

SUMMER 2025

NEWSLETTER

A Message from our CEO

Welcome to our Summer 2025 Update. We have been busy since our last newsletter and in this edition we will share information on our latest research launch, updates on our growing team, a highlight of the brilliant Mountains of Change fundraiser and more. Thank you for your continued support of One in Four and the vital work that we do to support survivors.



Deirdre Kenny, CEO, One in Four



Launch of Landmark Report on Attitudes to tackling CSA

On the 1st May we launched a landmark report into Irish Attitudes to tackling child sexual abuse, in collaboration with Community Foundation Ireland, Children's Health Ireland and the Department of Justice.

This critical research, conducted by Dr. Karen Hand, revealed not only the overwhelming recognition of child sexual abuse as a crisis in Irish society, but also the barriers that have prevented affective action in Ireland. It is the first attitudinal research of its kind in tackling child sexual abuse.

Key Findings

According to the Central Statistics Office (CSO 2022), nearly one in three Irish people (29%) across all ages, have experienced child sexual violence, either in person or online, according to the Central Statistics Office (CSO 2022). Alarming, our recent research shows this figure rises to 41% among 18-24-year-olds, highlighting the urgent and pervasive nature of this crisis in Ireland.

- A nationally representative poll found that **91%** of people believe Irish society has failed to address child sexual abuse, and **94%** acknowledge its serious impact on wellbeing and development.
- The research, which included 1,027 participants, draws on expert interviews, survivor testimony, and public polling, highlights not just the scale of the problem but also the urgent need for a united, whole-of-society response.

You can read the full report at www.oneinfour.ie

Mountains of Change Fundraiser

In late May, survivor, Jack Fitzgerald climbed the seven highest mountains in seven days to raise awareness of Child Sexual Abuse and fundraise for One in Four. **Mountains of Change** raised over €34k with over 900 individuals donating, supporting and organising hikes in solidarity with Jack and all survivors.

An amazing €34,340 was raised!

Speaking on the impact of One in Four, Jack shared *"I live a life I love now and that is mainly because of the support I received from One in Four."*

Got an idea for an exciting fundraising event? Please get in touch with info@oneinfour.ie if you are planning an event, selecting a charity partner in your workplace, are leaving a legacy in your will, or are interested in a philanthropic collaboration with us.



Donation Thank You

A special thank you to Saint Patrick's Cathedral, Dublin, for a generous donation of €4k as part of their Community and Charitable works celebration. We had the opportunity to meet with the Very Revd. Dr. William Morton, Dean of Saint Patrick's Cathedral and Kelley Birmingham, the Community Officer. It was a great celebration of the worthy community groups and charities, whose work saves and changes lives.



Team Update

Since the beginning of the year we have welcomed eight new staff members to One in Four across Advocacy, Therapy, Training and Leadership. The demand on our support service continues to grow and exceed our capacity. These additional team members will help support our frontline services, as well as driving priorities in accordance with our new Strategic Plan. We extend a very warm welcome to the new members of our team.

One in Four Strategic Plan 2025 – 2029

One in Four will soon be launching our new Strategic Plan 2025 - 2029. Keep an eye on our website as we expect this to be available during the summer months.

Letters of Hope

Client Testimony Regarding our Neuro Feedback Therapy* Service for Survivors

At the risk of sounding cliched; I've been staring at this page forever. Anything I attempt to string together doesn't adequately convey how much One In Four has changed my life, which – frankly – I've wanted to end countless times. The only thing stopping me was my two kids. My children are the reason I started attending One In Four in 2018. I knew their childhood was slipping away and we all know that childhoods last a lifetime. I wanted to be present for them. I also needed tools to navigate my relationship with my siblings, who haven't been equipped to acknowledge parts of our respective childhoods; a volatile home environment being our constant shared experience courtesy of our father.

After several years of therapy at One In Four, I managed to come off the antidepressants I'd been on for seven years. Mentally, I felt stronger and more balanced, and able to handle daily challenges and major life events. However, I still faced severe physical stress, waking up with a pounding heart and a constant feeling of gnawing dread. Despite practicing breathing exercises, meditation, and mindfulness, that feeling would build during the day, boiling over by dinner. This physical pressure cooker led to daily bouts of rage, ritual self-medicating, and a general pervading feeling of desperation, apathy, and exhaustion. I knew I wasn't under attack anymore, but I was unable to feel that fact. Simply put, and at the risk of sounding dramatic, if it weren't for the intervention of Neuro Feedback Therapy, I'm not sure where I would be at this juncture.

When Julie referred me for the trial starting in February 2024, I had mixed emotions. After years of feeling stuck in my formative years, I was hopeful about living in the present but also afraid of what might come up. Over time, my twice-weekly walks along the quays became more uplifting. I went from thinking, "I wonder if that bus is going fast enough for me to step in front of it," to enjoying the sun sparkle on The Liffey. NFT showed my brain there was another way to feel.

Obviously, the transformation wasn't instant. It took a lot of dedication, tenacity, conductive gel, and nurturing by the good souls at One In Four. Some said to me "You're very brave to do this trial," to which I would reply, "The alternative wasn't a great an option" as I stared out at the busses barreling along Arran Quay...

Over the months, my brain learned to soothe itself. Now, when I feel overwhelmed, I automatically remind myself of the work I've done, which calms me. I take a deep breath because I'm no longer afraid to breathe. For a lifetime, I subconsciously believed shallow breathing protected me – from being detected as a child, and from accessing buried memories as an adult. NFT helped me face my past, both known and unknown, and feel OK with both.

I've talked a lot about feelings here, but I know some numbers people are also reading. I invite you to read my stats in terms of anxiety and depression from when I first started NFT to my final session. They speak for themselves.

Whether you're considering NFT for yourself or for others, hopefully, this short testimony has been enlightening.

Thank you for reading.

Name withheld, a client of One in Four.

***Neurofeedback Therapy** is a scientifically supported technique that trains your brain to function in a more balanced and regulated way. By monitoring brainwaves in real time, neurofeedback helps to self-regulate and move towards healthier brainwave patterns, helping recipients overcome the neurological impacts of trauma.

How you can help support the work of One in Four

I would like to make a one-off donation

- You can make a bank transfer to the following account

Bank: Bank of Ireland**BIC: BOFIE2D****Account name: One in Four Ireland****Account Number: 91501467****IBAN: IE21BOFI90149091501467****Sort Code: 901490**

- Alternatively you can complete the card details below and return this Donation Form to One in Four, 35/36 Arran Quay, Dublin 7, D07 E221

I want to give: €10 €25 €50 €100 Other

First Name: _____ **Surname:** _____

Card Number:

Expiry Date: / **Signature:** _____

One in Four commits to safely deleting this card data as soon as your payment is processed.

If you donate €250 or more to One in Four in 2025, we can claim up to 45% back in taxes- at no extra cost to you, by completing a short form.

I would like to give a regular gift via a monthly or annual donation

- Please take automatic payments from my card of €_____ each month/year.

(Circle the relevant option)

I would like to leave a gift in my Will

One in Four is a member of My Legacy. We are committed to never stop working to end all forms of childhood sexual abuse. Leave a gift in your will to support our work in Ireland. If you have any questions about your Will, or how to leave a gift to One in Four, please get in touch. Our Gifts in Wills advisor Kathrina Bentley is here to help. Call 083 840 8665 to speak to Kathrina.

my legacy 