


Annual Report
2018

**One in Four has
given me the will
to keep going
when I am in the
eye of the storm**

ONE IN FOUR
Ending the trauma of childhood sexual abuse



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**“ Reaching out
to One in Four
has been the
best decision
I ever made ”**





Principles of Good Governance

We, The Board of Directors of One in Four commit to:

Principle 1. Leading our organisation.

We do this by:

- 1.1 Agreeing our vision, purpose and values and making sure that they remain relevant;
- 1.2 Developing, resourcing, monitoring and evaluating a plan to make sure that our organisation achieves its stated purpose;
- 1.3 Managing, supporting and holding to account staff, volunteers and all who act on behalf of the organisation.

Principle 2. Exercising control over our organisation.

We do this by:

- 2.1 Identifying and complying with all relevant legal and regulatory requirements;
- 2.2 Making sure there are appropriate internal financial and management controls;
- 2.3 Identifying major risks for our organisation and deciding ways of managing the risks.

Principle 3. Being transparent and accountable.

We do this by:

- 3.1 Identifying those who have a legitimate interest in the work of our organisation (stakeholders) and making sure there is regular and effective communication with them about our organisation;
- 3.2 Responding to stakeholders' questions or views about the work of our organisation and how we run it;
- 3.3 Encouraging and enabling the engagement of those who benefit from our organisation in the planning and decision-making of the organisation.

Principle 4. Working effectively.

We do this by:

- 4.1 Making sure that our governing body, individual board members, committees, staff and volunteers understand their: role, legal duties, and delegated responsibility for decision-making;
- 4.2 Making sure that as a board we exercise our collective responsibility through board meetings that are efficient and effective;
- 4.3 Making sure that there is suitable board recruitment, development and retirement processes in place.

Principle 5. Behaving with integrity.

We do this by:

- 5.1 Being honest, fair and independent;
- 5.2 Understanding, declaring and managing conflicts of interest and conflicts of loyalties;
- 5.3 Protecting and promoting our organisation's reputation.

We confirm that our organisation is committed to the standards outlined in these principles. We commit to reviewing our organisational practice against the recommended actions for each principle every year.

Chairperson of Board
Date: 17/10/2018

Secretary of the Board
Date: 17/10/2018

Chairperson's Introduction

It is with great pleasure that I present the One in Four Annual Report for 2018. The Annual Report provides an overview of the important work carried out by One in Four, providing much needed services to enable adult victims of childhood sexual abuse survive, heal and move on with their lives.

These critically important services include individual and group psychotherapy programmes for victims of sexual violence and abuse, advocacy services for people who need support in their interaction with the criminal justice system and group and individual offender treatment programmes.

In 2018, psychotherapy services were provided to 121 individuals and 25 group participants. In total, 3,607 hours (2017: 2,814) were provided to individuals and families by One in Four's psychotherapists. During the year advocacy services were provided to 553 clients (2017: 588).

There continues to be strong demand for One in Four's innovative and pioneering Phoenix Programme with 52 sex offenders attending (2017: 54). Notably, almost two thirds of Phoenix clients are located outside of the Greater Dublin region.

One in Four continues to build on the organisation's excellent reputation, both domestically and internationally, and the expertise of our team continues to be called upon across print, radio and television to provide insights to policy makers and the public at large.

The Board of One in Four remains totally committed to maintaining the highest standards in corporate governance and transparency with stakeholders and this is evident through One In Four's financial reporting and our GDPR policies that were enacted during the year.

As Chair of the Board, I would like to thank my fellow non-executive directors for their excellent work during the year and the vast knowledge, experience and dedication that they bring to One in Four on a voluntary basis.

As always, the Board wishes to acknowledge and thank the staff of One in Four, led by the Executive Director and the management team. The professionalism and high performance culture of the staff in One in Four is visible across all parts of the organisation and positions One in Four well for continued success.

David Holohan
Chairperson, Board of One in Four

“
**Without
One in Four
I would still
be battling
on in silence**
”

Executive Director's Introduction

2018 has been a difficult year for One in Four. The demand for our services by adult survivors of child sexual abuse continued to outstrip our ability to respond in a timely way. We had to close our waiting list for four months, a matter of huge concern to us given the very vulnerable group of people we serve. The situation was exacerbated by the visit to Ireland by Pope Francis in August. The huge media attention surrounding the visit motivated large numbers of clerical abuse survivors to reach out for help and we were unable to respond. Unfortunately our application for emergency funding to deal with this exceptional circumstance was unsuccessful. We will never know what happened to the people, many of them desperate, whom we had to turn away.

“
**I found
waiting for
6 months
to get an
appointment
very difficult—
I felt I was
in limbo**
”

At One in Four we have a deep understanding of the harm caused by child sexual abuse and its pervasive impact across the survivor's lifetime. While we know that good psychotherapy and advocacy support can help transform people's lives, we believe that the only way to end the suffering is to protect children from sexual harm. That belief underlies all of our work.

We welcomed the introduction of mandatory reporting of child sexual abuse in 2017. Even though our clients are now adults we know that sex offenders can often target the next generation of children. We notify Tusla child protection services of every allegation made by our clients.

We notice that an increasing number of our clients want to make a complaint to the Gardaí and in 2018 our Advocacy Officers supported 35 clients whose cases went to trial. Participating in a criminal trial as a complainant witness can be a humiliating and re-traumatising experience and the fear of the process deters many victims of sexual crimes from coming forward. We welcome the establishment of the Criminal Justice Review Group by the Minister for Justice and Equality, Charlie Flanagan, in 2018 and look forward to the publication of its findings.

The Phoenix Sex Offender Intervention Programme is a core child protection strategy at One in Four. Through our challenging work with those who have caused sexual harm and with their families, we are helping to break the cycle of sexual abuse. We work closely with Tusla and the Gardaí in putting in place child safeguarding measures. People travel from all over Ireland to attend the programme, and there is always a waiting list. This highlights the need to have similar programmes in every county in the country if we are to be serious about keeping children safe.

Maeve Lewis
Executive Director

Advocacy Programme

The Advocacy programme provides specialist support to women and men who have experienced sexual violence. The key emphasis of the service is to provide clear and accessible information about the justice systems and child protection procedures. Our team are skilled in identifying and responding to the trauma often retriggered in the legal processes.

