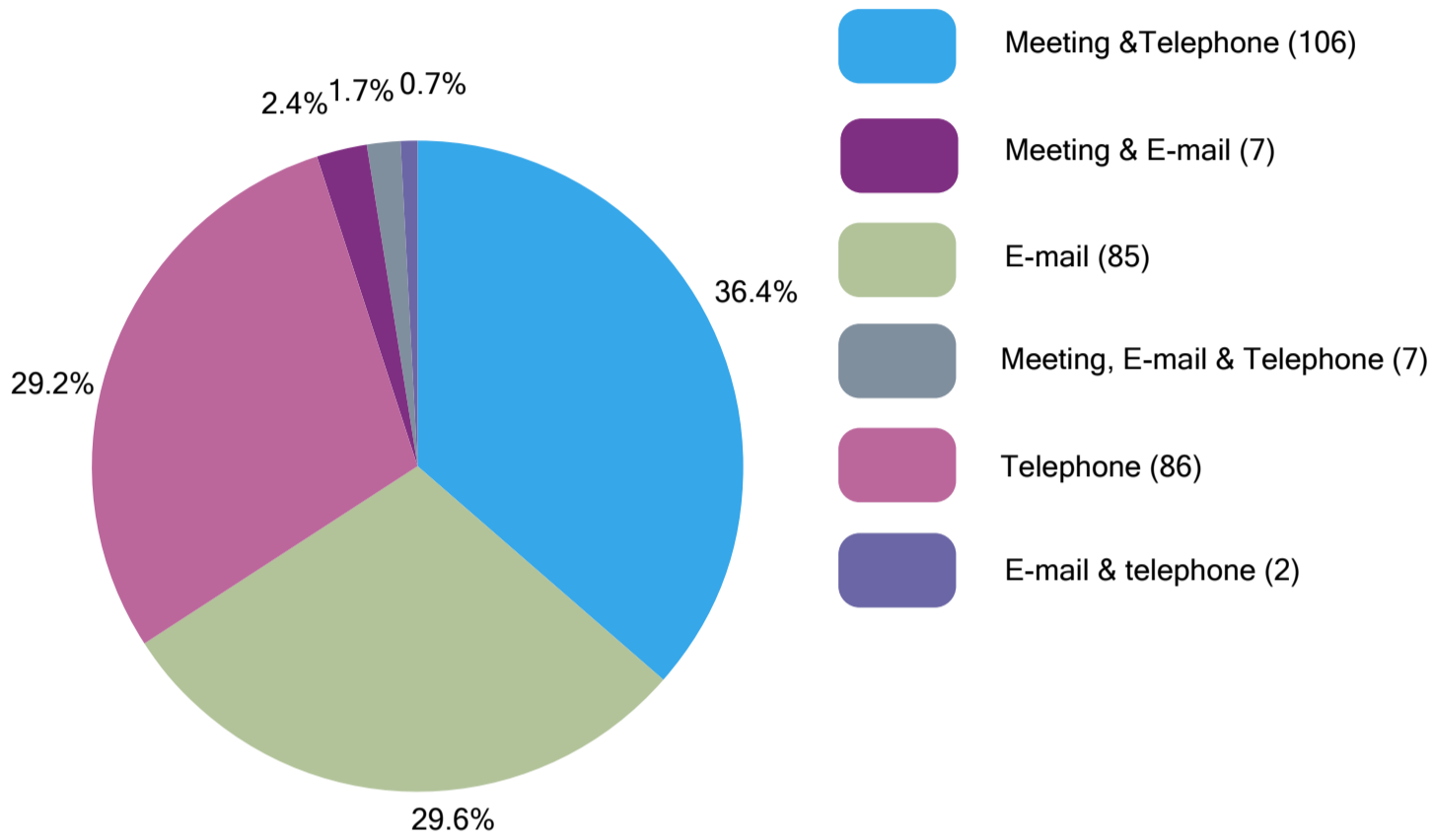


Figure 2.2 Illustrates how clients accessed the Advocacy Programme.

Figure 2.3 Geography of clients accessing Advocacy Programme

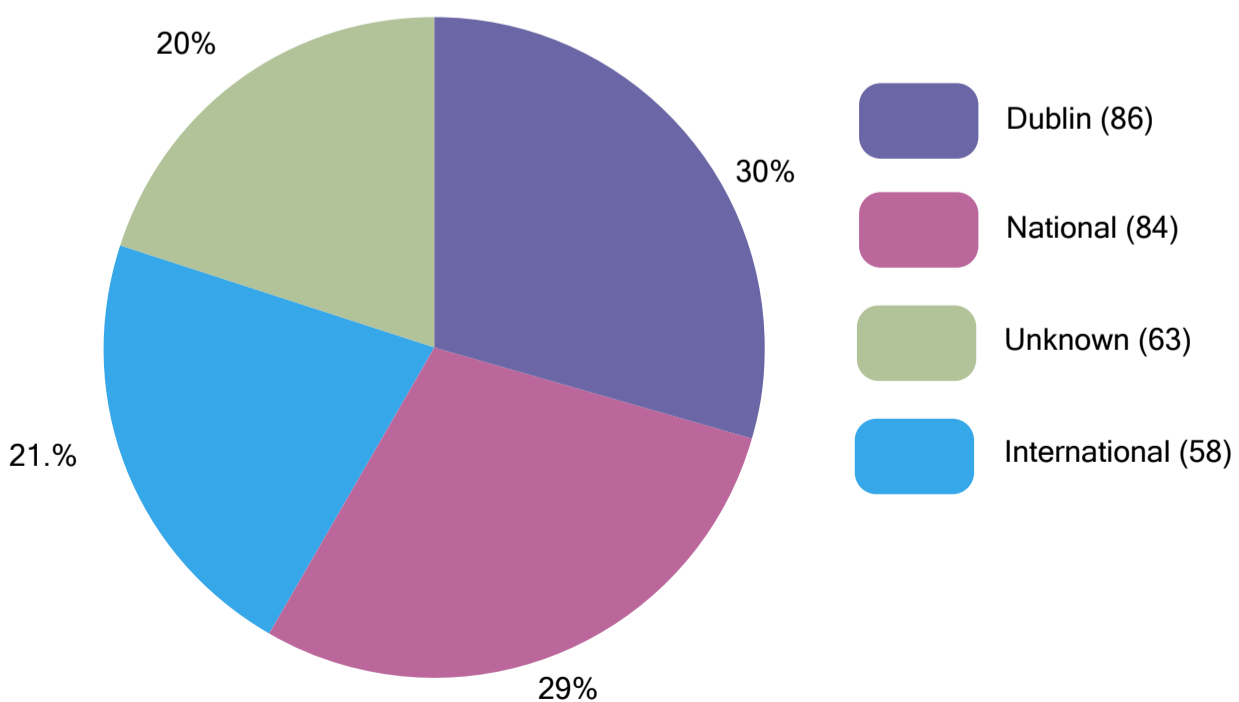


Figure 2.3 Illustrates the location of clients accessing the Advocacy Programme.

Advocacy - Context of Abuse

Figure 2.4 Illustrates the breakdown by gender as indicated through Advocacy client disclosures.

Figure 2.4 Breakdown by gender of perpetrators

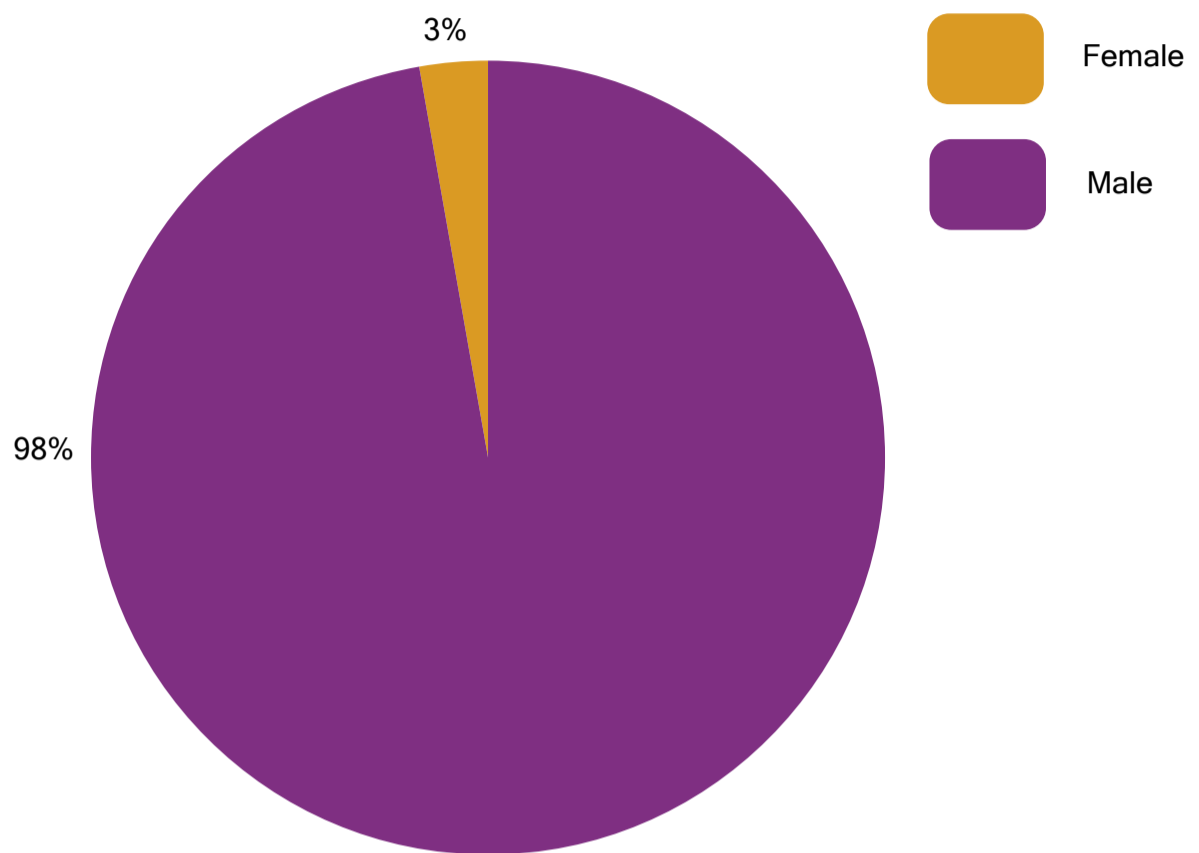


Figure 2.5 Illustrates breakdown of the context in which abuse occurred.

