

SPRING 2026

Newsletter



Dear Friend of One in Four

Spring has sprung and I felt it is a good time to update you on our impactful work during the first few months of 2026, which was made possible by your generous donations and continued support.

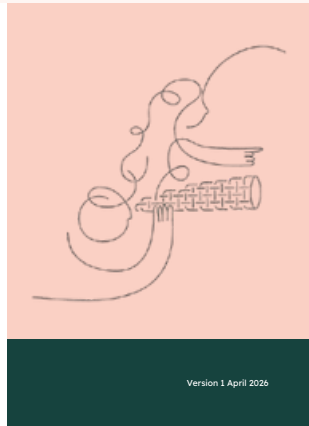
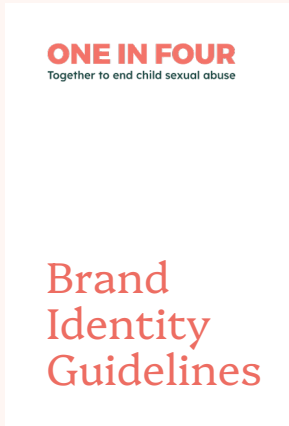
Our Advocacy Information and Support team continued to provide victim survivors with support engaging with Gardaí, guidance relating to matters with Tusla, help throughout the court process, guidance with the abuse in schools commission and support with civil action.

Since January, our advocacy team supported 358 victim survivors through 1,592 appointments.

Our therapy team continued to provide victim survivors with therapeutic support, both individual one on one therapy and group therapy. Recently we have added Neurofeedback Therapy (NFT) as a scientifically based, non-invasive support service option for clients. Due to the strong demand for our therapy appointments, our case managers who look after people on our waiting list were also kept very busy.

Since January this year, our therapy team provided a total number 1,457 sessions, supporting 379 people.

Our brand identity refresh



Our brand colours have evolved naturally over the past two years and this month we launch our new colour tones and a revised tag line. The tones selected have been informed and lead by staff feedback whilst writing our five-year strategic plan. We felt our branding should represent calm, compassion and hopefulness. Our new tones belong to the coral and green colour palates, I hope you like them.

How you can help us stand in solidarity with survivors

With Spring in full swing, we are busy planning and preparing our flagship fundraising event as it returns for a second year. Mountains of Change takes place on Sunday 24th May 2026.

Take part in this year's event and show your solidarity and support for survivors by hiking, walking or running a mountain, trail or loop walk of your choice. You can take the challenge solo or create a group hike with friends, family or colleagues. If you cannot take part you can donate towards those taking on the challenge to show your support towards the cause.



Please visit www.mountainsofchange.ie for more information and to register.

We Are Hiring!

At the time of writing we currently have two exciting job openings:

Head of Operations
Details can be found here <https://oneinfour.ie/careers/>

Strategic Engagement Director
Details can be found here <https://oneinfour.ie/careers/>

Our Training Academy Update

In January we welcomed a new cohort of learners to our 10-month professional development certificate course. This group of 13 qualified psychotherapists are deepening their knowledge and skills to work therapeutically with Complex Trauma and Child Sexual Abuse.

Feedback so far has been great with one learner stating:

“I am loving this course! It is the way it is being taught that is so different and makes it much more meaningful. Rather than being theoretical and “distant” it goes to the heart of the matter.”

Due to the high demand in Ireland for therapists who are qualified to work with Complex Trauma and Child Sexual Abuse we will run the course again starting in September 2026. Registration is now open and spaces are limited.

All information can be found on our website:
<https://oneinfour.ie/training/certificate-course/>

My sincere thank you for your continued support, the team and I remain committed and dedicated to helping as many victim survivors of Child Sexual Abuse and collaborating with stakeholders to find ways to reduce and prevent child sexual abuse across Ireland.

I hope you enjoy these Spring Summer months,

Yours sincerely,



Deirdre Kenny
CEO
One in Four, Ireland