Our primary focus is to support our clients in dealing with the complex fallout of sexual violence. The advocacy services today create value for clients in unique ways.

Criminal Justice system

Our clients desire to achieve justice can be very much at odds with their experience of the legal system. We are here to offer support from the outset when someone is deciding to make a complaint to Gardaí through to support in court, preparing impact statements and post court. Making a statement to Gardaí can be a daunting first step. Disclosing the intimate details of a sexual assault to a Garda can be demeaning experience and bring painful emotions to the surface. The process rarely gets easier from there on. People describe the system as dispassionate and insensitive. We know from our work how vital this professional support is if people are to endure the system without additional suffering. It is important to acknowledge that reporting the crime plays a crucial role in the road to recovery. We see how understanding and respect shown to complainants by the legal professionals goes a long way in lessening their feelings of fear and anxiety.

Child protection

The Children First Act 2015 mandates certain professionals to notify the Child and Family Agency of any information or concerns that children may be at risk. There is still a degree of confusion out there on what happens to the information once a report is made. It is important this confusion does not discourage adults from accessing support. The Advocacy team provide vital support to clients and professionals with making these notifications to the Child and Family Agency. Our clients understand from their experience the risk an abuser can pose. However taking the step to report to Tusla can be overwhelming. Support and clear information about how disclosures are dealt with by Tusla is crucial to ensure no further distress is caused to those who decide come forward.

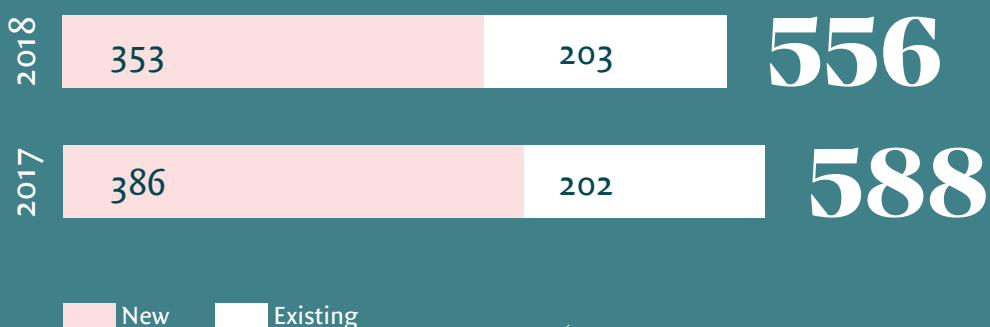
The Pope's Visit

There is no doubt the visit of Pope Francis in August 2018 reactivated old feelings of anger and frustration for many survivors. Those who contacted us expressed their despair and hurt with the lack of genuine acknowledgement of the harm the Church has caused. There was an overall sense that the Vatican had not learned from the countless disclosures and investigations here in Ireland. While it was a distressing time for many there was great comfort found in the many solidarity gatherings like Stand for Truth that were held around the country.

Deirdre Kenny
Advocacy Director

Advocacy Statistics

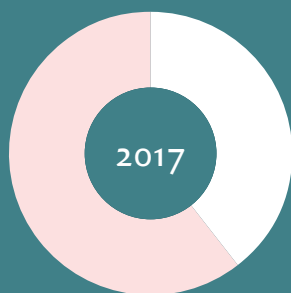
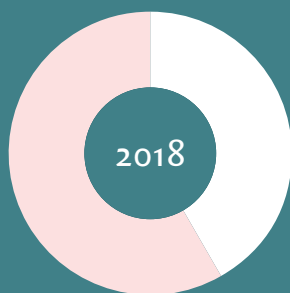
TOTAL ADVOCACY CLIENTS



ADVOCACY CLIENTS GENDER

58%
Female (323)

42%
Male (233)

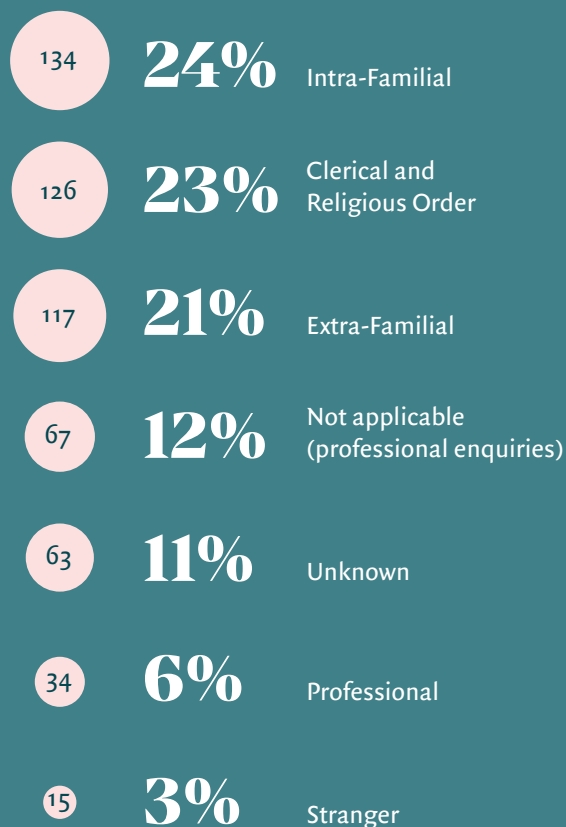


61%
Female (356)

39%
Male (232)

CONTEXT OF SEXUAL ABUSE FOR ADVOCACY CLIENTS

Total Clients: 553



TYPE OF ENQUIRIES BY ADVOCACY CLIENTS

Primary Enquiry, total: 636*

Primary Enquiry*	2018	%
Criminal Justice System Including Court accompaniment	245	39%
Child Protection	123	19%
Civil Law Processes	73	11%
GSOC	3	1%
Other (Housing, education, social welfare etc.)	192	30%
Total	636*	100%

*Many clients have multiple enquiries.