Figure. 2.5 Context in which abuse occurred

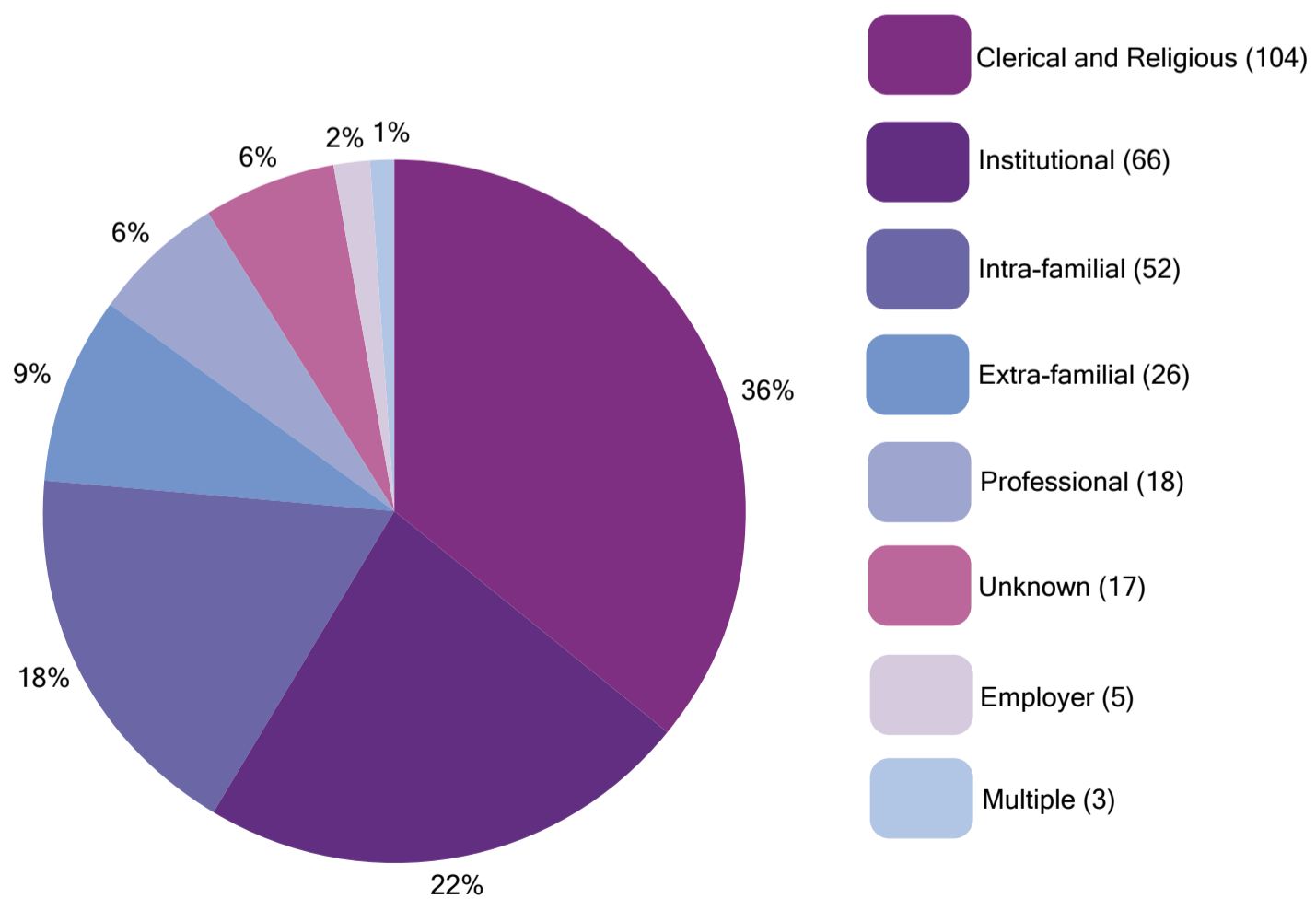


Figure 2.6 Gender of perpetrator within each context

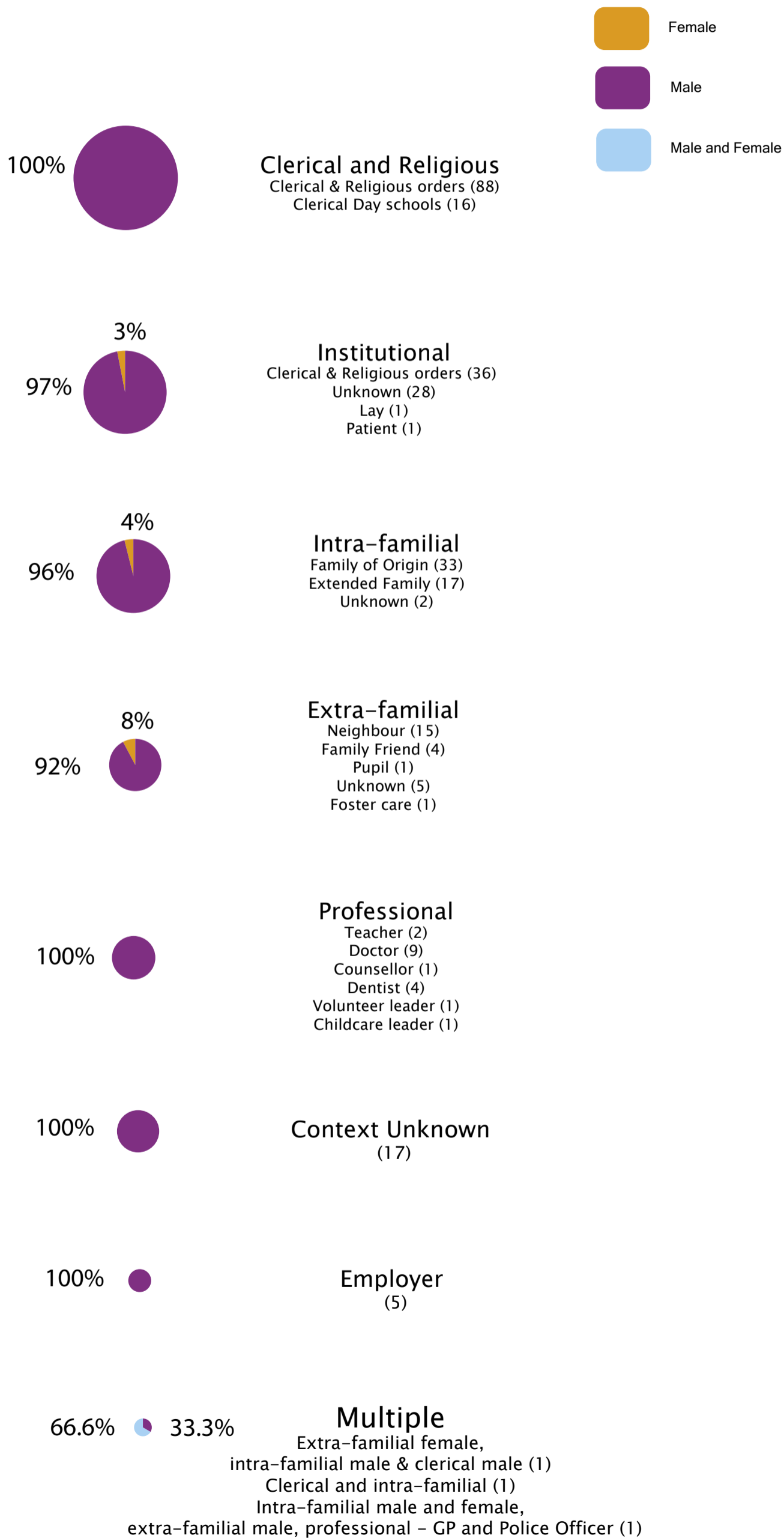


Figure 2.6 Illustrates a breakdown by gender of perpetrators within the context of abuse. The sequence of the chart reflects the number of perpetrators in each context.



On-line Support and Information

“Both the increased number of hits the website received in 2004 and users interacting with the service through electronic means, are attributed to the organisation having developed a highly accessible, informative and interactive website.”

On-line Support and Information

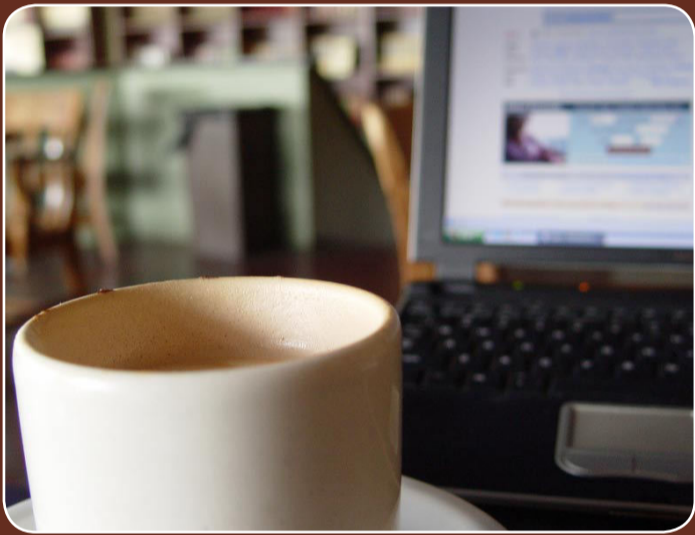
One in Four continued to develop its on-line information and support service: www.oneinfour.org.

The intention behind the website is simple: to provide a point of first contact with One in Four and to develop a space that offers safe and meaningful support to those who have experienced sexual abuse and/or sexual violence and their allies, i.e. those families, friends and others in relationship with and supporting people who have experienced sexual violence.

