



**CARI**

Shining a Light for Children

# Annual Report 2012

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**As I do need to exit from CARI in the near future, we are actively recruiting a new Chairperson; I reflect on approaching nearly twenty years and more as Chairman and a longer period on the Board.** In that time, over a thousand children were helped to recover from their traumatic abuse experiences. Undoubtedly, that is the single and most important achievement.

In every corner of Ireland, there are children who accessed services at CARI. Over those years, they and their families or carers were supported through the process of dealing with the different traumatic experiences and resumed the path of normal childhood or adolescent development. As one family more movingly put it "you have given back a childhood."

**As Chairman of the board, achievement of that worthwhile objective could only be realised through the work of qualified therapists, supported by good policies, procedures and supervision and it was my role - along with fellow board members - to ensure that these were all in place.** It was also our role to ensure we attracted sufficient income from statutory and voluntary sources to fund the work. **We have been really blessed with the quality of our clinical staff and management over the years.** When we started, CARI was one of the few organisations employing psychotherapists in Ireland and some of our managers have gone into important leadership positions in the statutory sector, in the adult counselling services, community counselling, and post-graduate education. Furthermore, this continues to be the case with our most recent Clinical Director taking up a senior role in the Ombudsman for Children's Office.

Demand has always exceeded the size of our services. Our organisation grew from small beginnings, with a counselling grant from the Department of Health and Social Welfare and the help of the Construction Industry's Federation, who provided our first premises here in Drumcondra. We sponsored Community Employment (CE) schemes in Dublin and Limerick where we had acquired premises; one by charitable donation and the other, by mortgage. These CE schemes provided clerical, housekeeping and fundraising staff. CARI staff recruited through these schemes have progressed to full employment with CARI and other employers. In CARI, one area of progression was to the CARI Helpline - originally run from the two centres but centralised to Dublin in 2001. The Helpline recently received its 10,000th call. It has supported many additional families, professionals and individuals in dealing with disclosures and aftermath of child sexual abuse.

A particular milestone was the attraction of statutory funding for our work in 2002 from the then Health Boards. Initially cautious or even hostile to our work, by 2002 they had come to accept that we were providing a valuable and specialised service to our clients. I record my acknowledgement of the work of our various directors who paved the way for that support and name in particular our current CEO who over fourteen years now has grown and fostered that inter-agency co-operation.

The most challenging part of my role over the past decade, or more, has been dealing with the times of retrenchment and recession. Occasional in the early years, these have become the norm in recent years. **I can only thank my fellow Board Members who have stood with me and made difficult decisions which involved redundancies and reduction in services so as to ensure we could retain core services in Dublin and Limerick.**

As I move to retire from this role, **I pay tribute most especially to our child clients whose resilience remains an inspiration.** I wish the next leader success in maintaining the work we do and in campaigning for an adequate nationwide fundraising stream for the provision of a therapy service for children.



Richard P. Treacy

*"I am delighted to recognise and celebrate CARI's important role and their on-going contribution to the development of services for children in Ireland."*

**Gordon Jeyes (CEO Designate, Child & Family Support Agency) speaking at launch of CARI Annual Report 2011 (July 26th 2012)**

# CEO's Review - A Year of Highs & Lows

## First the Lows – It Was a Year of Severe Retrenchment

2012 was dominated by the need to cut back financially. This was due to the cumulative impact of on-going cuts in statutory funding year-on-year since 2008. CARI's own fundraising stabilised and grew slightly from the low reached in 2010. However, efforts to bridge the gap and avoid cutbacks with a Major Gifts Campaign foundered due to illness of key staff persons and an inability to fund a replacement. By mid-year there was an unavoidable need for deep cutbacks or risk closure.

As this was the third round of cuts since the recession started in 2008, there was no way to avoid cutting our core services. After a painful process of consideration by the Board of CARI, the two-day-a-week Cork service was closed with a resulting redundancy allowing us to concentrate resources in the two full-time centres of Dublin and Limerick. The HSE told us they had plans to re-deploy existing assessment staff into providing a therapy service in Cork. Our clinical director will describe in detail the terrible impact such a withdrawal of services has on child clients - especially in the absence of other specialised services to refer them on to.

In addition, all staff were laid off for a month during the summer or opted for three months short time. All services and support activities were affected by these measures. The pay freeze of 2008 has remained in place. Cumulatively, these measures impacted negatively on our output and client hours fell by 11%.

## Untimely Death of Key Limerick Colleague

The death of one of our best known staff members, Anne Byrnes, Limerick's Fundraising Executive and former manager of the centre there, at a young age, following a brave battle with cancer, was a huge loss and marked another particularly sad low for CARI in 2012. Anne is remembered later in the Annual Report.

## And the Highs – There Were Some...

### Marked Increase in Volunteers

One positive of the current crisis has been the emergence of highly motivated and qualified volunteers who came forward to strengthen our Helpline, Therapy and Development Departments. Due to this development, the impact of the cutbacks was partially ameliorated. Volunteers bring a new and motivating energy and individual experience and skill sets that help maintain teams that have been trying to do more with less for too long now.



*President of Ireland Michael D. Higgins, his wife Sabina Higgins & CARI CEO Mary Flaherty*

## CARI Website Received a Major Re-Design

This was an exciting and positive development in 2012. A generous Grassroots grant from **The Community Foundation for Ireland** allowed us to totally re-vamp our website to meet the needs of the public; those who might need our services and our donors. CARI did important and valuable preparatory work on honing down its unique appeal and contribution. This project is covered in more detail in the **Advocacy and Media** section later in this report.

## At Last – A Referendum and a YES Vote

2012 will go down in history as a red letter year for Children's rights (only caveat being the need to await the final outcome of the Appeal to the Supreme Court). After years of campaigning and promises, Children's Minister Frances Fitzgerald ensured her place in history when she produced a wording that met most of our fundamental objectives and succeeded in achieving a Yes vote in a surprisingly close referendum result.

## And Other Developments...

### Campaign for Protection and Privacy of Therapy Notes

Other political campaigns also took up a lot of our time. My colleague, Acting National Clinical Director Majella Ryan, will cover in detail CARI's campaign to resist the routine disclosure of child victim's therapy notes. This is an important campaign and I would urge you to read the case as detailed by her and join in efforts to give privilege to a victim's therapy notes.