OUTCOMES FOR ADVOCACY CLIENTS 2018*

Outcome	2018
Child Protection Notification to Tusla	63
Child Protection information provided	164
Support in making Garda statement	25
Legal advice recommended	23
Criminal Court accompaniment	19 (at Trial stage)
Civil Court accompaniment	11
Referral to counselling services	25
Support in engaging with GSOC	2
Support in engaging with Catholic Church	2
Other referrals (Caranua, housing, social welfare etc)	52

*There are clients where outcome is not yet available

COURT ACCOMPANIMENT

35 In 2018 we supported 35 clients in the criminal courts

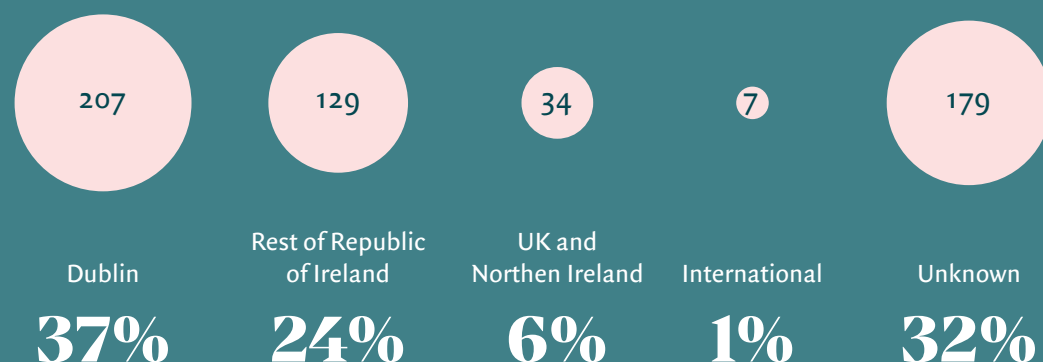
12 concerned mentions in the District and Circuit Courts

23 cases went to trial. The outcomes were:

- Guilty pleas in 4 cases
- Guilty verdicts in 2 cases
- Not guilty verdicts in 1 case
- A hung jury in 3 cases
- Mistrials in 2 cases
- 11 cases are on-going

1 case from previous years went to a Court of Appeal hearing

GEOGRAPHICAL LOCATION OF ADVOCACY CLIENTS



Psychotherapy Programme

The One in Four psychotherapy programme provides specialised individual and group therapy to men and women who have been sexually abused in childhood and to their families. We understand that sexual abuse does not happen in isolation. The child, their family, their community and the wider society are all impacted, and any effective intervention must take account of this.

The client's first point of contact is an individual assessment meeting with a therapist. This facilitates a broad exploration of the impact of sexual abuse on the person's life and to tentatively establish what the client might need.

Child protection is also discussed. Following this meeting the client may be offered a place on the 20 week Initial Stage Therapy programme or may be referred to another specialist service; for example if there are addiction issues. The client meets a therapist weekly following a structured evidence based programme exploring their family of origin, their current life situation, their coping strategies and their relational style. Child protection concerns are addressed and notifications are made to the Child and Family Agency. At the end of this programme the client and therapist work together to decide the specific pathway that is required to repair the harm done.

This may include longer term individual or group therapy or the client may decide they have achieved what they needed. If the decision is to move into longer term therapy, a therapeutic needs plan is developed jointly which will inform the direction therapy will take. One of the significant themes that continue to emerge is the realisation for clients that they need the understanding and support of family members.

Psychotherapy at One in Four is based on an attachment –based trauma model of working with adult survivors. The majority of clients who enter long term therapy remain with the service for 2 – 3 years. Fewer than 10% of clients remain in therapy for over 4 years.

Family Support

Over 40% of One in Four Psychotherapy clients have been sexually abused by a family member. The disclosure of abuse has an enormous impact on the entire family system: victim, offender and the non-offending family members. Typically family members are torn between loyalty to the offender, fear of the societal response and concern for the victim. Families are often terrified of the consequences of a disclosure within the community and fear being ostracised. Some families enter total denial and ostracise the victim while others have a more ambivalent response. Families in this situation need an enormous amount of assistance both to support the victim and to ensure that other children in the family are safe. One in Four offers a psycho-educative family support programme. Initially families are met for an individual session to assess their needs and impact on them, and to explore their response to the disclosure. Families tell us of the shame and guilt they feel that sexual abuse has occurred on 'their watch'. Families can be very split in relation to the disclosure and each individual's voice needs to be heard. Individuals then join a group with people from other families who have had similar experiences. In 2018 28 family members were assisted in this way.

Eileen Finnegan
Clinical Director

Psychotherapy Statistics

ASSESSMENT MEETINGS

111

111 individuals attended initial assessment meetings in 2018. Of these, some were referred to specialist services.

27

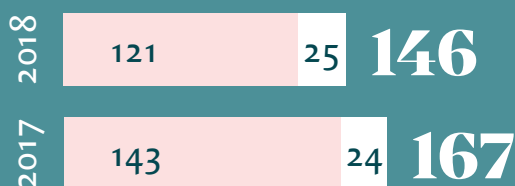
27 people we met at assessment had attempted suicide at some point of their life.

52

Our waiting list for psychotherapy was closed between June and November 2018. On December 31st 2018 there were 52 people on the waiting list for psychotherapy.

TOTAL NUMBER AND GENDER INDIVIDUAL AND GROUP PSYCHOTHERAPY

Total Clients 2018: 146

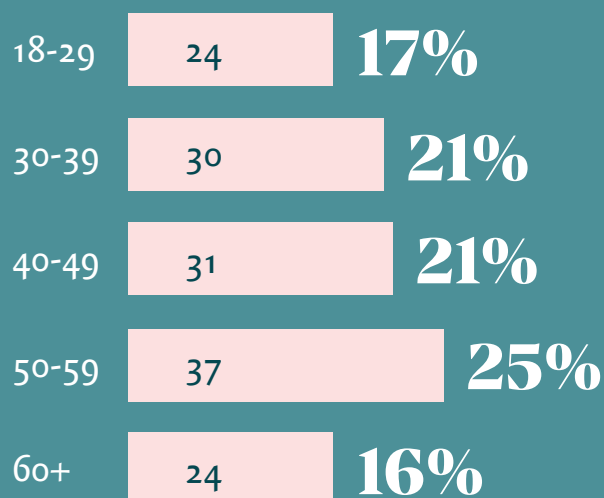


Individual Group

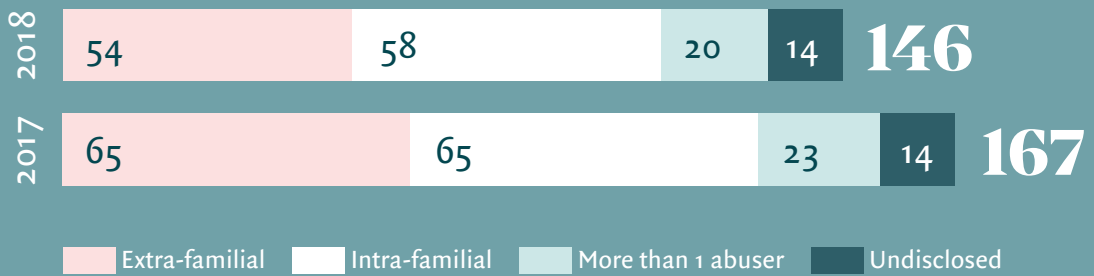
	Male		Female	
	2018	2017	2018	2017
Individual	53	60	68	83
Group	7	7	18	17
Total	60	67	86	100