One in Four recognises that our website is also an innovative opportunity to raise, discuss and respond to the many complex issues surrounding sexual violence and a way in which the organisation can raise public awareness, inform public opinion from a very low cost base and in a very effective manner.

To its users, the website offers hope and encouragement to reach out for help and seek appropriate support or referral to other services.

Both the increased number of hits the website received in 2004 and users interacting with the service through electronic means, are attributed to the organisation having developed a highly accessible, informative and interactive website.



The website offers users an opportunity to access support at any time of the day or night anonymously, regardless of geographical location, disability, personal circumstances or other factors that may prevent an individual from presenting in person for support.

One in Four On-line is unique in its provision of an on-line support resource in Ireland. It provides comprehensive links to professional support, locally, nationally and internationally as well as on-line support and information, relevant news stories and analysis sections.

In 2004, One in Four used the website as a means to encourage clients and on-line users to give feedback. This allowed the organisation to continue to refine, develop and expand its services accordingly.

One of the most significant pieces of work in 2004 was upgrading the on-line support forums to a more secure type of forum requiring registration and pass wording.

The 'terms and conditions of use' for the on-line forums were also reviewed becoming more comprehensive and explicit, ensuring that the environment remained a supportive and beneficial resource for users.

Charting the website development in 2004

- New on-line forums were developed. The existing message boards proved unreliable with the demand in terms of bandwidth and meeting user needs.
- Expansion of the 'about us' section explaining more about the charity, its services and our first annual report for 2003.
- Fundraising events section developed.
- Submission of poetry and artwork continued to be expanded.
- Expansion of the links pages to include updated information on related services such as Rape Crisis Centres, Child Protection Service – Archdiocese of Dublin and other ancillary services in Ireland and abroad.
- Introduction of on-line polls were added to the forums, creating further opportunities for feedback and discussion.
- News Section was expanded to include a separate International News Section and the archives were updated from existing records from the old website.
- Inclusion of some radio interviews and streaming video links related to the organisation.
- Press section updated.

Statistics 2004

Statistics in 2003 for all on-line forums amounted to 573,000 hits for the entire year. In order to get a clearer picture of total website traffic, One in Four implemented a statistical package that would record the hits for the entire website. This revealed that www.oneinfour.org received in excess of 3.4 million hits in 2004. The newly acquired www.oneinfour.ie domain received 154,525 hits in 2004.

On-line Resources One in Four provides through their website

- Information on how to access the service including, information relating to the services One in Four provides; individual psychotherapy, group therapy, advocacy, campaigning open evenings, downloadable map, flyer, poster and previous annual report.
- Current and archived National and International News stories related to sexual abuse and/or sexual violence.
- On-line support; providing personal support to people who have experienced sexual abuse and/or sexual violence and their families/friends.
- Events and fundraising activities.
- Links to other related services operating nationally and internationally.
- Statistics and other information related to the issues surrounding sexual abuse and/or sexual violence in Ireland and in an International context.
- A community space which allows clients and on-line users to contribute their art, poetry or writing.

View our website: www.oneinfour.ie or on www.oneinfour.org.

Website statistics

Figure 3.0 Origin of visitors

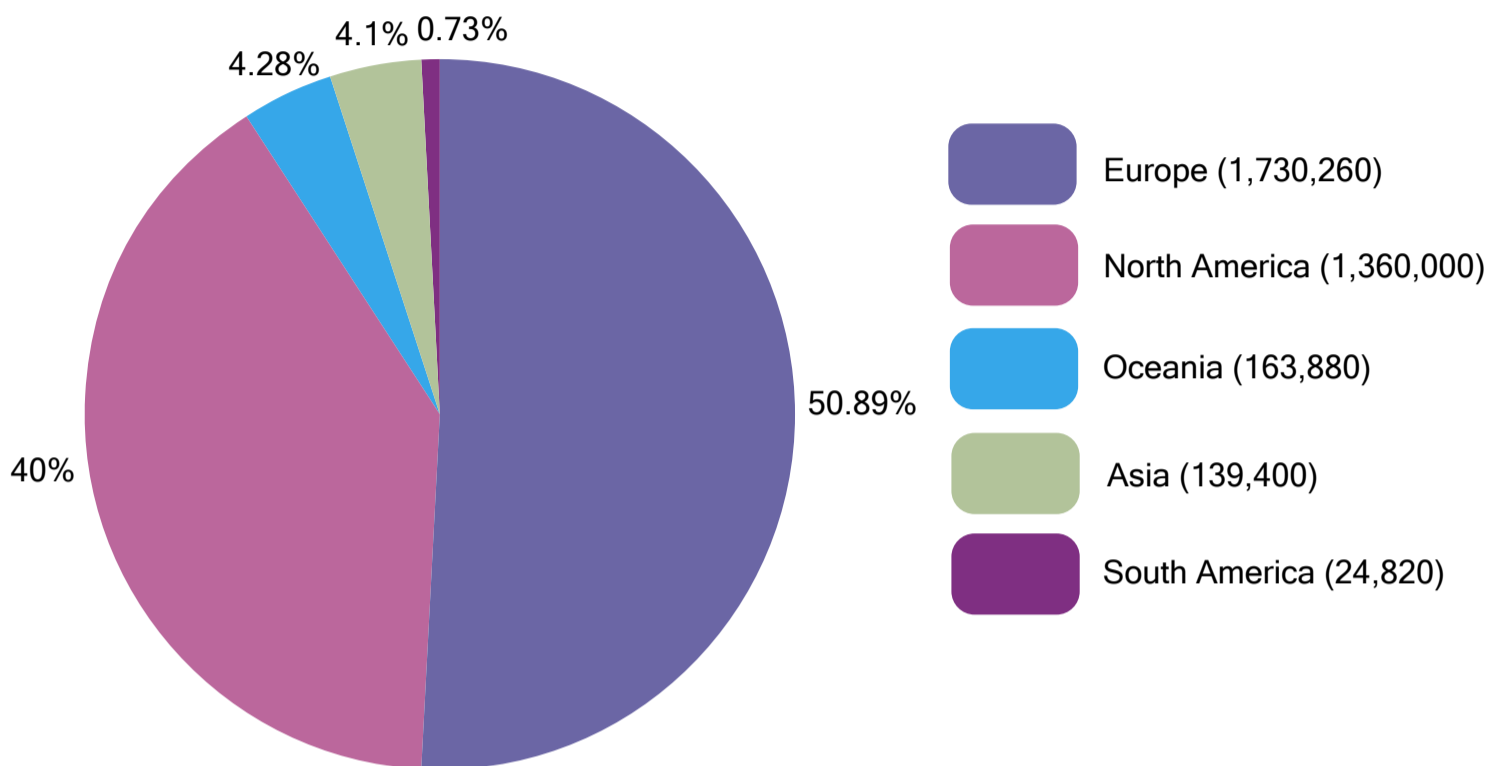


Figure 3.0 Illustrates the origin of visitors to the website.

Figure 3.1 Recorded website hits

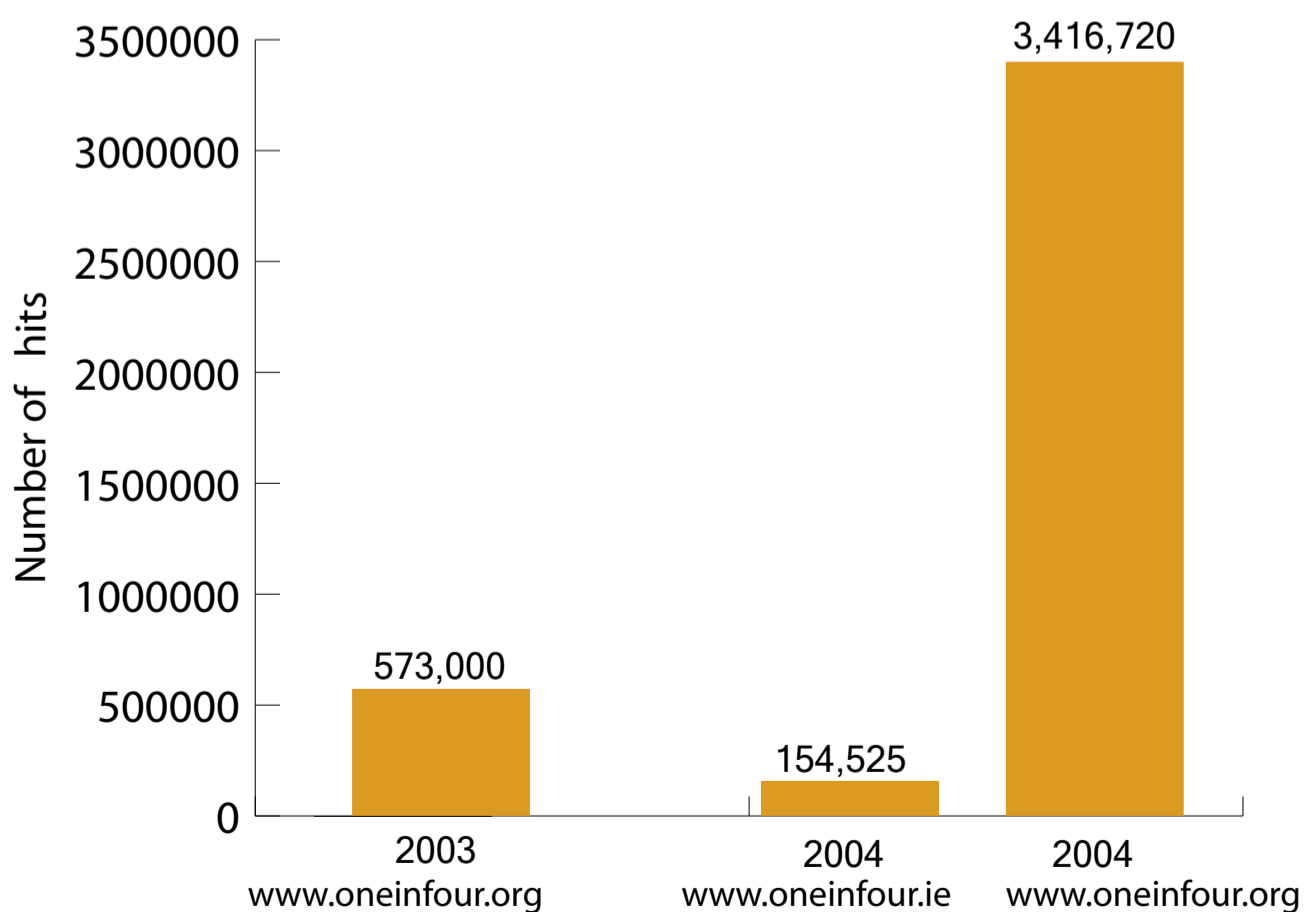


Figure 3.1 Illustrates the number of recorded hits on the website in 2003 and 2004.