## Support for Upcoming Legislation

CARI supports the putting of **Children First** on a legislative footing as it has operated on this basis for over a decade now and argues that any resiling from disclosure makes us complicit in covering up possible risks to children

## Nora O' Connor Retired After Long Career in CARI

I would like to pay tribute to Nora O' Connor who worked as a CE supervisor and Project Manager of CARI in Limerick for almost twenty years. I will miss her steady hands and dedication and wish her every happiness in her retirement. I know she will find other good work to do. We were blessed that like every good manager she had a fine successor in place and we welcome Mary Madden, assistant to Nora in recent years, as our new Supervisor and know she will bring her own fine qualities to bear on the post and represent CARI in Limerick in the fine tradition of both Nora and Anne.

## Clinical Director Dr. Niall Muldoon Moved to Ombudsman for Children's Office

During 2012, we said goodbye to our Clinical Director Dr. Niall Muldoon who left us to take up a senior post in the Ombudsman for Children's Office. The Board and I wish to record our thanks to Niall for his contribution to CARI over the past five years and wish him well in his new post and look forward to continuing to work with him in his new role. We are lucky that Ms. Majella Ryan who has acted up in this post in the past has agreed to do so again while CARI considers its future directions and reviews its structures.

## Ferns 4 Report – Still Stalled

In Autumn 2012, a Draft Implementation Plan for an Integrated Plan for Child Sexual Abuse Services was circulated for comment; with an ambitious timeline for rolling out a service beginning in 2013. The organisations involved gave feedback on the proposal and many challenges were identified. Perhaps it is not surprising then that, as we go to press, the direction has totally changed and it is back to the drawing board. CARI remains convinced that while it will be possible to co-ordinate the significant and widespread provision for assessment in place around the country into a standardised and cohesive whole on a resource neutral basis; the same will not be possible in the case of therapy where the provision is inadequate and largely totally non-existent in many parts of the country. CARI is glad to be involved in the process at planning level and remains committed to finding the right model for a child and family-centred service for those affected by child sexual abuse; and in the future perhaps, integrated into services that would respond to all childhood traumas.

## Sector is at Breaking Point

I will end by appealing to the government for an end to cuts. The sector is collapsing. Charities are under pressure to deliver services or considering closure at a time when the demand for their services has never been greater. The sector has also seen major job losses; almost 50% in the case of CARI since the onset of the recession. The government is trying to find good job creation projects. I argue that the voluntary sector should be supported to maintain existing jobs in services and support areas and grow new jobs.

## Former National Clinical Director of CARI Dr. Niall Muldoon Appointed Director of Investigations at the Ombudsman for Children's Office (OCO)

In the OCO, Niall oversees the handling of complaints by, or on behalf of children and young people about public bodies including the HSE.

During his time in CARI, Niall had responsibility for all clinical and therapeutic work and delivered a varied training and consultation programme. Niall is a Registered Clinical and Counselling Psychologist and has worked in Child Protection for twenty years. He worked for ten years as a Senior Clinical Psychologist in the Granada Institute where he carried out risk assessments and facilitated long term group therapy. He also worked with adults who had sexually offended against children and those who suffered abuse as children. He also regularly attended court as an expert witness.



*Dr. Niall Muldoon*

# Clinical Report - Therapy

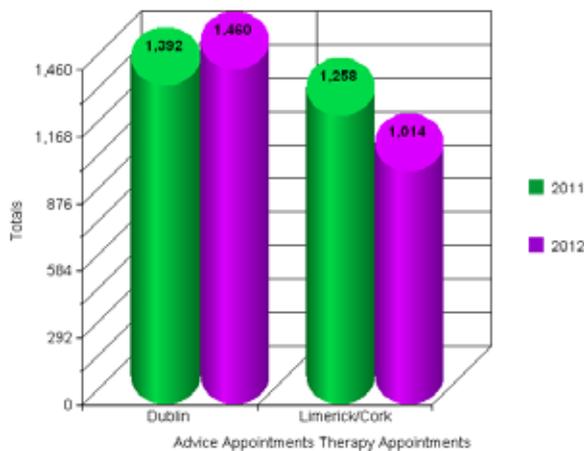
## Introduction

As a result of having to implement really significant cutbacks during the year, there was a marked impact on our clinical output. This was despite the concentration of resources in less locations and selfless commitment by staff. The cutbacks involved were very significant and included the closure of our Cork services and the redundancy of one therapist. In addition, every staff member was either laid off for one month or worked short time over the summer to achieve an equivalent saving. The cumulative effects of these annual declines impacted fully in 2012.

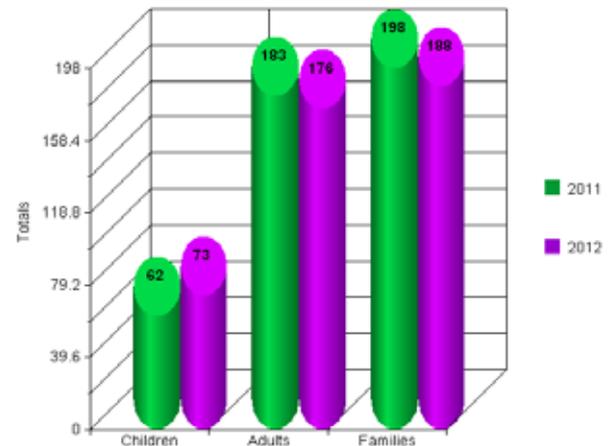


Acting National Clinical Director Majella Ryan

## Therapy Hours Dublin, Limerick and Cork



## National Client Attendance



## Service Cuts and Staff Shortages Negatively Impact Those Affected by Child Sexual Abuse

2012 saw the closure of our very busy two-day-per-week satellite service in Cork and the loss of a valuable member of the team in Limerick and Cork, Mr. Paul Nolan. In Dublin, Ms. Deirdre Ronan was let go reducing the team there also. In both locations, the loss of therapists and colleagues was keenly felt. On top of these cuts, staff were laid off for a month or put on short time. All of these cost saving measures further reduced therapy hours and impacted on clients. However, the commitment of staff to the work of CARI meant that the impact on clients was kept to a minimum.