AGE RANGE OF INDIVIDUAL AND GROUP PSYCHOTHERAPY CLIENTS

Total Clients 2018: 146



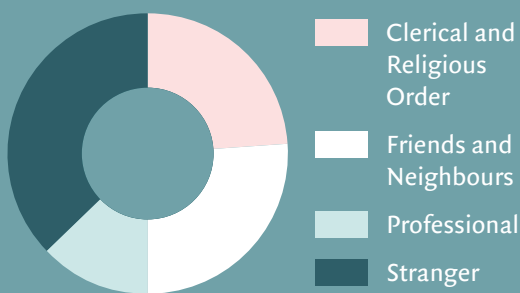
CONTEXT OF SEXUAL ABUSE INDIVIDUAL AND GROUP PSYCHOTHERAPY CLIENTS



Context	Number		%	
	2018	2017	2018	2017
Extra-familial	54	65	37	39
Intra-familial	58	65	40	39
More than 1 abuser	20	23	14	14
Undisclosed	14	14	9	8
Total	146	167	100	100

EXTRA-FAMILIAL ABUSE

Breakdown Individual and Group Psychotherapy Clients

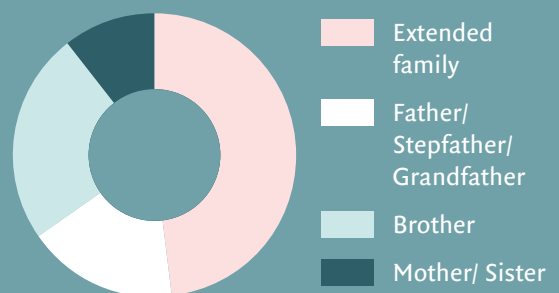


Type	Number	% *
Clerical and Religious Order	13	9%
Friends and Neighbours	14	10%
Professional	7	4%
Stranger	20	14%
Total	54	37%

*of 146 total

INTRA-FAMILIAL ABUSE

Breakdown Individual and Group Psychotherapy Clients

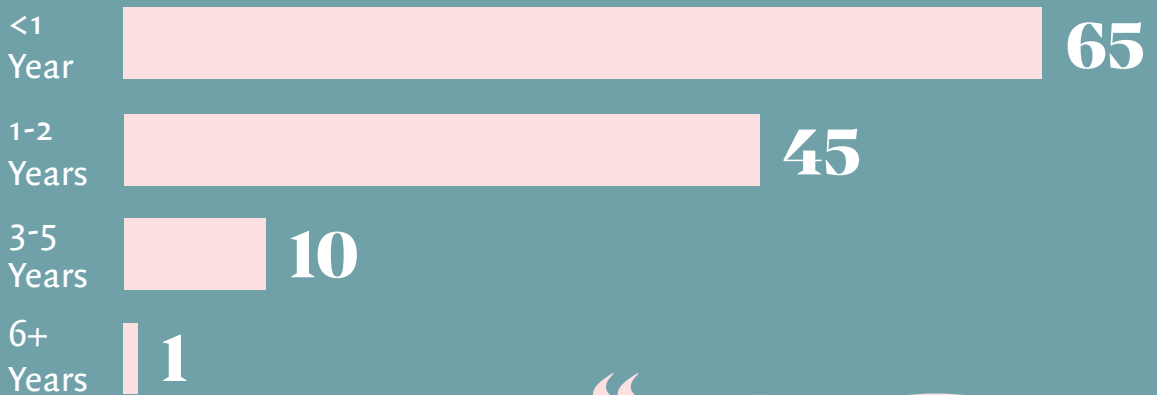


Relationship	Number	% *
Extended family	28	19%
Father / Stepfather / Grandfather	10	7%
Brother	14	10%
Mother, Sister	6	4%
Total	58	40%

*of 146 total

LENGTH OF TIME IN INDIVIDUAL PSYCHOTHERAPY

Total Clients 2018: 121

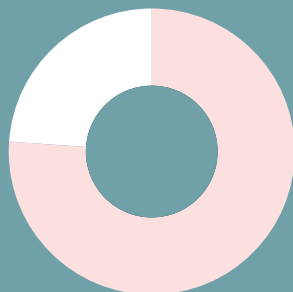


GEOGRAPHICAL PROFILE OF INDIVIDUAL AND GROUP PSYCHOTHERAPY CLIENTS

Total Clients 2018: 146

71%
Greater Dublin
(103)

29%
Rest of Ireland
(32)



“**Because of therapy at One in Four my mental and physical health has improved to an extent I find astounding**”

FAMILY SUPPORT PROGRAMME

28

28 family members attended the Family Support Programme in 2018

3,607

Total Psychotherapy Hours: 3,607

The Phoenix Programme

The Phoenix Programme is seen at One in Four as a core child protection strategy. We work with the sex offenders, their families and the statutory services to help offenders confront the harm that they have caused and to support them in living lives that are free from sexually harmful behaviour. The programme is underpinned by the Good lives Model and risk management principles to reduce recidivism.

It is one of the very few programmes available for non-convicted offenders in Ireland. Last year we worked with 52 individuals.

Sex offenders are referred to the programme by Tusla, the Gardaí, the Courts and by their families. The programme is delivered from a Good Lives, Risk Needs (RNM) Relapse Prevention and Systemic theoretical pathways model. The individual will only begin the Pathways Model following their meeting with a Social Worker from Tusla. Once the individual has engaged with Tusla this begins the Multi Agency Risk Management meetings. Multi Agency Risk Management meetings will take place throughout the duration of the individual and family (if available) engagement with the programmes.