Website statistics

Figure 3.2 Gender of users accessing the on-line forums

Figure 3.2 Illustrates the gender of users who registered and accessed the on-line support forums.

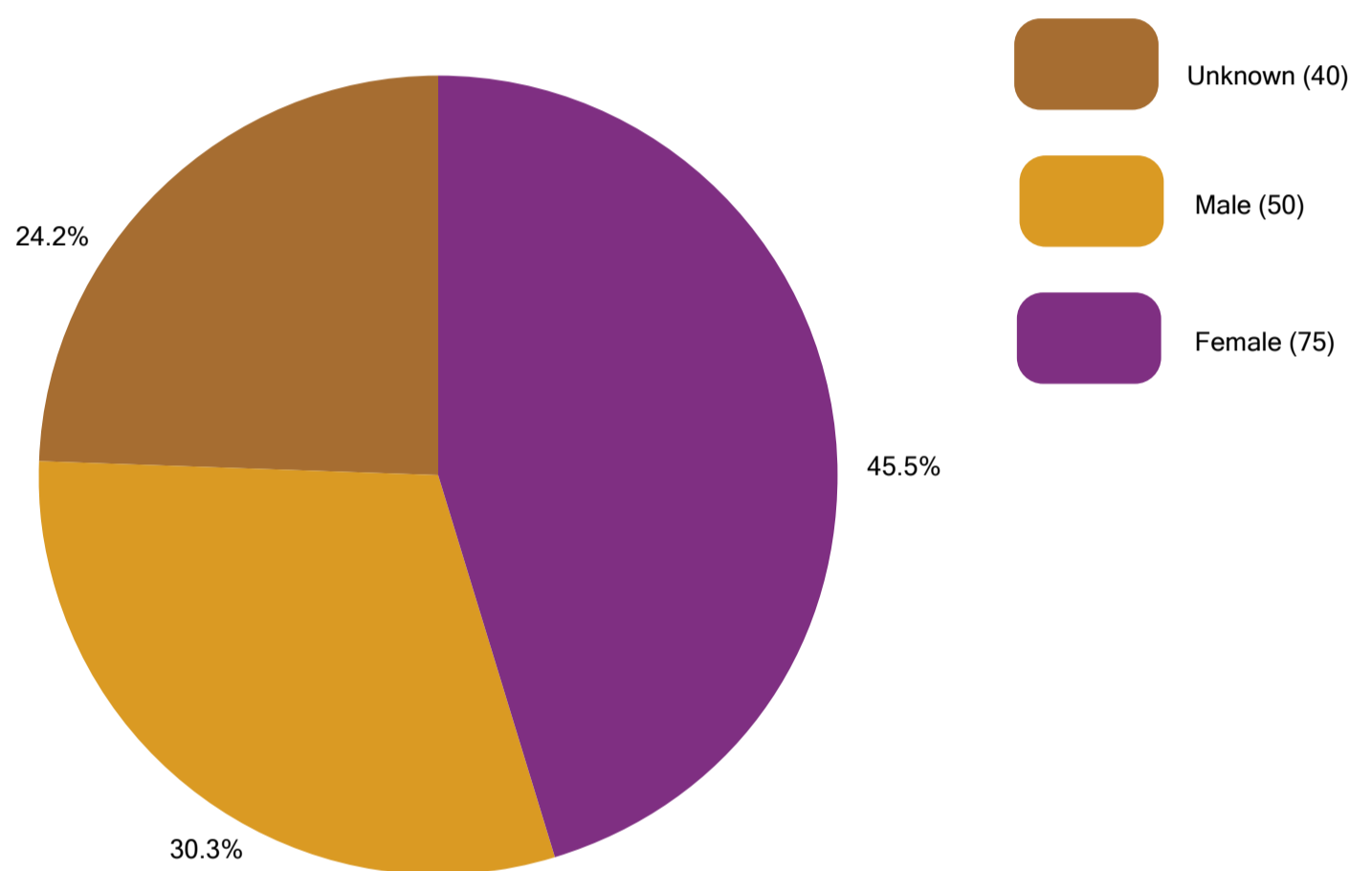


Figure 3.3 Number of postings on the on-line forums

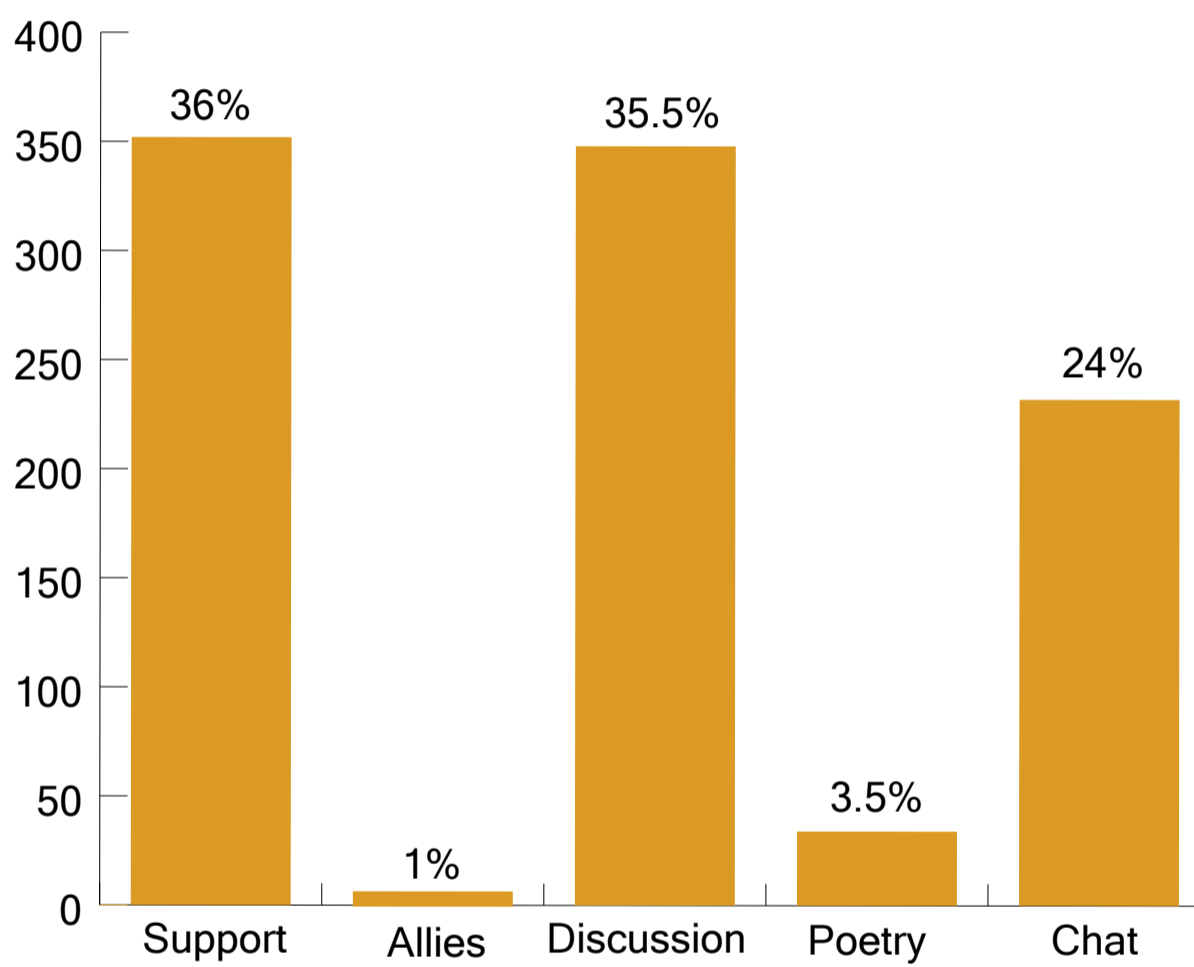


Figure 3.3 Illustrates the number of postings within each of the on-line support forums.



Client Perspectives

“My journey began from a hopeless state to a change that happened and continues to happen.” *Patrick*

“I sought the support of the One in Four organisation. This support took many forms...” *Georgina*

“I can honestly say that One in Four have been the most positive aspect of the difficult journey that my family and I are going through and I cannot overstate their value to the victims in such cases, whatever choices the victims may make.” *Avril*

“I don’t regret the ‘meeting’ at all, I came out of there feeling very emotional but some way fulfilled.” *Aisling*

Client Perspectives

My journey began from a hopeless state to a change that happened and continues to happen. Some say they noticed change in me before I did, that I wear a different cap, it's the same cap, what's underneath is different because of change that has happened.

My story in therapy began early 2001 and continued at One in Four from 2003 when my therapist moved to work there. I remember the early meetings and words spoken because not too much was said. Being able to speak was a problem; making eye contact was difficult too. I couldn't bring myself to look at another's eyes for fear they would see me the way I did, defaced and weak.

With courage and strength things would slowly change, I would learn other ways to communicate other than my mouth. With a little help I taught myself to disarm and soften words by writing them down and reading them slowly. Some words had never seen daylight so there were lots of gaps in my sentences when I first spoke of the abuse, my defences were on top form. When I thought of the old man an automatic twister with layers of protection wrapped itself around my inner self, my body was reacting the way it needed too but I wanted to just peel off my skin.