In Dublin, the work of volunteer therapists allowed the number of appointments given to even rise in 2012, despite the cuts. These volunteers have made an enormous contribution to our work and have helped us increase our service in Dublin in challenging times.

However, by the end of 2012, we had 50 children waiting for our service; the demand for the services of CARI has not diminished. This area is already hugely under-resourced with a complete lack of services nationally.

Children who have to wait a long time for therapy find ways to manage the trauma and pain of their experience and not always in healthy ways. Often, by the time we can offer them an appointment, they do not want to come to therapy and re-open the wounds, preferring to adapt themselves differently to accommodate the painful trauma - like a tree that contorts itself to grow in poor conditions, so too do we as humans contort ourselves to adapt to our difficult life experiences.

Children in Ireland continue to be sexually abused every day and we continue to fail them. Depending on where you are living in Ireland will largely define the accessibility of a specialist therapeutic service for your child who has been sexually abused. This is an appalling indictment of us as a nation. Unless we invest in services for these vulnerable children and begin to adequately address the issue, we are going to have far more problems to address later within our society.

## Cork Closure

**CARI's Cork service closed in July 2012 due to rationalisation in face of budget shortfall crisis.**

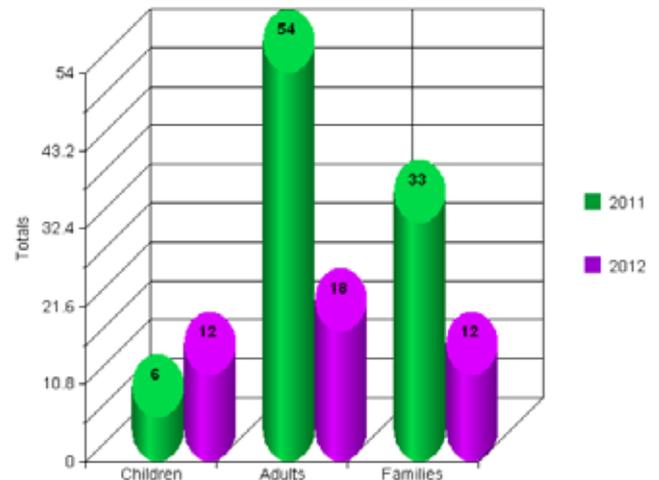
CARI opened a part-time satellite centre in Cork in 2000, providing a professional child-centred therapy and counselling service to children, families and groups affected by child sexual abuse. The demand for the service in Cork was extremely high but unfortunately, due to lack of funding, we had no alternative but to close the service in July 2012. CARI played a valuable role in that it was the only specialised service in a huge population centre. The closure of the service had a profound impact on clients. The impact on individual children and families was very distressing. Ongoing clients and clients on our waiting list were offered a service in Limerick - which was not a viable option for many of them because of the distance. As CARI was the only specialist service in Cork working with child sexual abuse, it was extremely difficult to find any appropriate service that we could refer clients to. Many of the clients were referred back to the HSE to be placed on waiting lists.

In every region, there are specialist services for adults who have experienced sexual abuse. The HSE Adult Counselling Services and the network of Rape Crisis Centres provide these services for adults. The therapeutic services for children are completely inadequate; yet lack of funding forced CARI to close their service in Cork, the biggest county in Ireland regardless of a growing demand for services there. Despite the findings depicted in the Ferns, Murphy, Ryan and Cloyne reports, there is still no national specialised service available to help children in the aftermath of disclosing sexual abuse. The only specialist services now for children who have experienced sexual abuse are provided in Dublin and Limerick.

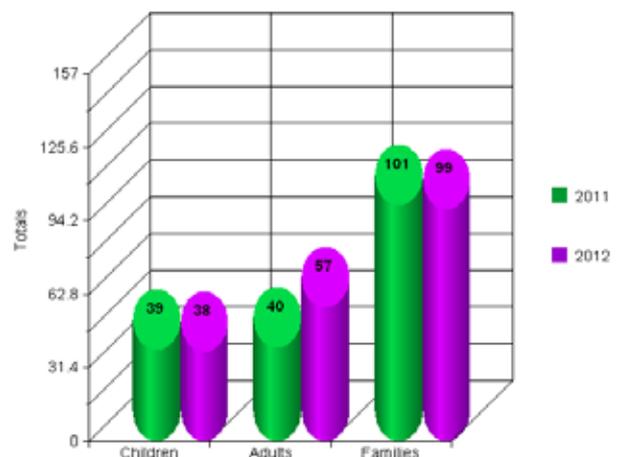
*“Without the support and hard work from all the staff I don't think we would have come through the last few years with such a positive outlook on our future. We owe CARI so much ..... and now on a negative note, we were devastated that the office in Cork closed and a little shocked with so much abuse going on in the country - are more offices not needed instead of less? Keep doing the great work. Thanks from all my family.”*

**CARI Client**

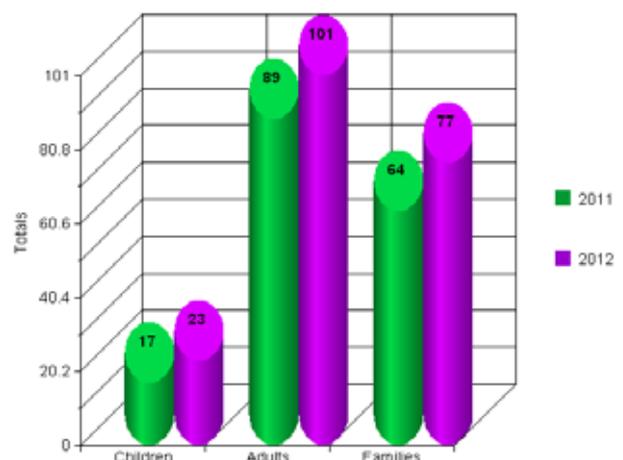
## Attendance of Children, Adult & Families Cork 2011 & 2012



## Attendance of Children, Adult & Families Dublin 2011 & 2012



## Attendance of Children, Adult & Families Limerick 2011 & 2012



# Clinical Report - Themes from Therapy

## Significant Increase in Referrals for Children & Adolescents Who Exhibit Sexually Harmful Behaviour

We have had a significant increase in referrals for children and adolescents who exhibit sexually harmful behaviour. Sexually harmful behaviour is increasingly recognised as a problem. What is alarming is the level of aggression and violence in a number of these referrals. This seems to have increased in more recent years.