The risk needs will be gathered initially in the one to one screening meetings which will include the SA07 (STATIC and STABLE 2007) the MATRIX 2000 and the Armadillo 2013, the SCJT (Structured Clinical Judgement Gathering Tool) gathering tools which will inform in the risk management case formulation. There are also specific gathering tools to deal with Child Sexual Abuse material (C.S.A.M) The case plan is used to understand the motivation and pathways that led to the individual offending and to inform treatment. One in Four does not undertake risk assessments.

The treatment programme is delivered over 18 months in a group setting. Three modules focus on early life history, offence specific details and relapse prevention. Tusla child protection services and the Gardaí are informed when an offender engages with the Phoenix Programme.

One in Four staff psychotherapists take part in multi-agency meetings on a regular basis, with a view to managing the offenders in the community. Following treatment the offender attends an intervention maintenance group which supports and reinforces relapse prevention.

An increasing number of young offenders aged 18 – 29 attended the programme in 2018, comprising 36% of total participants. Research suggests that, without intervention, this age group has the highest recidivism rate. From a child protection perspective, it is vital to intervene with this group.

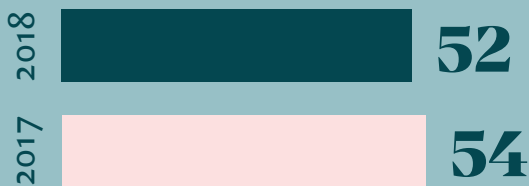
In 2018 offenders travelled from all over the country to attend the Phoenix Programme, with 65% of individuals coming from outside Dublin. This highlights the need for this type of community intervention programme throughout the country.

Family Support is a key aspect of the Phoenix Programme. Family members, usually the wife/partner or parent of the offender, are invited to attend a psycho-educative support group which allows them to learn about characteristics of individuals who offend, offending behaviour and the pathways that led to the offending behaviour. Understanding the pathways that led to the offending behaviour is paramount in prevention and is at the heart of protecting children from sexual harm. During 2018 we also met the parents of the young men attending the programme and the dilemma they face in wanting to support the victims and to protect children but also in trying to come to terms with the lifelong consequence for the young offenders. We are very grateful to HFC Ireland for supporting the family programme in 2018.

Eileen Finnegan
Clinical Director

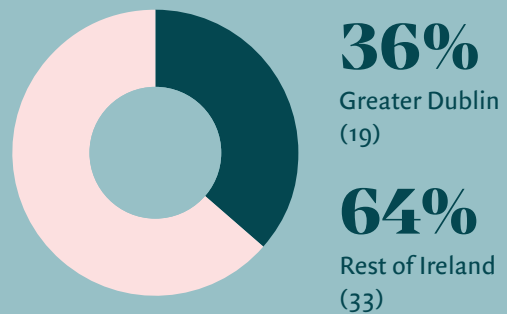
The Phoenix Programme Statistics

**PHOENIX PROGRAMME:
ACTIVE CLIENTS 2018 AND 2017**
Individual and Group Therapy



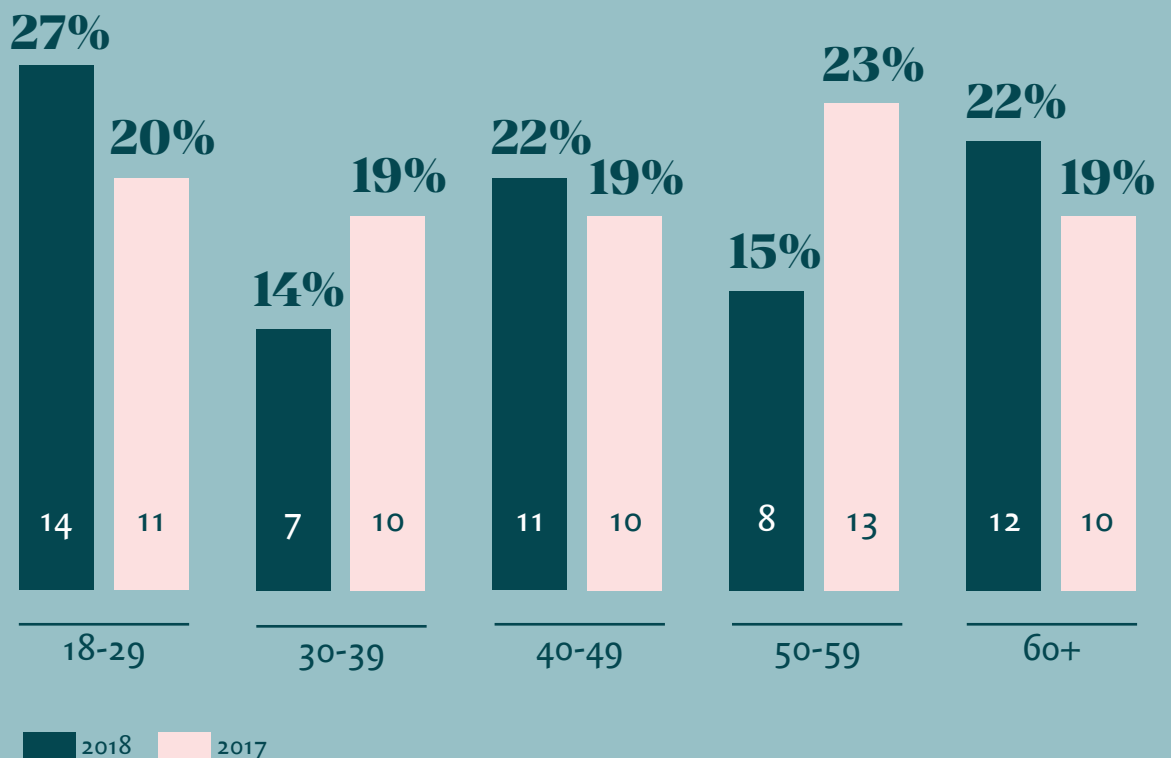
**GEOGRAPHICAL PROFILE
OF PHOENIX CLIENTS**