I had faced the old man many times as a child and adult. On the street in the face of a stranger, in panic in my dreams and also in my space in One in Four. When I was strong enough to do it I would bring him in. He was all around the room I could feel and see him, I looked at every part of him, turned him inside out as he once did to me. I hated him and I loved him and I learnt that I was NOT my fathers' son.

The fear and grip from this old man would and did weaken, and he became my father again. As would the small boy grow stronger fitting inside the man. I would catch glimpses of the inner child in my space, he has a waiting look in sombre eyes, he has my eyes. The destructive anger I carried would melt when I saw him, the love and affection I held for this small boy was a magical feeling as I gently rubbed my tummy to comfort him, to comfort me. I keep this feeling as a new resource for when I need to tap into it and even when I don't, because I like it, it feels like home. The ends of the line were meeting at the centre; a circle was forming around us like a cradle, a reconnection.

From not being able to look at the small boy I will never turn my back on him again. He's my closest friend now and we turn keys together. And the Love word which meant little, and only served to open doors to feelings of desertion and betrayal, means a lot to me in its rightful place. It's the Love I feel for my family and friends, there is a place now for my fathers love to breathe with the other pieces. And of course the Love for my mother, who I can't hug enough it seems, after years of giving and receiving nothing, feeling detached and numb. My emotional cord never severed, it wouldn't be hard to think it did, for the boy and the man. These are not new feelings of real emotion I have noticed, as I feel them today I remember times I felt this way as a kid (once with my father) although somewhat hazy, still clear enough for me to see they lived before. I am careful with my feelings but I do believe and trust in them, and I missed them, they hold my intimacy, for others and for myself.

Thanks for listening to part of my story. A victim/survivor of child sexual abuse but you can call me Patrick.

www.patrickspoetry.com

Patrick

"I am *one in four*. I am that person. I am the reality of sexual violence. It is my life's experience.

I was sexually violated by a Roman Catholic priest at a young age. I began to find the courage to deal with it following the documentary 'Suing the Pope' in 2002. The journey into, through and beyond sexual violence is the most painful experience I have encountered in my lifetime.

I sought the support of the One in Four organisation. This support took many forms, each part of the process was as important as the next, all connecting into a whole experience which has helped in my recovery to date.

Initially, I discovered the www.oneinfour.org website. Here I found the message boards, a free space where I could express my thoughts and feelings. I was heard and supported in this space. I also helped others along the way. With each posting I gained confidence and heard my own voice speaking out, breaking my 33 year silence. In this place I was not alone. The message boards are open 24 hours a day and when sleep was not possible I could write there when I needed to, regardless of the hour of the day or the night. I found huge freedom and relief in that.

Another support I availed of was group therapy. It was a powerful experience. I was able to share how I felt about my own experience of sexual abuse in a group setting something I found very daunting. I soon discovered and took heart from hearing that other people's experiences were similar to my own. That was quite a revelation, as I had lived in isolation behind my own wall of fear for a lifetime. I was terrorised and entrapped as a child against my will. Much of my adult experience of life had at its core terror and anxiety. With the help of professional psychotherapists who facilitated me, I was able to express my repressed feelings and memories associated with abuse. These included fear and anger, self blame and shame. I met some very courageous people in the group, all working through their own issues.

My legal journey was awful. The legal system, in my opinion, is so adversarial and incredibly difficult to understand and to negotiate. The system is designed to intimidate and frighten. My legal experience brought me back into the heart and terror of the abuse itself and worked against my own natural ability to heal myself. As the statistics show, few of us take legal action. This is a very sad reflection on the legal system in Ireland and it needs a serious review. I am persevering with my own legal case and I won one major battle recently but have another to face in the near future. After a life time of fear I am no longer afraid. The support of the organisation in this area was invaluable. I am winning.

The charity work played a very important role in my recovery. The organisation was giving so much to me that I wanted to support it in whatever way I could, I know that funds are limited and the demand for the service is high. Walking a marathon, wearing the tee shirt with the One in Four logo on it, holding a collection box to raise much needed cash was good for the organisation but it was also good for me. It highlighted the issue and it also helped me accept myself and come to terms with my reality in a very practical way.

In my darkest hours I thought there was absolutely no way through the shit I was dealing with. I believed that happy endings were for others and that the pain, terror and anxiety I felt were just too difficult to work through. I thought there was no way out of the entrapment and the deep trauma of my childhood experiences. I know there are no happy endings, once sexually violated, it is a painful process to find a way through into recovery and it takes enormous courage on all our parts even to begin that journey. However, there is a way through and I am living proof of that.

To conclude, I am thankful for the help I received. I can now say that while I was sexually violated at a young age, I now know it was not my fault. I spent a lifetime believing it was. I do not have to feel guilty or ashamed. I can begin to learn to trust others and I am not alone. I can look society in the face and not feel the shame that society has dished out to me through its discomfort with the issue itself. It has taken me a lifetime to accept the words I have just written in this piece. I believe them.

Thank you One in Four for your help and support. Thank you also to my family and my very good friends for their love and kindness along the way.

Georgina

"I first made contact with One in Four in the Winter of 2004 having become aware, through their website, of the advocacy service which they provide. At that time my younger sister had just recently confided in me that she had been sexually abused as a child, by a man who had also abused me as a young teenager. I felt the burden of many decisions to make and was very unclear on how best to help my sister, who to inform and what our options were in attempting to limit this man's potential to do more damage.

From my first meeting with the Advocacy worker in One in Four I began to feel that I was not alone in this and started to make sense of the possible options available to us. I have since visited the Advocacy worker many times, often in the company of my sister and more recently, my parents. She has always made herself available to us and has talked us through our decisions to inform the health board, make contact with the Gardaí, give statements and more recently, helped us in dealing with problems in the Gardaí's handling of our case.

Being a complainant in a case like this can be a very lonely and bewildering experience and would be even more so without a clear understanding of the procedures and complexities of the Irish legal process. She has shared her knowledge with us on many aspects of the process which we hitherto had little understanding of, such as, the time-frames involved at each step, the issues to consider in making a statement, victims' rights and the inherent problems associated with dealing with the Gardaí. Despite strong family support I am not sure if we would have made it this far through the legal process without One in Four's advice and help every step of the way.

On a more personal level, while I didn't ever feel the need or desire to attend a counsellor, I have definitely needed guidance and support at various points in this process. The Advocacy worker not only has the in-depth knowledge of the system to be able to provide that, but it is also very apparent that she fully understands the emotional issues involved. Many times she has expressed my feelings and worries more clearly than I was able to do at the time, which I found hugely comforting. I can honestly say that One in Four have been the most positive aspect of the difficult journey that my family and I are going through and I cannot overstate their value to victims in such cases, whatever choices the victims may make. It is immensely reassuring to us to know that One in Four will be there to support us on, what will undoubtedly be, a difficult road ahead."

Avril

Aisling opted for a collaborative piece of writing with her Psychotherapist:

“Aisling was seventeen years of age when she sought psychotherapy again and with parental consent she began therapy in June 2001 and ended in August 2004. When I first met Aisling I was immediately struck by how resourced she was and by her insight into the issues she wanted to explore in therapy, issues such as; trust, loss and grief, internalised shame and blame, responsibility, self-esteem and her particular patterns of relating to others. From the initial assessment Aisling spoke about an ambivalence she felt towards her father who had sexually abused her from when she was an infant until she was seven years of age. Following a criminal investigation and court case her father was convicted and served a custodial sentence. For ten years Aisling had had no contact with her father, other than cards or letters she received from him occasionally. In therapy Aisling explored the impact on her life of being sexually abused by her father and the loss she experienced in this of what she described as a ‘normal father/daughter relationship’ while also exploring the impact on other relationships and most significantly, her relationship with her mother.

Aisling had often wondered if a day might arrive when she would want to make contact with her father and she was deeply committed to her own process and to the discovery of where this would bring her. She uncovered the layers of defences and coping strategies that had been her allies but which she felt weren’t working for her any more. In group therapy Aisling was able to recognise family system dynamics and uncovered other strategies that she felt impinged on her living her life as she wanted to. The courage, mindfulness, integrity and openness that Aisling brought to her therapeutic process was truly inspiring and the depth at which she worked was deeply moving to both witness and be a participant in.

As the layers unfolded, Aisling became very focused on her sense of herself in the world and how she felt that this was created from and through her relationships with others, in particular her mother. At a cognitive level Aisling had very few memories of her father abusing her and she felt this created a dependency on others to fill in the gaps, she depended on them to be her memory. However, as layer upon layer unfolded Aisling realised that it was her emotional and physical realms that held clear and accessible memories for her. Using a holistic approach that has a body centred focus to work with traumatic and developmental wounds, Aisling very gently and with a deep compassion for herself and others, began a separation process that brought her ultimately back into relationship with her authentic self.

From this place Aisling began to slowly map out for herself how she could and would bring about contact with her father. She used therapy to explore her options and to delve into her fears at each stage of this process. Aisling had been aware that her father was ill and when she received news that his health had worsened, not knowing what it was and therefore, whether it was life threatening, she moved to a place of wanting to make contact, through me. We began each session during this process by checking out how Aisling was and she was always very clear about what it was she needed to ask her father through me. In April 2004 Aisling was accepted into college abroad, to train as a nurse, and as this had a definite start date, Aisling was presented with a clear end date for her therapy and decided that she wanted to meet with her father before then.

Watching how Aisling prepared for this was incredible and how she used the therapy to tease out and delve into and tear apart every possible scenario created in her mind as option after option was explored. A little over three years later, Aisling created the scenario that allowed her to take her first step back into relationship with her father. Words really can’t capture what took place over a two day period; the depth and breadth of emotion and the absolute respect and love that I witnessed as a daughter found her way, quite literally, to open a door to her father.”

Psychotherapist

"I have always had an internal battle as to whether or not I would like to meet my father. I always wanted to meet him but not the part that abused my trust as a young child by sexually abusing me. I sometimes wished I could separate 'them'! I think it is fair to say I always loved him and always will. But sometimes I wonder where this comes from. Is it just that it is what a daughter is meant to do?