The aggression and violence presented in some of our referrals raises questions of what has changed so dramatically in our society. Was it always there and not recognised? A child, violently sexually assaulting and even raping other children, is a very serious issue. As more children and adolescents are exposed not only to soft-core pornography, but also to explicit, deviant sexual material, they are receiving extremely dangerous messages. Pornography encourages sexual expression without any responsibility. Most parents want to teach their children personal values about relationships, sex, intimacy and love. Unfortunately, the powerful, irresponsible messages of pornography may be educating our children on these very important life issues. Just as commercials can influence what we buy, exposure to pornography shapes attitudes, values and behaviours. Photographs, virtual games, videos, magazines and internet pornography that depict rape and de-humanisation of females in sexual scenes constitute powerful but distorted tools of sex education. The danger to children stems at least partly from the disturbing changes in attitude that are facilitated by pornography. Pornography introduces children prematurely to sexual sensations that they are not developmentally prepared for. Deviant and sexually violent images have a profound impact on the sexual and emotional development of children and young people. Females are objectified and sex is depicted as an emotionless act. Children and young people nowadays have instant access to a variety of pornographic material via computers and mobile phones.

*“The hunger to belong is not merely a desire to be attached to something. It is rather sensing that great transformation and discovery become possible when belonging is sheltered and true.”*

**John O’Donohue**

## Children’s Sexual Behaviour

Children’s sexual behaviour must be considered along a continuum, like other areas of growth. Many behaviours are to be expected, are healthy and within the normal range for children. Sexual curiosity and exploration is normal for young children but as the child becomes socialised this becomes less common. Some behaviours can become problematic, and certainly of concern. Children cope with their own difficulties or traumatic experiences in many ways and some children act out on other children in their confusion. These are the behaviours that should not be ignored or seen as child’s play, require redirection or intervention and may be dangerous physically or psychologically to the child and others. They can be addressed through the appropriate intervention and need not cause long term problems.

## Therapeutic Work with Children who Exhibit Sexually Harmful Behaviour

In CARI, the focus of the work is on keeping children safe. The blame or responsibility is never put on the child and the child is told that the parents are in charge of keeping them safe. We encourage the child to be an active participant in the discussions of what may help. Boundaries may be constantly tested and games of power and aggression are repeatedly played in the child’s effort to work through the confusion. The work is constantly reviewed and occasionally more directive work may be required.

## The aim of therapy for the child is:

- To take responsibility for his/her actions without guilt or shame.
- To develop empathy for those who have been hurt.
- To develop safe alternatives to regulate difficult feelings and impulses.
- To identify triggers and manage these.

The **My World Survey** conducted by Headstrong and UCD (2012) stated that the presence of one good adult is a key indicator of how well a young person is connected, self confident, future-looking and can cope with problems while the absence of one good adult is linked to higher levels of distress, anti social behaviour and an increased risk for suicidal behaviour.



## Parents of Children Who Exhibit Sexually Harmful Behaviour – Support Systems

Parents of children who exhibit sexually harmful behaviour are very often at a complete loss about how to respond. This can be even more difficult if the sexualised behaviour is intrafamilial. Parents are torn between their two children and sexualised behaviours in children and young people can provoke many personal reactions including anger and disgust. These feelings may impact on how parents respond to the child and reflection regarding their personal reactions is imperative. Parents' uncomfortable feelings may lead to ambivalent responses to the child or complete withdrawal which will confuse the child further. Children who act out sexually must not be confused with adults who sexually offend.

When a child's space is violated it may leave unconscious feelings of distress related to sex, which then manifests itself as sexualised behaviour. The first step to resolving their problem is to stabilise their home environment and provide healthy models for sexuality, impulse control, affect regulation and problem solving. They can then feel safe and held and learn about healthy boundaries and healthy sexuality.

### Parental Support Vital to Change

Working with the parents of children who exhibit sexually harmful behaviour is essential to decrease the child's sexualised behaviour. The emphasis is on providing a healthy sexual environment by supervising the child in relation to TV, video, magazines and internet. Parents are encouraged to avoid jokes about sex or sexual innuendos. The parents need to develop healthy rules at home in relation to privacy, touch and language. Parents need to model healthy boundaries so that the child can learn by good example. Parents are supported by CARI to supervise the child with other children until the problem has been resolved. Sleeping arrangements need to be monitored and parents need to be alert to the child getting out of bed at night.

### Support Parents to Create a Safe Environment

The most important thing is to support parents in creating an environment for both children; the child exhibiting the sexually harmful behaviour **and** the child he or she is acting out on. The worst thing that can happen is that the adults ignore or just punish the child then brush it under the carpet **or** they report it and the professionals involved do nothing about it because it is too difficult to contemplate or because of lack of services. We have heard from adult survivors the impact when childhood abuse and disclosures are ignored and despite a child's courage to tell, nothing is done about it. It is an enormous challenge for parents to support both children when one has acted out sexually on the other. They often feel hugely conflicted and understandably very angry with the child exhibiting sexually harmful behaviour. They need a space to voice this and process this rather than rejecting the child or being excessively punitive with him or her.

### Age-Appropriate Information on Sex

Parents are encouraged to talk to their children about sex in an age-appropriate manner. Parents need to involve the school and the child's teacher needs to be made aware that s/he needs to be supervised in school while with other children. Monitoring the child actually allows the child feel safe even if they experience any sexual impulses. Parents need to be clear that inappropriate sexual behaviour is unacceptable and these sexual behaviours must stop. It is important that children have accurate information about sex and that sex is not seen as secretive or bad. Parents are encouraged to use correct anatomical names for private parts of the body - this will show a level of comfort and reassure the child. It is important that children understand sex is for adult sexual expression and consensual sex is natural and a healthy expression between two people.