Total Phoenix Clients 2018: 52



AGE RANGE OF PHOENIX CLIENTS 2018 AND 2017

Total Clients 2018: 52 and 2017: 54



CONTEXT OF SEXUAL OFFENDING: PHOENIX PROGRAMME

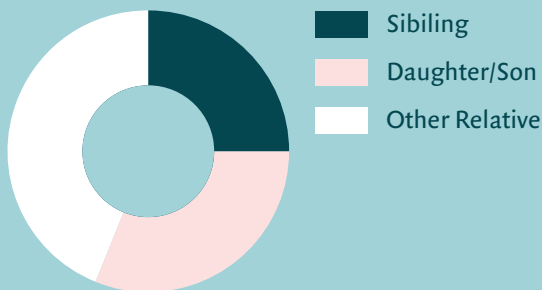
Relationship to Victim as per First Disclosure*



*Some men sexually abused more than one child

■ Intra-familial (31%) ■ Extra-familial (61%) ■ Both (8%)

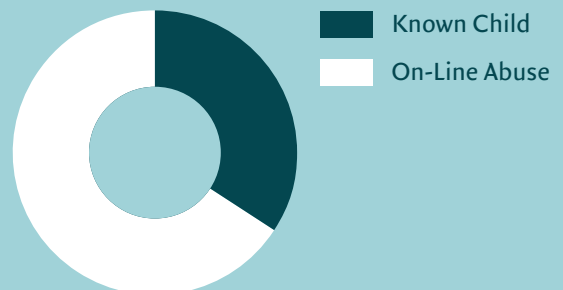
INTRA-FAMILIAL ABUSE



Relationship to Victim as per First Disclosure	Number	% *
Sibling	4	8%
Daughter/Son	5	10%
Other Relative	7	13%
Total	16	31%

*of 52 total

EXTRA-FAMILIAL ABUSE



Relationship to Victim as per First Disclosure	Number	% *
Known Child	11	21%
Unknown Child	0	0%
On-Line Abuse	21	40%
Total	32	61%

*of 52 total

FAMILY SUPPORT PROGRAMME

18

18 wives/partners or mothers/fathers of the sex offenders attended the Positive Living Support Programme in 2018

“
At One in Four
I found the first
therapist I could
be completely
honest with
 ”

Policy and Influencing

Much of the work of One in Four takes place in the privacy of the therapy room. It is there that men and women tell us their painful individual stories of childhoods destroyed by sexual abuse and adult lives shadowed by that experience. But the sexual abuse they experienced is not only a profoundly personal tragedy but is also a serious crime. It is very likely that the person who abused our client twenty years ago is still a danger to children. Unlike other areas of psychotherapy, it is not possible to work with the personal impact of sexual abuse without the involvement of statutory agencies. Many of our clients become involved in statutory processes, especially child protection and criminal justice systems. They tell us how they often feel disempowered and humiliated through this involvement. The systems often seem unable to recognise the vulnerability of adult survivors and the potential to re-traumatise people. We regularly engage with the Government, legislators and policymakers at every level to try to ensure that legislation and procedures adequately reflect the needs of our clients.

Public awareness of sexual abuse has grown remarkably in the past decade but there is still no widespread recognition of its prevalence and of the fact that children are mainly abused in their own families and communities. We engage regularly with the media for comment and discussion to keep the issue to the foreground of public discourse.

In 2018 we focused on the following issues:

CHILD PROTECTION

All our clients are adults who have been sexually abused as children. While the abuse may have taken place many years ago, we know from our work with sex offenders that they will continue to abuse until they are caught. The man who abused his children may now be abusing his grandchildren; the teacher who abused pupils may now be targeting a new generation of school children. We therefore notify Tusla child protection services of all allegations that we receive.

Until recently the response of child protection teams across the country to retrospective allegations was often patchy and inconsistent. We now notice that retrospective allegations are processed more promptly, and we welcome the establishment of dedicated retrospective allegation teams across the country. However, we still experience variations in the responses of child protection teams from different areas.

In 2018:

- *We met with senior officials from Tusla to discuss our concerns.*
- *In association with Rape Crisis Network Ireland we organised a Roundtable Forum with representatives from Tusla, the Gardaí and NGOs working in the field to discuss the challenges and common concerns in dealing with retrospective allegations of child sexual abuse. A key finding was the need for legislative reform.*

CRIMINAL JUSTICE SYSTEM

Gardaí

Fewer than 15% of our clients make a complaint to the Gardaí. Many do not wish to see a family member prosecuted, others are terrified of the process involved.

While many clients speak highly of their involvement with the Gardaí, others have very negative experiences. In many instances this is because junior Gardaí with little training or experience in sexual crimes are the investigating officer. We welcome the introduction of specialist Protective Services Units which are to be rolled out in every Garda Division.

In 2018 we engaged regularly with senior Gardaí in the National Protective Services Bureau in Harcourt Square.

The Criminal Courts

An increasing number of clients' cases are proceeding to trial. In 2018 we accompanied clients whose cases went to trial at the Central Criminal Court or the Circuit Criminal Court and others whose cases came up for mention in the District Court. Unfortunately, every client describes their experience of the criminal trial as demeaning and re-traumatising. The Criminal Justice (Sexual Offences) Act came into law in early 2017. The Act contains important provisions regarding the trial of sexual offences. In particular, the greater use of pre-trial hearings and greater judicial scrutiny of the discovery of counselling notes may improve the experience of our clients. It remains to be seen how these provisions are interpreted and used by the Courts.

The Belfast Rape trial in 2018 attracted huge public attention. Although taking place in a different jurisdiction, it gave the public an insight into the conduct of trials of sexual offences and the ordeal that faces complainant witnesses in those trials.

In 2018:

- *We met with Minister for Justice and Equality, Charlie Flanagan, TD, to discuss our clients' experiences in engaging with the criminal justice system.*
- *We made a submission to the Criminal Justice Review Group chaired by Professor Tom O'Malley and attended a meeting of the Group.*

VISIT OF POPE FRANCIS

Pope Francis's visit to Ireland generated renewed media interest in clerical sexual abuse, coming as it did just after the publication of the findings of the Pennsylvania investigation. This triggered a large number of new contacts to One in Four, at a time when our waiting list was closed. This highlights the fact that many survivors of clerical abuse are still in need of support and psychotherapy.

VICTIMS' RIGHTS ALLIANCE

We have been active members of the Victim's Rights Alliance, working with other NGOs to ensure that the EU Directive on Victim's Rights will be implemented in full.