There were always so many questions I wanted him to answer. I had often made lists of them over the years to keep or to discuss with various psychotherapists. So when the time came to decide whether to meet him or not I remembered all the burning questions I had. So I decided to work towards meeting him. My therapist always reminded me that I could change my mind at any stage. On various occasions I had explored the most personal and explicit questions with my therapist and I dismissed a lot as being too intense and explicit to ask him. But over time I realised I might only want to do this once and I should do what I really deep down wanted to do. Though I realised it was going to be very hard to hear those questions out loud, I was going to ask them. Besides, I guessed it would be harder for him to hear them and answer them. I made my questions out very precisely so as to minimise misunderstandings. I went through them in my therapy exploring the impact on me of the possible answers.

I had taken time in therapy to think about how this would happen, the practical pieces. In the end I decided to be in the room opposite (with another therapist for support) while my therapist met him and asked the questions and I listened to the answers. I was very nervous but was ready to do this. I had actually felt a sense of excitement and anticipation on the run up to this day, so I knew it was the right thing that I was doing. It was very surreal being in the next room from him. At times I found it hard to concentrate on what he was saying as I was busy thinking and processing his previous response to a question. So I had to keep on reminding myself that I could think later. I was disappointed with some of the answers as I felt he tried to avoid them or did not say enough. At the end of each day my therapist came and talked to me to see how I was and to check out if there was anything else I wanted her to say or ask. This really helped as I had made notes along the way with comments and some new questions. I knew that I was always going to be suspicious of his answers just because of who he was to me.

There were times when he reminisced and I sat there smiling in agreement as we both remembered the few good times together.

By the end of the second day I had written a piece for my therapist to read out for me. There were two very important things I wanted my father to do for me. Firstly I wanted him to attend psychotherapy as I could still see distortions in his answers. I explained that I had undergone years of therapy to get to where I am now. I thought it would be beneficial for him to do some for himself and for me. Secondly, I wanted confirmation that he had Motor Neuron Disease. I wanted him to know that if he did these things there would be more chance of us 'actually meeting' again.

I don't regret the 'meeting' at all, I came out of there feeling very emotional but some way fulfilled. There were lots of reasons why not to meet him including what the rest of my family would think, but I put this out of my head (with great difficulty) and did it for myself.

I really don't feel I could have gone through this without the support of my therapist, and I want to thank her and the other therapist who was with me the whole time in the room across from where my father was, with doors open and only a narrow hallway separating us, I listened to his responses to my questions and requests. This is how I needed it to be for me."

Aisling



Campaigning

It is imperative that voices speak out with clarity from every section of society about the shared historic and cellular knowing of the devastation caused to children and adults who have experienced sexual violence so that a heartfelt engagement is possible and challenges of the future are met with humanity.

The public and policy campaigning undertaken by One in Four arises directly from, and is informed by, the support work we do with individual women and men who engage with the service. We are constantly revisiting the issues that surround sexual violence and through client feedback, we gain additional insights which further enable us to inform, challenge and engage with parliamentary, governmental and public opinion. In 2004, One in Four continued to be a voice addressing issues relating to the prevalence and impacts of sexual violence in Ireland. The work undertaken by the organisation in this regard has included:

False Memory Debate

One in Four engaged in the debate in relation to so-called 'False Memory Syndrome', this involved:

- Research, preparation and writing of a briefing document on 'False Memory Syndrome'.
- Public debates with the British False Memory Association.
- Circulation of this briefing document on 'False Memory Syndrome' to broadcast and print media.

The Ferns Inquiry

The Ferns Inquiry was established on a non-statutory basis in March 2003. One in Four's engagement with the Inquiry is dealt with comprehensively in the Advocacy Programme section of this report. One in Four continued to address issues relating to the Inquiry in the media and continued its public awareness campaign in relation to the Inquiry.

Statutory Inquiry into Clerical Sexual Abuse in the Archdiocese of Dublin

One in Four continued to campaign for the establishment of a *Statutory Inquiry into the Handling of Allegations of Clerical Sexual Abuse in the Dublin Archdiocese* at the earliest opportunity. This included:

- Lobbying Government and opposition parties to ensure the enactment of the Commission of Investigations Bill 2003.
- Ongoing engagement with the Minister for Justice, Equality and Law Reform and his officials to work towards the earliest possible establishment of the Inquiry.
- Ongoing dialogue with key influencers as part of this continued engagement.

Campaigning for change in the responses of Irish Catholic Bishops and Religious Orders

One in Four continued to engage in dialogue with Irish Catholic Bishops and Religious Orders to discuss the need for significant change in church responses to individuals who have experienced sexual abuse perpetrated by clergy or members of religious and also to discuss Child Protection Practices. This dialogue included:

- Ongoing meetings and discussions with individual Bishops and Religious Orders.
- Discussions with clergy and their representatives. These discussions are ongoing.

Working Group on Child Protection – Irish Bishops Conference, Conference of Religious in Ireland & Irish Missionary Union

One in Four researched, prepared and presented two detailed submissions to the working group. One in Four continued to highlight the need for transparent and accountable child protection policies and procedures within the Roman Catholic Church context.

The Commission to Inquire into Child Abuse

One in Four engaged with the Commission to Inquire into Child Abuse in relation to 'A Position Paper on Identifying Institutions and Persons under the Commission to Inquire into Child Abuse Act 2000'. This involved:

- Engaging with clients of One in Four on their opinion in relation to this position paper.
- Research, preparation and writing of two detailed submissions to the Commission.
- Meeting with members of the Commission to discuss issues arising from this position paper.

Campaigning and lobbying in individual cases

A core part of the work of One in Four is to campaign and lobby in the cases of individual clients. This work is documented in the Advocacy Programme section of this report. This has involved lobbying government and political parties, engaging with statutory agencies such as health boards and An Garda Síochána, as well as contact with many other agencies and bodies.

Funding for the Service

One in Four continued to lobby for the funding necessary to allow the charity to respond to the increasing demand on its services. The organisation also undertook public appeal and public awareness campaigns in this regard. Towards the end of 2004, One in Four began to develop and implement a comprehensive Fundraising Programme.



The Year Ahead - Future Work

“One in Four is a needs responsive service. In our day to day work we strive to ensure that the development of current and future services are informed by the women and men we support.

This section of our second annual report outlines our future aspirations within each of the programmes of work in One in Four. These aspirations are not set in stone; they may grow and change as alternative needs present themselves through the work of the charity.”

The Year Ahead - Future Work

Psychotherapy Programme

Development of Perpetrator Assessment and Treatment Programme (PATP)

One in Four will work to dovetail the PATP with existing services at One in Four to more fully respond to the needs of individual family systems. This will result in a more holistic response to such systems, allowing victims to access psychotherapy and support through one-to-one psychotherapy and/or group therapy, non-offending carers to access support through our allies group and on-referral to specialist services for child victims of sexual abuse with joint-agency work where appropriate.

The expansion of the PATP will allow One in Four to continue its work with those accessing the programme who may receive a custodial sentence or whose on-going treatment is mandated by the Court.

Prison Outreach Programme

In 2004, One in Four was contacted by family members of individuals serving custodial sentences who had experienced sexual violence either as children or as adults. In the coming year One in Four will be working toward expanding the Psychotherapy Programme to provide appropriate therapeutic support to these individuals and to offer support to their families.

Increase the delivery of Individual and Group Psychotherapy

Throughout 2004, One in Four has held a waiting list for both one-to-one psychotherapy and group therapy. The need for additional resources to meet the needs of those accessing our service has never been clearer. To meet this demand, we hope to expand the Clinical Team to offer more one-to-one psychotherapy and additional group therapy.

Internship Programme for newly qualified Psychotherapists

Having students as placement psychotherapists in One in Four has been very exciting and we consider the involvement and contribution of these placement psychotherapists hugely beneficial and indicative of the holistic approach of our service. Working in collaboration with the different training institutions, we aim to expand on student placements and on the training they receive in One in Four as part of their placement and to develop an Internship Programme. This Programme will be offered to students who have completed their training, who may have been on placement in One in Four or elsewhere, as they work towards becoming accredited psychotherapists. Working in collaboration with training institutions allows for informal discussion on current approaches to training and development.

Education and Training

Training has been an integral aspect of the on-going development of the Clinical Team. One in Four is looking towards expanding both the existing in-house training programmes and developing additional programmes of training to be delivered externally. One in Four is particularly committed to delivering a broad education programme that improves awareness of the issues that surround sexual violence. Such a programme will be aimed at post-primary schools, interested communities and other organisations.

Advocacy Programme

Staffing

One of the primary goals for the Advocacy Programme in 2005 will be to secure the employment of an additional Advocacy Worker. This is essential to allow One in Four to respond more effectively to the extraordinary increase in demand for the service.

Continued Client Support

One in Four will continue to provide appropriate practical support to women and men seeking information, advice and support through the Advocacy Programme either by telephone, one-to-one meetings, e-mail or letter.

Criminal Justice System

Throughout 2003 and 2004 issues surrounding the Criminal Justice System emerged. In particular, the high levels of attrition in cases of historical sexual violence against children and adults. It is our hope to continue to develop greater understanding of the issues and concerns in relation to the Criminal Justice System by further monitoring and detailing statistical and anecdotal evidence of individual experiences in this regard. Such data is essential for on-going research that seeks to inform and promote government policy development.

Ferns Inquiry – victim support

The Advocacy Programme in One in Four will continue to support people who choose to give evidence to the Ferns Inquiry in 2005 and continue to support those who gave evidence to the Inquiry in 2003 and 2004. This will be an especially crucial piece of work upon publication of the inquiry team's report.

The publication of the Ferns Report will demand detailed consideration, analysis and response from the organisation. Such responses will aim to ensure that past failures are appropriately responded to and that any policies and legislation required are fully enacted and implemented.

Dublin Archdiocese

One in Four will continue to work towards the Statutory Inquiry into Clerical Sexual Abuse in the Dublin Archdiocese.