*Therapy Rooms (Dublin)*



# Clinical Report - Themes from Therapy

## Considerable Social Problem – Needs To Be Recognised

Sexually harmful behaviour has become a considerable social problem that needs to be recognised and not met with denial, confusion and lack of intervention. We need to recognise that children and young people can harm other children and we need to respond with appropriate services that meet the needs of these children. We need a focused therapeutic intervention to help the children and young people that they experience as supportive rather than a form of retribution. The effects of children and young people exhibiting sexually harmful behaviour can be just as damaging on a child as sexual abuse perpetrated by an adult. One third to a half of adult sex offenders began offending in adolescence (Prenkly et al, 2000). Adolescents are significantly different from adult offenders and are more responsive to therapy.

## Re-Offending Risk Low If Behaviour Treated When Young

The overall risk of re-offending for adolescent sexual offenders who engage in specialised therapeutic interventions is low. We need to respond urgently to this issue from a child protection perspective. The lack of resources and services for children and young people who have experienced sexual abuse and who exhibit sexually harmful behaviour is injurious to society. The value of early intervention and therapy cannot be underestimated. Unfortunately the shortage of funding at present, both to children who have experienced child sexual abuse and for children and adolescents exhibiting sexually harmful behaviour, may have a detrimental long term effect both at a human and financial level.

The children who access a specialised service in this country have a good chance of overcoming the behaviour and finding new ways of being in the world. We in CARI can offer a service that demonstrates significant behaviour changes through the support of parents and the child's own therapeutic process. However, in Ireland, there are huge portions of the country where children simply do not have access to a service. This is not good enough. It was not good enough to ignore children of the past and it is not ok to ignore children today.

*“We cannot make a world in which children will not experience loss, but we can offer them support as they do so” Monroe, 2003*

## Composite Case History

The following composite case history\* shows the complexity of issues that arise in treatment of sexually harmful behaviour within a family. \*This example is a composite of a number of different cases to protect confidentiality of clients.

## Disclosure

Sarah, aged 5, disclosed to her mother that Jason, her older brother aged 13, had been “playing kissing games” and “touching her.” Her mother's initial response was to minimise it, but Sarah continued to disclose and her mother was completely shocked by Sarah's further disclosures of what was attempted rape. Sarah's mother spoke to her husband who was outraged that his son had sexually abused their daughter - “his little girl!”. The parents immediately sought help and were shocked at how slow the system was. They were told to monitor and supervise Jason at all times. Jason was literally a prisoner in his room for weeks. Sarah became more and more distressed, not sleeping, not eating, frightened all the time and obviously not feeling safe. Both parents were very distressed; feeling very angry at Jason and very worried about Sarah. They were desperate for help for both their children. This continued for months. Sarah's anxiety and distress became so pronounced they felt they had no choice but to remove Jason from the house. There were no family members who could take him as they all had young children themselves. Jason was placed in foster care and the parents were relieved at one level but devastated that they had to put their son into care. Jason was heartbroken and both parents felt they had let their children down. Jason's father kept demanding a risk assessment and therapy for his son.

Sarah was placed on CARI waiting list and began therapy. Sarah engaged very well in play therapy due to her young age. Sarah had great support from her parents and Sarah worked through her issues in relation to her child sexual abuse.

However, Jason is still in foster care awaiting a risk assessment and has not had any intervention or therapy. He is now aged 14 and a half. Jason has been let down by our system and lack of services. His parents are still fighting for intervention for him. The difficulties parents face in these situations is unbearable, having to abandon one child to protect another.



## Helpline Calls in 2012

	2012	2011
<b>Completed Calls</b>	1181 (2.6% increase)	1151
<b>Silent Calls</b>	208 (61.2% increase)	129
<b>Missed Calls</b>	104 (30.6% decrease)	150
<b>Total Calls</b>	<b>1493 (4.2% increase)</b>	<b>1430</b>

## Dramatic Rise in Calls - Adolescent Sexual Assault, Gang Rape & Assault by Multiple Perpetrators

As we can see calls regarding rape and sexual assault of adolescents has risen dramatically, as have gang rapes or assault by multiple perpetrators. This is very alarming and we need to look at how we can begin to address this issue. The sexualisation of children and young people and easy access to pornographic imagery plays a vital role in how young people perceive sex and sexuality. The nature of our calls has changed so much in the past twenty years that this issue needs to be addressed. CARI advocates that all parents should have an awareness of their children and young person's internet usage. Social networking sites also need to play a role in child welfare and protection - which to date they have not done. We urge the Government to follow the English initiative and consider forcing internet service providers to block access to internet pornography.

The innate curiosity in adolescents about sex and sexuality makes them vulnerable to being exploited. One of the primary stages of development in adolescence is a young person's overriding need to have a sense of belonging. Peer pressure and a lack of awareness of the consequences of their actions is one of the reasons that children and young people can find themselves in situations that are very unsafe.

*"I think being a teenager is such a compelling time period in your life - it gives you some of your worst scars and some of your most exhilarating moments. It's a fascinating place; old enough to feel truly adult, old enough to make decisions that affect the rest of your life, old enough to fall in love, yet, at the same time too young to be free to make a lot of those decisions without someone else's approval." Stephanie Meyer (The Twilight Saga)*

## Primary Concerns in 2012

	2012	2011
<b>Intrafamilial</b>	393 (1.25% decrease)	398
<b>Extrafamilial</b>	287 (16% decrease)	342
<b>Sexualised Behaviour</b>	191 (9.9% decrease)	212
<b>Rape &amp; Sexual Assault</b>	351 (162% increase)	132

## Adolescent clients stated:

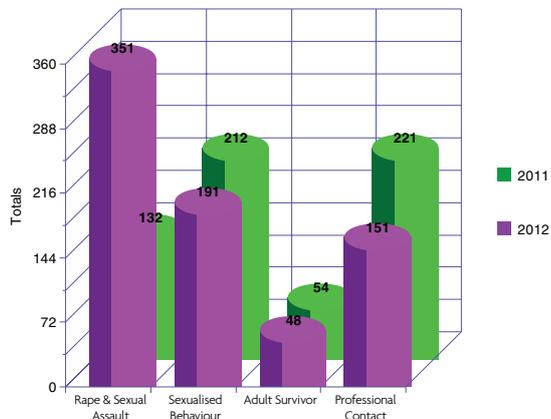
- "I am to blame"
- "It's my own fault"
- "I was drinking"
- "I lied to my parents about my whereabouts that night, now no one will believe me"
- "All my friends saw me naked"
- "I feel ashamed and embarrassed"