INTERNATIONAL CRIMINAL COURT

In July 2016 our Executive Director, Maeve Lewis, was called to give evidence as an expert witness in sexual violence at the International Criminal Court at The Hague. Since then she continues to deliver training on sexual trauma to prosecutors and investigators at the ICC.

TRAINING

Over the years One in Four has developed a high level of expertise in working with adult survivors of child sexual abuse and we have created a model of psychotherapy and advocacy support that reflects their needs. We now offer tailored training courses to professionals and organisations so that our experience can inform their engagement with survivors.

RESEARCH

We are committed to researching our work with our clients so as to ensure that our approach to psychotherapy and advocacy meets the highest standards. While we have limited internal resources to conduct research, we regularly engage with the university sector so that academics and research students in the field of sexual violence can have access to our work.

In 2018 we worked with students in the School of Law at the University of Limerick to explore different approaches to the trial of sexual offences in continental EU countries.

PREVALENCE OF SEXUAL VIOLENCE

The SAVI Report of 2003 was ground breaking research into the prevalence of sexual violence in Ireland. It had been intended that the research would be replicated a decade later but this plan was dropped due to the recessions.

In 2018 One in Four made a presentation to the Sexual Violence Survey Scoping Group and welcome the Government decision to commission the Central Statistics Office to undertake a new prevalence survey. One in Four has since been invited to be a member of the Sexual Violence Survey Liaison Group.

PUBLIC AWARENESS

Most people who have been sexually abused do not wish to speak publicly about their experiences. At One in Four we consider it to be a vital aspect of our work to act as a voice for survivors who have been silenced by the shame and stigma that can still be attached to sexual abuse.

In 2018:

- We took part in numerous national and international print radio and TV media discussions on child sexual abuse.*
- We engaged in a research project with Dr Maria Quinlan and Patrick Bolger whereby they used Photo voice research methodology to work with a group of our clients. This involved our clients taking photos to reflect their experiences and writing about the photos. The result was I Am One in Four, a powerful public exhibition which took place in December 2018.*

“
When I reported my sexual abuse to the Gardaí, it felt as if my Advocacy Officer was the only person in my corner
”

Fundraising

The demand for One in Four's services continues to grow and we always have a waiting list. Our list was closed for 4 months in 2018. This is a continuous source of worry because of the vulnerability of our client groups. We know of at least four people who have taken their own lives in the past six years while they were waiting for an appointment.

We are extremely grateful for the essential support we receive each year from the HSE, the Commission for the Support of Victims of Crime and Tusla. Our innovative and essential services were also made possible in 2018 by the generosity of the Cathal Ryan Foundation, Help for Children Ireland, the ESB Energy for Generations Fund, The Cork Street Fund, Dublin Bus Community Spirits Awards and Civil Service Charity Fund.

Our capacity to raise voluntary funds is essential if we are ever to meet the needs of all our clients. We have continued to invest and diversify our portfolio of income streams maintaining the highest standards of fundraising practise, providing value, transparency and accountability to our donors.

We are continually inspired by our supporters, the cyclists, the runners, the birthday fundraisers and the regular givers. Our Crowd funding page set up in July helped us acquire new donors who supported our appeal following an increased demand for our services. We established new community events with 30 teams taking part in Water Zorbing on Grand Canal docks and an Abseil in Croke Park.

We were honoured to have the extremely talented artist Hozier donate the proceeds of a gig to us.

Fundraising in the private and philanthropic sectors is an essential part of our work. The Photovoice exhibition in December helped us nurture new and existing corporate relationships. Telling our story and demonstrating the impact allows companies the opportunities to see the value for their staff and their brand in aligning their diversity and social responsibilities programmes with our goal to protect children and end the trauma of sexual abuse.

John Ryan McLaughlin
Head of Fundraising

“
**One in Four
has truly
helped me
to change
the course
of my life**
”

Governance

One in Four is a Company Limited by Guarantee and a Registered Charity. We are compliant with the Voluntary Governance Code for Charities and with the Statement of Guiding Principles for Fundraising, the Statement of Recommended Practices, Accounting and Reporting by Charities (SORP) and with the Charity Regulatory Authority.

Following the introduction of GDPR in 2018 we have developed a compliant Data Protection Policy.

The Board of Directors is responsible for the overall governance of the organisation and for developing and directing the strategic vision.

The Board has two sub-committees: Audit & Risk and Governance. The Sub-Committees are made up of Board members but may also co-opt non Board members as appropriate.

The Board meets seven times per annum and is furnished with detailed financial and activity reports at each meeting. The Executive Director and a staff representative attend each meeting.

The Executive Director reports to the Board and is delegated responsibility for the day-to-day running of the organisation.

In 2018 One in Four employed a total of 17 full-time and part-time staff, equivalent to 14.2 full-time positions.

BOARD OF DIRECTORS

Chairperson: David Holohan
Secretary: Donal Cronin
Treasurer: Brenda Kyle
(Resigned October 2018)
Helen Bunbury
(since October 2018)

Board Members: Marie Carroll, Tina Maguire, William McLoughlin, Karl O'Connor and Dr Jane Pillinger (Resigned November 2018)

MANAGEMENT TEAM:

Executive Director: Maeve Lewis; *Advocacy Director:* Deirdre Kenny; *Clinical Director:* Eileen Finnegan; *Head of Fundraising:* John Ryan McLaughlin; *Accounts and HR Manager:* Deirdre Mackay.

STAFF:

Advocacy Officers: Frank Dunleavy, Damien McKenna, Nicola Murphy (resigned September 2018) and Naomi Gould (since November 2018).

Psychotherapists: Julie Brown, Conn Dorai-Raj (resigned August 2018), Bobbi Grogan, Orlagh Hestor (since October 2018) Antoinette McKeogh and Ciara Mangan (resigned July 2019), Tom O'Connor (since October 2018)

Fundraising Officer: Stephanie Russell.

Administration: Lorna Cleary, *Clinical Administrator;* Ann Marie McGowan, *Receptionist and Margaret McKimmons, Administrator /PA to the Executive Director.*

Intern Psychotherapists: Joanne Corley, Sheila Drexler, Muuka Gwaba.