Codes of Best Practice

The Advocacy Programme will compile and implement codes of best practice for the continued delivery of advocacy services in 2005.

Administration

The development and implementation of internal practices and policies continues to be a central commitment of best practice for future work. To this end, policies and procedures will be continually reviewed and assessed. The Staff Handbook will continue to evolve in line with statutory obligations and employee and service user needs. Accountancy software systems will be up-graded. Our 360 Degree Staff Review Process will be developed out of a commitment to support each member of staff as fully as possible in their work with the organisation through a facilitative and meaningful process.

Review of Information Technology systems

One in Four will carry out a review of existing IT systems focusing on security, reliability and efficiency. The organisation will increase the level and extent of in-house training to staff in the use of information technology.

Further Development of Information services

One in Four will broaden public and professional awareness of the charity and its services by utilising in-house resources and skills to design, print and distribute leaflets, posters, brochures and a quarterly newsletter. The organisations website will continue to be further developed and refined.

Fundraising

The organisation will develop and implement a professional programme to include events, major donor schemes, on-going donation programmes and grant based funding. One in Four will appoint one full time fundraiser to deliver this programme and to work towards building a team of volunteers.



Administration & Auditors Report

“Great care and consideration goes into maintaining the environment into which those accessing the services are welcomed with warmth, care and respect.

One in Four continues in its commitment to deliver the professional administration and financial procedures integral to the support of programmes and services within the organisation.”

Administration

The work of the Administration Department at One in Four covers the financial management and accounting of monies and resources, the management of human resource issues and the care and maintenance of the organisations premises. Great care and consideration goes into maintaining the environment into which those accessing the services are welcomed with warmth, care and respect. This is achieved by ensuring that the services are effectively resourced and that core client services are provided within a comfortable, nurturing environment.

The space into which all are invited continues to be developed as a safe holding area and accessible area. One in Four continues in its commitment to deliver the professional administration and financial procedures integral to the support of programmes and services within the organisation.

The administration team has been developed in line with the needs of those who use the service and so, have moved from one receptionist to a team of three reception staff providing cover from 9:30 a.m. to 9:30 p.m. (1 Full-time, 2 Part-time). Particular challenges met by the administration team include; refurbishment of the premises after flood damage, providing increased access for clients with disabilities, improved induction and employment policies and procedures to a growing staff and daily administrative services.

As part of our commitment to the transparent accounting of how the Charity generates and expends its funding, One in Four has published in full, the Independent Auditors' Report for 2004 in this report.

Staffing Levels for 2004 include the following personnel:

Staff Positions	Staff Numbers
Director	1
Clinical Director	1
Advocacy Co-ordinator	1
Psychotherapists	11 - (2 Full-time, 6 Part-time, 3 Placement)
Office Manager	1
Receptionists	3 - (1 Full-time, 2 Part-time)
PA to Director	1
Information Officer	1 - (Part-time)
Care Taker	1 - (Part-time)

Board of Directors: Jane Pillinger, Pat Jackman, Enda McDonagh, Marie Collins (Resigned July 2004).

Deirdre Carney
Office Manager

Registration number 359278

**One In Four (Ireland) Limited
Company Limited by Guarantee
Without a Share Capital**

Directors' Report and Financial Statements

for the year ended 31 December 2004

One In Four (Ireland) Limited

Company information

Directors Patrick Jackman
Dr. Jane Pillinger
Prof. Enda Mc Donagh
Marie Collins (resigned 29th July 2004)

Secretary Patrick Jackman
Marie Collins (resigned 29th July 2004)

Company number 359278

Registered office 2 Holles Street
Dublin 2

Auditors' John P. Carlin & Company
Chartered Accountants &
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21 Upper Mount Street
Dublin 2

Business address 2 Holles Street
Dublin 2

Bankers Bank of Ireland
Lower Baggot Street
Dublin 2

Solicitors Pearse Mehigan & Company
83/84 Upper Georges Street
Dun Laoghaire
Co Dublin

One In Four (Ireland) Limited

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One In Four (Ireland) Limited Directors' Report for the year ended 31 December 2004

The Directors present their report together with audited financial statements of the company for the year ended 31st December 2004.

Principal Activity

The principal activities of the company are to provide psychotherapy, advocacy and support services.

Results

The deficit for the year after providing for depreciation and taxation amounted to €109,137.

2004 Deficit

At the end of 2004 One In Four (Ireland) had a significant deficit. This was largely due to a cut of 24% in state funding for the year compared with 2003. State funding for 2005 will not increase on the level granted in 2004.

To resolve this deficit the organisation has undertaken a review of how it funds its therapeutic programme. From January 1st 2005 the charity no longer employs therapists on a contractual basis paying fees on invoice. Instead all therapists are employed on a permanent part-time or full-time basis. This should result in savings of approximately €30,000 in 2005.

One In Four has also employed a full-time fundraiser who began employment on January 1st 2005. A programme of fundraising began in the last quarter of 2004. This programme has now begun to bring in significant funding. A programme to distribute counter top collection boxes also began and is earning approximately €1,000 per month; it is intended to further develop this programme which should significantly increase the revenue from this source.

The fundraiser will also research and make applications to charitable trusts and Government agencies. Thus far, eight applications seeking a total of €72,000 have been submitted for programmes of work scheduled for 2005; whilst not all applications will be successful we are confident that many will be, and that significant levels of extra funding will be generated through this source. A programme of other fundraising events has also been developed and will generate significant levels of revenue in 2005.

We are very confident that our newly established fundraising programme will generate sufficient revenue to meet the deficit, generate further funds for 2005 and meet the costs incurred for the fundraiser position.

One In Four (Ireland) Limited Directors' Report for the year ended 31 December 2004

Directors

Any Member of the Company who wishes to retire as a member shall write to the secretary to that effect and the secretary shall, as soon as is practicable, remove his/her name from the list of Members and s/he shall thereupon be deemed to have retired.

During the year Marie Collins resigned as a director and secretary and was replaced by Jane Pillinger. Enda Mc Donagh was also elected as a director. Patrick Jackman was elected as secretary.

Business Review and Future Developments

The Directors do not envisage any change in the principal activity of the company.

Health and Safety

The Company has adopted a safety statement in Accordance with the requirements of the Health & Safety at Work Act, 12(6) 1989, and each employee has been fully briefed on its contents.

Directors and their Interests

The company is limited by guarantee and does not have a share capital.

Charitable and political contributions

There were no political contributions which require disclosure under the Electoral Act 1997 during the year.

Director' Responsibilities

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of the affairs of the company and of the profit or loss of the company for that period. In preparing these the directors are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements based on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts 1963 to 1983 and 1990 to 2003. 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.

**One In Four (Ireland) Limited
Directors' Report
for the year ended 31 December 2004**

Books of Account

The measures taken by the directors to secure compliance with the company's obligation to keep proper books of account are the use of appropriate systems and procedures and employment of competent persons. The books of account are kept at 2 Holles Street, Dublin 2.

Auditors'

John P. Carlin & Company, Chartered Accountants & Registered Auditors', have expressed their willingness to continue in office in accordance with section 160 (2) of the Companies Act, 1963.

Taxation Status

One In Four has been granted Charitable status under sections 207 and 208 of the Taxes Consolidation Act 1997.

On behalf of the Directors

Patrick Jackman

Dr. Jane Pillinger

Date : 25 April 2005

One In Four (Ireland) Limited

Independent Auditors' Report to the Members of One In Four (Ireland) Limited

This report is made solely to the Company members of One In Four (Ireland) Limited as a body, in accordance with Section 193 of the Companies Act, 1990. Our work has been undertaken so that we might state to the organisation'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 responsibility to anyone other than the organisation and the organisation's members as a body, for our audit work, for this report, or for the opinions we have formed.

We have audited the Financial Statements of One In Four (Ireland) Limited for the year ended 31st December 2004 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes on pages 12 - 16. These financial statements have been prepared under the historical cost convention and the accounting policies set out on page 10.

Respective responsibilities of Directors and Auditors'

As described in the Statement of Director's Responsibilities on pages 4-6, the company's Directors are responsible for the preparation of the financial statements in accordance with applicable Irish Law and Irish Accounting Standards.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and Auditing Standards promulgated by the Auditing Practices Board in Ireland and the United Kingdom.

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Acts, 1963 to 1983 and 1990 to 2003. We also report to you whether in our opinion: Proper books of account have been kept by the company and whether the information given in the Director's Report is consistent with the Financial Statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit and whether the company's Balance Sheet and its Income and Expenditure account are in agreement with the books of account.

We report to you if, in our opinion, any information specified by law regarding directors' remuneration and directors' transactions is not given and, where practicable, include such information in our report.

We read the Director's Report and consider the implications for our report if we become aware of any apparent misstatement within it.

Basis of opinion

We conducted our audit in accordance with Auditing Standards issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Directors in the preparation of the Financial Statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

One In Four (Ireland) Limited

..... continued

Independent Auditors' Report to the Members of One In Four (Ireland) Limited

Opinion

In our opinion the financial statements give a true and fair view of the state of the company's affairs as at 31st December 2004 and of its deficit for the year then ended and that they have been properly prepared in accordance with the Companies Acts 1963 to 1983 and 1990 to 2003.

We have obtained all the information and explanations we consider necessary for the purposes of our audit. In our opinion, proper books of account have been kept by the company. The company's balance sheet and its income and expenditure account are in agreement with the books of account.

In our opinion, the information given in the Directors' Report on pages 4 to 6 is consistent with the financial statements.

John P. Carlin & Company
Chartered Accountants & Registered Auditors'
21 Upper Mount Street
Dublin 2

Date: 25 April 2005

**One In Four (Ireland) Limited
Income and Expenditure
for the year ended 31 December 2004**

	Notes	Continuing operations	
		2004	2003
		€	€
Income	2	549,407	709,939
Administrative expenses		(671,603)	(682,355)
Other operating income		13,059	13,059
		<hr/>	<hr/>
Deficit on ordinary activities before taxation		(109,137)	40,643
Tax on surplus on ordinary activities		-	-
(Deficit)/Surplus on ordinary activities after taxation		(109,137)	40,643
		<hr/>	<hr/>
Retained deficit for the year		(109,137)	40,643
Retained profit brought forward		40,643	-
		<hr/>	<hr/>
Accumulated (loss)/profit carried forward		(68,494)	40,643
		<hr/>	<hr/>

There are no recognised surplus or deficit other than the surplus or deficit for the above two financial years.

