



**PRESS RELEASE 18<sup>th</sup> May 2026:**

**One in Four's national fundraiser Mountains of Change returns this week with hikes taking place across Ireland on Sunday.**

***Final call to hike in solidarity with survivors this Sunday, 24th May 2026***

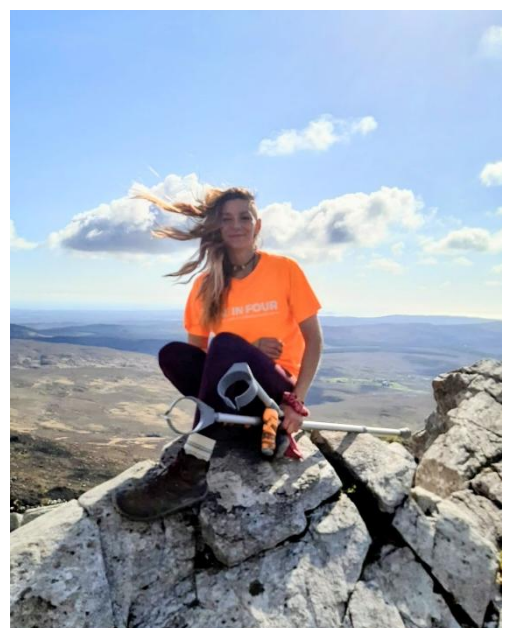
One in Four is making an appeal to communities across Ireland to lace up their hiking boots and take part in its annual flagship fundraising event, *Mountains of Change*, happening this Sunday, 24th May 2026.

Following the incredible success of last year's inaugural campaign, which saw more than 125 hikes completed across Ireland, the UK, the US and beyond, raising over €34,000, this year's event aims to make an even greater impact. Every euro raised will directly support the organisation's vital legal advocacy and specialised mental health services for survivors of child sexual abuse.

Rebecca, a survivor of child sexual abuse and former One in Four client (pictured) shares why she is getting involved:

***“One in Four provided me with hope, their advocacy officer was fierce in her commitment to showing me another path. She held forms containing paths to education, letters for homeless charities, doctors, landlords and gave me impassioned speeches about all the things I could do with my life. She and the team would have done anything feasibly possible to pick me back up off the floor. I want others to have access to this support. Every single survivor of abuse deserves it. One in Four's advocacy service is free to those who use it and I feel their work needs supporting.***

***The counselling service supported me throughout this process too. Years later when I hit a turbulent patch, I leaned back into one in four. Even living at***



***the other side of the country, they still found a way to support me. They connected me to the most impactful counsellor I have ever had. We did huge work together; I smile when I think of that time and that processing. Again, every single survivor of abuse deserves access to this service.***

***I hope by doing this hike it can help at least a few sessions to be supplemented for someone else, some awareness might be raised, and someone might see there is a path forward, filled with hope and possibilities.”***

This Sunday, individuals, families, friends, workplaces and community groups are being encouraged to take on a mountain or trail of their choice as a visible act of solidarity with survivors like Rebecca. Whether it's a local walk or a major summit, every step taken helps raise awareness and critical funds for those impacted by child sexual abuse.

With just days to go, now is the time to sign up, gather a team and be part of a growing movement for change. *Mountains of Change* offers a unique opportunity to combine wellbeing, community action and fundraising in one powerful national event.

Registration is free, and participants can find full event details and sign up today at [www.mountainsofchange.ie](http://www.mountainsofchange.ie).

If you wish to interview survivor Rebecca about her involvement that can be arranged via Roisin at [roisin@oneinfour.ie](mailto:roisin@oneinfour.ie).

***Together, we can move mountains, but time is running out to take part this Sunday.***

#### **ABOUT ONE IN FOUR:**

Since 2003, One in Four has been a listening ear, a support, a refuge, a lifeline.

One in Four provides professional psychotherapy and advocacy support to adult survivors of childhood sexual abuse (CSA) and their families. There are different psychotherapy programmes for clients depending on their needs including individual therapy sessions and group programmes for survivors or family/supporters of the survivor. Additionally, the psychotherapy team runs a prevention programme through individual and group sessions for people who have engaged in harmful sexual behaviour as a core element of child protection.

One in Four's Advocacy Programme supports survivors with practical guidance around engaging with the criminal justice system and civil litigation. Every case is different and every client has different needs. The advocacy team's approach is survivor-led and provides support on their terms rather than guiding their actions.

One in Four is also involved in awareness raising and influencing decision making relating to child sexual abuse at Government policy level. We coordinate with other stakeholders within the sexual violence and child protection sectors to support victims' rights and ensure survivor experiences are reflected in decision making.

For further information, please contact Roisin on [Roisin@oneinfour.ie](mailto:Roisin@oneinfour.ie).

ENDS.