Statement of Financial Activities including Income and Expenditure Account

as at 31st December 2018

	Unrestricted 2018 €	Restricted 2018 €	Total 2018 €	Total 2017 €
Income and endowments:				
Donations and Legacies	142,028	-	142,028	73,655
Charitable Activities – Note 1	94,281	809,166	903,447	834,087
Investments	809,166	-	141	141
Total Income and endowments	236,450	809,166	1,045,616	907,768
Expenditure on:				
Raising funds	132,455	-	132,455	65,931
Charitable activities	132,745	809,166	941,911	931,627
Total Expenditure	265,200	809,166	1,074,366	997,558
Net Income/ (Expenditure)	(28,750)	-	(28,750)	(89,790)
Transfer between funds	-	-	-	-
Net Movement in Funds	(28,750)	-	(28,750)	(89,790)
Total Funds brought fwd. 1st Jan	113,317	-	113,317	117,327
Total funds carried fwd at 31st Dec	84,567	-	84,567	113,317

Balance Sheet

as at 31st December 2018

	2018		2017	
	€	€	€	€
Fixed Assets				
Tangible assets	3,060	3,060	2,125	2,125
Current Assets				
Debtors	19,782		17,450	
Cash at bank and in hand	220,245		154,592	
Creditors: Amount falling Due within one year	(158,520)		(60,850)	
Net current assets		81,507		111,192
		84,567		113,317
Funds				
Unrestricted Funds		84,567		113,317
Restricted Funds		-		-
Total funds		84,567		113,317

These financial statements were approved by the Board of Directors on 8th May 2019 and signed by David Holohan and Helen Bunbury.

Note 1:

Income from Charitable Activities

Current Year	Unrestricted 2018 €	Restricted 2018 €	Total 2018 €
Grant Income			
Health Service Executive	-	514,680	514,680
HSE National Social Inclusion office	-	80,100	80,100
Tusla Child and Family Agency	-	2,900	2,900
Commission for the Support of Victims of Crime	-	113,000	113,000
ESB Energy for Generation Fund	-	10,200	10,200
Cathal Ryan Foundation	-	62,500	62,500
Hedge Funds Care Ireland	-	19,250	19,250
Cork Street Grant	-	1,800	1,800
Dublin Bus	-	2,000	2,000
Civil Services Charities Fund	-	2,736	2,736
	-	809,166	809,166
Other Income			
Clinical Income	92,468	-	92,468
Training Income	1,813	-	1,813
	94,281	-	94,281
Total Income from Charitable Activities	94,281	809,166	903,477
Prior Year			
	Unrestricted 2017 €	Restricted 2017 €	Total 2017 €
Grant Income			
Health Service Executive *	-	428,900	428,900
HSE National Social Inclusion office	-	80,100	80,100
Tusla Child and Family Agency	-	2,900	2,900
Commission for the Support of Victims of Crime	-	118,000	118,000
ESB Energy for Generation Fund	-	8,000	8,000
Cathal Ryan Foundation	-	62,500	62,500
Hedge Funds Care Ireland	-	22,370	22,370
		722,770	722,770
Other Income			
Clinical Income	108,738	-	108,738
Training Income	2,579	-	2,579
	111,317	-	113,317
Total Income from Charitable Activities	111,317	722,770	834,087

* One in Four Ireland CLG transitioned to Charities SORP "Accounting and Reporting by Charities) as at 1st January 2016, recognising income in the period in which it was received.

Note 2: Staff Costs Fundraising

The average number of persons employed by the company during the financial year was as follows:

	2018	2017
Administrative	3	3
Advocacy	4	4
Clinical	8	8
Fund Raising	2	2
	17	17

Management Salary Scales

The key management personnel of the charity are the Executive Director, Clinical Director, Advocacy Director and Head of Fundraising. The total employee benefits of the key management personnel of the company amounted to €290,441 (2017: €245,604).

Executive Director salary scale: €80,000-€95,000.

Other key management salary scale: €60,000-€75,000.

Note 3: Reserve Policy

With regard to reserves, funds are held in the bank at the end of the year to meet any unforeseen expenditure that may occur. We aim to hold sufficient funds to assist in paying salaries in the early part of the year in the event of delay in receiving grants.

Note 4: Restricted funds

Restricted funds represent grants, donations and sponsorship received which can only be used for particular purposes specified by the donors or sponsorship programmes binding on the directors. Such purposes are within the overall aims of the charity. All sums received by the company come within the general objectives of the charity.

Note 5: Unrestricted funds

Unrestricted funds represent amounts which are expendable at the discretion of the directors in the furtherance of the overall objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Acknowledgements

One in Four would like to express our deep gratitude to all the people and organisations that supported our work in 2018. Some helped financially, others through giving of their time and expertise. We could not continue to deliver our vital services without their help.

Some supporters would like to remain anonymous but we want them to know how much we appreciate them. We would like to publicly thank the following who helped us in 2018:

The Cathal Ryan Foundation
The Civil Service Charities Fund
The Commission for the Support of Victims of Crime
The Cork Street Fund
Dublin Bus Community Spirits Awards
The Energy for Generations Funds/
ESB Electric Aid Ireland
The Health Service Executive
HSE National Social Inclusion Office
Help for Children Ireland
Hozier
Red Dog
Social Innovation Fund Ireland
Towards Healing
Tusla

We are especially grateful to our Board of Directors who are a constant source of support and expertise.

We really appreciate our solicitor and our auditor for their generosity and advice:

Solicitor
Pearse Mehigan
83/84 Upper Georges St
Dun Laoghaire
Co Dublin

Auditor
Mazars Chartered Accountants
Block 3 Harcourt Centre
Harcourt Road
Dublin 2

Ways to Help

WE URGENTLY NEED YOUR HELP TO MAKE OUR WORK POSSIBLE.

You can contribute to what we do by:

- Becoming a regular monthly donor
- Making a one-off donation
- Leaving us a gift in your will
- Getting your employer involved
- Sponsoring a day at One in Four

You can contact us:

Post: **2 Holles St, Dublin 2 D02 FP40**

Phone: **01 662 4070**

Web: **www.oneinfour.ie**

Email: **fundraising@oneinfour.ie**

**“ For the first
time in my life,
I am happy! ”**

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 Follow us on [Twitter.com/oneinfourirish](https://twitter.com/oneinfourirish)

Registered Charity No. CHY 15289

**Therapy.
Advocacy.
Prevention.**