## An Example of a Helpline Call

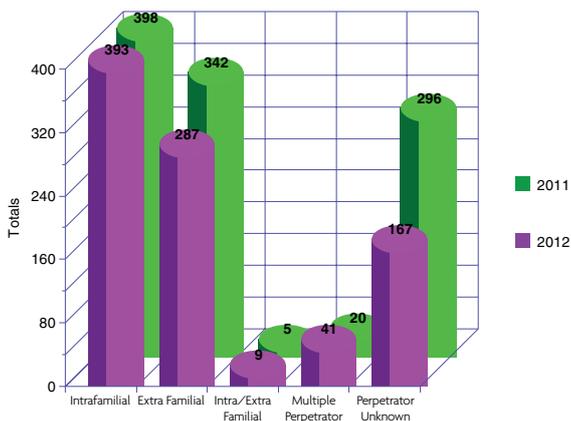
*School Guidance Counsellor phoned the CARI helpline. She explained that she has concerns for a 15 year old female. This girl approached her and stated that she "felt like killing herself". The girl went on to explain that whilst she and a friend were walking home through the park, they were surrounded by a group of males of a similar age. The girl described how her friend ran away and she was forced to the ground and sexually assaulted and raped by a number of the boys. She felt unable to talk to anyone at the time of the assault and has begun to blame herself for the attack as she did not run away quickly enough. The young girl showed the school guidance counsellor marks on her arms where she had attempted to cut herself. She was terrified of telling her parents and felt lost and scared.*

# Clinical Report - Helpline

## Primary Concerns 2011 & 2012



## Alleged Perpetrator Relationship 2011 & 2012



In comparison to 2011, statistics have shown that 2012 has recorded a horrific increase of 162% in rape and sexual assault cases. This also corresponds with the increase in multiple perpetrators – as highlighted in our report. CARI welcomes the 56% decrease in perpetrators unknown as this suggests that children may be feeling safer and are giving details of their attackers.

## History of CARI Helpline

The CARI Helpline is a specialised, confidential, national service delivered by CARI to provide information and advice to individuals and professionals with a concern about child sexual abuse or sexualised behaviour. The helpline also offers support and most importantly, a listening service to all callers. All our helpline advisors are specifically trained in child protection issues and continuously develop and update their skills. The team link in with all other relevant services; child protection services - including HSE Social Work departments - and Gardaí. The team consists of the Helpline Team Leader and approximately 6 helpline operators. The line is open from Monday – Friday from 9.30a.m. – 5.30p.m. The Helpline aims to provide the most up-to-date information and support to callers using the service.

## Timeline

The helpline first came into operation in **1992** and the service was initially split between our Dublin and Limerick offices. In **2000**, CARI launched its new Lo-Call National Helpline (1890 92 45 67) allowing people to ring the helpline from anywhere in Ireland for the price of a local call.

By **1997**, CARI Helpline had taken its **1,000th** call. The principal callers to our service at that time were mothers expressing concerns about intrafamilial abuse. There was also an increase in the amount of callers needing support to link in with Social Work departments.

Our **2,000th** call was recorded in May of **2001**. At this time there was an increase in calls where children were exhibiting sexually harmful behaviour. There was also a significant increase in calls from adolescents and adult survivors of child sexual abuse.

In **2005**, CARI took its **5,000th** call. The primary callers at this time were still mothers with concerns about intrafamilial abuse. There was also a considerable number of parents enquiring about managing challenging behaviours in their children. At this time 11% of callers classified the perpetrator as unknown. There was also a noted increase in referrals to our services from professionals and HSE Social Workers.

## CARI Helpline 10,000th Call

In **2012**, the CARI Helpline took its **10,000th** call. This was a poignant event and had both positive and negative connotations. On the positive side, CARI are still listening to and supporting people with concerns around child sexual abuse. The negative is that even today, children are still being sexually abused and as yet, there is not a national specialist service for these children. Many families in this situation have to contend with the stigma still attached to child sexual abuse in today's society. The attitudes held by many can be difficult and upsetting for families, and can lead to intense feelings of guilt and shame. Some families fear that if they ask for help, they will be judged and held responsible for not protecting their children.

In **2012**, CARI recorded an increase in calls to the helpline in relation to sexual assault of teenagers where the alleged perpetrators were also teenagers. Many of these assaults are perpetrated by groups of adolescents. Teenagers reported feeling culpable in the attack, impacting their ability to report the sexual assault or to seek or avail of support. They often feel huge shame about what happened. Teenagers stated that their sexual assault was witnessed and sometimes encouraged by other teenagers. They reported being further traumatised by the fact that these assaults were viewed and discussed by peers on social media sites which led to isolation and bullying of the victims. Clients reported taking on the shame and guilt, believing that it was something about them or something they did or didn't do that had caused the assault to occur.

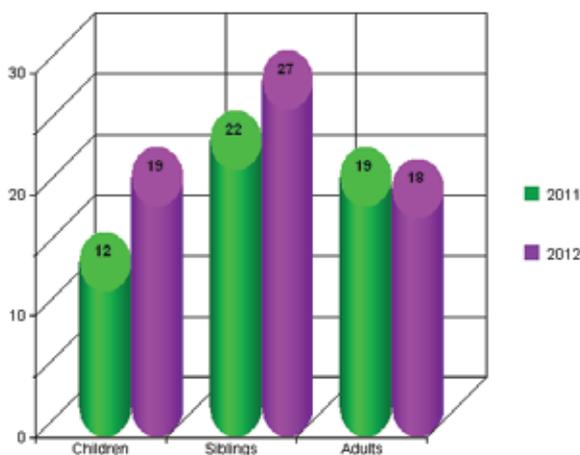
## Court Accompaniment Support Services (CASS)

The Court Accompaniment Support Service (CASS) was set up to help support children and their families who have to attend court as witnesses for the State. **The service has three main roles.** Firstly, the pre-trial preparation begins; when we give both the child and their family a tour of the courthouse and the video link room. This has a huge impact in reducing the family's anxiety. The experience of the tour serves to reduce some of the fear of the unknown that is present for children and their families around the trial process. The second part of the service is when we accompany both child/children and their family throughout the trial; providing emotional support as well as explaining any legal terminology that may arise. Lastly, we provide post-trial support where we ensure that the child and family having relived the trauma are linked with any support that they may need. Furthermore, throughout this process, we link in where appropriate with other professionals involved with the child, including the Gardaí and therapists, to provide the best possible support for the child and family during this challenging time.