On behalf of the board

Patrick Jackman
Director

Dr. Jane Pillinger
Director

Date : 25 April 2005

The notes on pages on 12- 16 form an integral part of these financial statements

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One In Four (Ireland) Limited
Balance sheet
as at 31 December 2004

	Notes	2004		2003	
		€	€	€	€
Fixed asset					
Tangible assets	6		55,544		60,449
Current assets					
Debtors	7	17,509		9,145	
Cash at bank and in hand		40		38,403	
		<u>17,549</u>		<u>47,548</u>	
Creditors: amounts falling due within one year	8		(95,470)		(15,119)
Net current (liabilities)/assets			<u>(77,921)</u>		<u>32,429</u>
Total assets less current liabilities			<u>(22,377)</u>		<u>92,878</u>
Creditors: amounts falling due after more than one year	9		(6,941)		-
Deferred income	10		(39,176)		(52,235)
Net (liabilities)/assets			<u>(68,494)</u>		<u>40,643</u>
Capital and reserves					
Income and Expenditure account			(68,494)		40,643
Net Company Fund	11		<u>(68,494)</u>		<u>40,643</u>

On behalf of the board

Patrick Jackman
Director

Dr. Jane Pillinger
Director

Date : 25 April 2005

The notes on pages on 12- 16 form an integral part of these financial statements

One In Four (Ireland) Limited
Cash flow statement
for the year ended 31 December 2004

	2004		2003	
	€	€	€	€
Cash generated from operations				
Operating (Deficit)/ Surplus	(109,137)		40,643	
Reconciliation to cash generated from operations:				
Depreciation	16,605		13,519	
(Increase) in trade debtors	(6,898)		(8,680)	
(Increase) in other debtors	(1,466)		(465)	
Increase in trade creditors	24,432		6,860	
Increase in other creditors	15,935		8,259	
Government grant released	(13,059)		(13,059)	
	-----	(73,588)	-----	47,077
Cash from other sources				
Receipt of grant	-		65,294	
	-----	-	65,294	
Purchase of tangible fixed assets	(10,766)		(73,968)	
Interest Element of Finance Lease rental payments	(934)			
	-----	(11,700)	-----	(73,968)
Net decrease in cash in the year		(85,288)		38,403
Cash at bank and in hand less overdrafts at beginning of year		38,403		-
New Finance Lease		6,941		
		-----		-----
Cash at bank and in hand less overdrafts at end of year		(39,944)		38,403
Consisting of:				
Cash at bank and in hand		40		38,403
Overdrafts		(39,984)		-
		-----		-----
		(39,944)		38,403
		-----		-----

One In Four (Ireland) Limited
Notes to the financial statements
for the year ended 31 December 2004

..... continued

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention .

1.2. Income

Income represents the total invoice value, excluding value added tax, of services offered during the period, together with government grants and donations received.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Leasehold properties	-	Straight line over the life of the lease
Fixtures, fittings and equipment	-	20% straight line

1.4. Pensions

The operation of a Company pension scheme has been suspended until 2005.

1.5. Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the Income and Expenditure account over the expected useful life of the assets. Grants towards revenue expenditure are released to the Income and Expenditure account as the related expenditure is incurred.

2. Income

The total Income of the organisation for the year has been derived from its principal activity wholly undertaken in Ireland.

	2004	2003
	€	€
Class of business		
Government Grants and Donations	435,919	676,408
Faoiseamh	91,493	33,531
Fundraising	21,995	-
	<hr/>	<hr/>
	549,407	709,939
	<hr/>	<hr/>

One In Four (Ireland) Limited
Notes to the financial statements
for the year ended 31 December 2004

..... continued

3. Operating (Deficit)/Surplus	2004	2003
	€	€
Operating Deficit is stated after charging:		
Depreciation and other amounts written off tangible assets	16,605	13,519
	_____	_____
and after crediting:		
Government grants	13,059	13,059
	_____	_____
 4. Employees	 2004	 2003
	Number	Number
Number of employees		
The average monthly numbers of employees (including the Directors) during the year were:	9	8
	_____	_____
 Employment costs	 2004	 2003
	€	€
Wages and salaries - Administration	379,988	314,648
Medical Insurance	5,479	
Social welfare costs	40,660	33,057
Relocation Costs		13,000
Other pension costs	(7,644)	7,644
	_____	_____
	418,483	368,349
	_____	_____
 4.1. Directors' emoluments	 2004	 2003
	€	€
Remuneration	-	13,333
	_____	_____

5. Pension costs

The Company has agreed in conjunction with its employees that a pension scheme will not operate until 2005.

One In Four (Ireland) Limited
Notes to the financial statements
for the year ended 31 December 2004

..... continued

6. Tangible fixed assets

	Long leasehold property €	Fixtures fittings and equipment €	Total €
Cost			
At 1 January 2004	8,500	65,468	73,968
Additions	-	10,766	10,766
At 31 December 2004	8,500	76,234	84,734
Depreciation			
At 1 January 2004	425	13,094	13,519
Charge for the year	425	15,246	15,671
At 31 December 2004	850	28,340	29,190
Net book values			
At 31 December 2004	7,650	47,894	55,544
At 31 December 2003	8,075	52,374	60,449

7. Debtors

	2004 €	2003 €
Trade debtors	15,578	8,680
Other debtors	657	-
Prepayments and accrued income	1,274	465
	17,509	9,145

8. Creditors: amounts falling due within one year

	2004 €	2003 €
Bank overdraft	39,984	-
Net obligations under finance leases and hire purchase contracts	1,488	-
Trade creditors	31,292	6,860
PAYE and social welfare	22,706	(2,133)
VAT	-	2,748
Accruals	-	7,644
	95,470	15,119

One In Four (Ireland) Limited
Notes to the financial statements
for the year ended 31 December 2004

..... continued

9. Creditors: amounts falling due after more than one year	2004	2003
	€	€
Net obligations under finance leases and hire purchase contracts	6,941	-
	<hr/>	<hr/>
10. Deferred income	2004	2003
	€	€
Government Capital Grants		
At 1 January 2004	52,235	-
Grant income received in the year	-	65,294
	<hr/>	<hr/>
Released in year	52,235 (13,059)	65,294 (13,059)
At 31 December 2004	<hr/> 39,176	<hr/> 52,235
	<hr/>	<hr/>
11. Reconciliation of movements in Members' funds	2004	2003
	€	€
At 1 January 2004	40,643	-
(Deficit)/Surplus for the year	(109,137)	40,643
At 31 December 2004	<hr/> (109,137)	<hr/> 40,643
Opening shareholders' funds	<hr/> 40,643	<hr/> -
Closing shareholders' funds	<hr/> (68,494)	<hr/> 40,643
	<hr/>	<hr/>

One In Four (Ireland) Limited
Notes to the financial statements
for the year ended 31 December 2004

..... continued

12. Liability of Members

Every member of the company undertakes to contribute to the assets of the company in the event of the same being wound up while he is a member, or within one year after he ceased to be a member for payment of the debts and liabilities of the company contracted before he ceased to be a member, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors themselves, such as may be required not exceeding €6.35.

13. Approval of financial statements

The financial statements were approved by the Board on 25th April 2005 and signed on its behalf by

Patrick Jackman
Director

Dr. Jane Pillinger
Director

Date : 25 April 2005

One In Four (Ireland) Limited
Detailed Income and Expenditure account
for the year ended 31 December 2004

	2004 €	2003 €
Income	549,407	709,939
Administrative expenses		
Wages and salaries	379,988	297,207
Directors' remuneration	-	13,333
Employer's PRSI contributions	40,660	33,057
Staff relocation costs	-	13,000
Pensions	(7,644)	7,644
Medical Insurance	5,479	4,108
Staff training	645	6,657
One in Four UK Donation	-	50,000
Expenses paid by One in Four UK	-	32,069
Rent payable	47,175	52,748
Psychotherapy and supervision service	130,435	61,017
Insurance	6,812	8,430
Computer bureau costs	1,943	-
Light and heat	3,853	3,874
Cleaning	3,629	849
Repairs and maintenance	4,477	7,979
Printing, postage and stationery	6,429	21,991
Advertising	1,265	-
Telephone	7,905	14,316
Computer costs	121	1,553
Fundraising expenses	7,646	372
Travel and subsistence	4,669	28,341
Legal and professional	938	115
Interest on taxation	506	-
Bank charges	953	511
Canteen	-	1,619
General expenses & Fundraising exp	7,114	7,746
Subscriptions	-	300
Amortisation on long leasehold	425	425
Amortisation on short leasehold	934	-
Depreciation on FF & Equipment	15,246	13,094
	671,603	682,355
	(122,196)	27,584
Other operating income		
Government grants received	13,059	13,059
	13,059	13,059
Operating (Deficit)/Surplus	(109,137)	6% 40,643



Acknowledgements

Acknowledgements

One in Four Ireland would like to acknowledge and thank the many individuals and companies who have donated funds or services to the organisation in 2004. Without such support, the organisation could not have developed and delivered the high level and quality of service that has been achieved. Many who have donated time, effort and money have done so anonymously. Many have asked that donations be private. We thank each and every such supporter of our work.

We would like to express our gratitude and indebtedness to the many volunteers who gave of their time to the organisation in 2004.

Some support has been public; we would like to thank the following people and organisations for their support:

- The Department of Health and Children
- St. Patricks Missionary Society, Kiltegan
- Comhairle

One in Four Ireland would like to acknowledge the ongoing support and assistance it receives from the Department of Health & Children. The DoHC are the primary funders of One in Fours' services.

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Auditors':
John P. Carlin & Company
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