## 21% Increase in People Supported from 2011

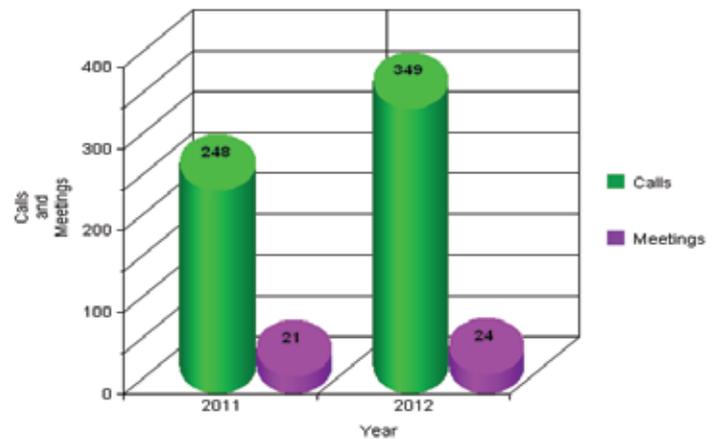
2012 has seen an increase in the uptake of the Court Accompaniment Support Service. CASS supported 19 children and teenagers who were providing witness testimony in the Irish courts. In addition to this, we also provided clarity and support to 18 witness family members and 27 siblings bringing the total number of people supported by CASS during 2012 to 64 - representing a 21% increase on last year.

## People Supported in 2011 & 2012



*“I would like to commend (CASS Officer) on her personal attention and sympathy towards my daughter”* **Mother of a CASS Client**

## Calls and Meetings from 2011 & 2012



## 40% Increase in Calls Made to CASS

We are delighted to welcome onboard a new Court Accompaniment Officer funded through our FÁS Community Employment Scheme.

## CARI Supports Youngest Ever Child Witness

CARI is delighted to see the DPP bring a child sexual abuse case to prosecution where the victim was just four years old when she made her Garda statement and she will be seven years old when the case is due for trial. We welcome this development and see it as a huge milestone, as it is the first time in CARI history when we have seen a case of a child aged under seven reach prosecution. It is CARI's belief that younger children give clear and articulate accounts of their experience and can make excellent witnesses.

## Delays in Cases Still Cause Huge Anguish for Child Witnesses and Their Families

Many cases going before the courts can typically take three to four years before reaching prosecution, and on occasion up to seven years. These delays are enormous in a child's life and the impact can mean that the child's healing process is delayed until the case reaches completion. When the case is concluded and has resulted in a conviction, this has a very positive impact on the child's healing process. Typically, in sexual abuse cases, the victim feels powerless; the court process can play a significant role in redressing this imbalance.

# Clinical Report - CASS



*“I had heard lots of wonderful things about the CASS service but in fact what the CASS Officer did exceeded the service’s reputation”*

## Investigating Guard to one of CASS’s Clients

### Thank You

We would like to take this opportunity to thank our funding body, The Commission for the Support of Victims of Crime for their continued support throughout the year, as always they provide opportunities for multi-agency connections and discussion.

We would also like to thank the various different professional bodies that have made referrals to us this year, these organizations include St. Clare’s Unit in Temple Street Hospital, St. Louise’s Unit in Crumlin Children’s Hospital, Victim Support at Court (V-SAC), An Garda Síochána, Crime Victims Helpline and the Mater CAMHS.

### Limerick Police Commendation

**Close co-operation with Gardai improves legal outcomes. Inspector John O’Reilly unquestionably demonstrates the positive difference a single individual can make.**

#### Why We Commend Limerick Inspector John O’Reilly



*Anne Byrnes, Majella Ryan, and Nora O’ Connor making a presentation to Limerick Inspector John O’Reilly on his retirement from An Garda Síochána and thanking him for his contribution to CARI throughout the years.*

In June 2012, CARI made a special presentation to Inspector John O’Reilly to mark his extensive contribution to children and families who have been affected by child sexual abuse. Inspector O’Reilly has been an “invaluable asset” to CARI staff and its clients. Inspector O’Reilly appealed to members of the public to support the efforts of CARI in whatever way they can. “The work that they do here is second-to-none,” he said adding: “They deserve the best support people can give and I know that Limerick people will continue to give them support.”

In October 2012, Inspector O’Reilly was named the **Limerick Person of the Month** for going “beyond the call of duty” in his work with child victims of sexual abuse. “It is a privilege to be associated with CARI,” said John on accepting his award. While he assisted CARI through his position in An Garda Síochána, he also offered his services outside of work hours. John continues to assist CARI “with a heart and a half”.

## CARI Campaigns for Non Release of Therapy Notes to Third Parties

In our Annual Report 2010, Mary Flaherty CEO first flagged the issue of therapy notes being requested in criminal cases. She quoted the Government Special Rapporteur Mr. Geoffrey Shannon as saying “Ireland urgently requires legislation governing the issue of disclosure, and that, in any discussion regarding this issue, the response in other jurisdictions should be considered as well as the need to balance the complainant’s privacy with the accused’s right to a fair trial.” As things stand, the Irish legal system is failing children.

In 2012, the Director of Public Prosecution’s Office began recruiting organisations to sign a memorandum of understanding regarding the release of therapy notes for criminal proceedings.

CARI believe that signing this agreement would be a betrayal of the trust our clients place in us. It has the potential to seriously damage the therapeutic relationship with the client and effectively brings the abuser into the therapy room. It would be difficult, if not impossible, for a client to open up in therapy knowing that the offender could potentially read everything they discussed with us. The whole principle of therapy is based upon creating a safe space for our clients. We cannot do this if we agree to the routine release of files. The release of therapy records is contrary to CARI’s best clinical opinion. CARI’s policy is that we release files only when we receive a court order to do so.

### **CARI’s Reasons for Opposing the Release of Clients’ Notes:**

- Child Sexual Abuse is a violation of a child, and a breach of their trust. It can take considerable time for a therapist to gain the trust of their clients and to routinely hand over files to either the Prosecution and or the Defence is to break that trust.
- Our contract with our clients did not include release of files to the DPP or defence. Releasing them is a further violation of the child or young person. They worked with us under a completely different contract and understanding of the limits of confidentiality.
- Psychotherapy/Counselling notes are subjective third party records of private and confidential sessions. They are not recorded with the purpose of gathering evidence.
- CARI views psychotherapy/counselling notes as the property of the organisation and not the property of the client so client consent to release notes alone is not sufficient to allow us to do so.

### **Client May Approve Release**

In exceptional circumstances, CARI has on occasion deferred to our client’s wish to have therapy notes released to the DPP in criminal proceedings, notwithstanding our general policy on release. For CARI, these exceptions are informed by consideration of the client’s age, mental capacity, mental health, capacity for balanced decision making, and any threat, to life, health or duress to the client. In doing so, we bear in mind at all times the damage already inflicted by prior abuse experience, current life circumstances and the client’s varying responses to the abuse experience and aftermath over time and at different developmental stages. We also take account of collateral professional opinions, where available, from other health practitioners in those considerations.

### **Requests Now Routine**

Requests for notes have become routine by the Director of Public Prosecutions. This situation brings up many dilemmas in relation to therapy and confidentiality. One possible alternative is to wait until after criminal prosecution to begin therapy. This would be grossly negligent of victims of child sexual abuse given that cases generally take a minimum of three years to get to court.

Such an on-going breach in confidentiality would have to be included in our initial contract with clients and they might well be forced to choose between pursuing a criminal case and receiving therapy. We know these crimes are already under-reported.

**“One could argue that the effects of disclosure of a person’s records is such a powerful disincentive to report sexual offences and to seek counselling/therapy; it seriously prejudices the public interest.” Shannon (2010)**

### **Release of Notes: A Significant Risk to Clients**

With many of CARI’s clients gaining informed consent, the release of psychotherapy/counselling notes poses a significant risk. As part of obtaining informed consent, we need to go through the notes page by page with our client. This has the potential to re-traumatise them. If a parent or legal guardian is giving consent on behalf of the child, it means allowing them access to the notes before consenting so they are fully aware of what they are consenting to release. This then allows them access to the child’s private and personal thoughts and feelings which may well contain information given by the child in confidence about the parent. This has the potential to cause long-term damage to the parent-child relationship.

# CARI Advocacy and Media Report

Such routine, unmanaged release of counselling/therapy notes is not the norm in other countries. CARI believe therapy notes should be privileged. CARI are not alone in their belief that the release of confidential notes is potentially damaging to young victims of sexual crimes. This view is shared by our colleagues in the other specialist units providing counselling and therapy to children and young people who have been affected by sexual abuse namely St. Clare's, Children's University Hospital, Temple Street, Dublin and St. Louise's, Our Lady's Hospital for Children, Crumlin, Dublin.

CARI believe that releasing therapy notes is not in the best interests of the child. CARI respect the rights of every citizen to justice. However, we have a particular function to advocate for the rights of children and young people who have been sexually abused. In these new developments in court practice, we do not see any attention to the rights of privacy and healing for children subjected to sexual abuse. We wish to state very clearly however that we remain open, in an appropriate forum, to discuss and review how the needs of abused children and the requirements of justice for all may be advanced.

## Media

### More Issues We Proactively Campaigned On

In 2012, we became more proactive in media and were primed for reactive media opportunities. We raised CARI's profile, disseminated our expertise, created conversation and helped make change happen!

#### Press Releases Issued in 2012

- CARI Post-Budget 2013 Appeal: Please Let's Not Fail This Generation of Child Abuse Victims (December 2012)
- Children's Referendum: CARI Opinion Piece (November 2012)
- Vote YES for Children on Saturday (November 2012)
- Children's Rights Referendum 10th November (November 2012)
- CARI Rejects the Idea of Compensation in Lieu of a Custodial Sentence (October 2012)
- CARI Welcomes Historic Announcement of Polling Date (September 2012)
- CARI Welcomes the New Child Protection Reports (September 2012)
- Doing More for Children with Less (July 2012)
- Cardinal Brady Resignation Necessary for Victims - Past and Present (May 2012)
- CARI Welcomes Progress on Putting Children First (April 2012)

## CARI Campaigned for YES Vote in Children's Rights Referendum

CARI credibly played a part in giving the voiceless a voice by writing a call-to-action to get the response we wanted – a YES vote. The successful, momentous passing of the Children's Rights Referendum on 10th November 2012 will make a real and positive difference to the lives of children in Ireland. It will not eliminate sexual abuse but at every stage in the child protection system, from prevention and protection to court conviction, it will help.

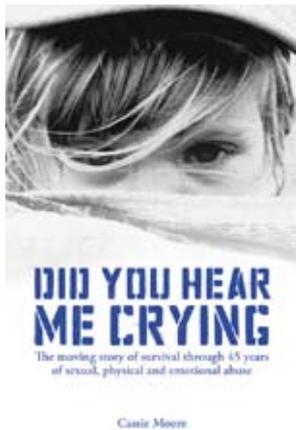


## CARI Highlighted Cuts to Already Seriously Inadequate Services

Children who have been sexually abused have to go without counselling services, due to lack of funding. In 2012, CARI pleaded to be exempt from further funding cuts. The level of funding given to CARI by the state has been decreasing steadily since 2009. In 2012, we called for increased resources. Given that there is a growing need for therapeutic services, there were few services available to these children before and there are even less now, following the closure of CARI's Cork service.

There has never been a better strategic environment around dealing with child sexual abuse but at the same time the resources have turned completely in the other direction. Our dedicated child services are struggling under pressure, and to be asked to do more with limited resources seems impossible. Recommendations by the Ferns 4 National Steering Committee charged with examining the therapy needs of children who suffered sexual abuse have not made it "across the line". Increased resources are needed to make these recommendations happen.

Child sex abuse victims wait up to a year or more for counselling. The situation is not good enough. When children and families have been through trauma like this, they need help - and they need it fast. The reality is that there are far more services for adult survivors of sex assault and abuse. We are the only service for children. CARI calls for a Government guarantee that early intervention and family support services for those affected by child sexual abuse survive and thrive in the coming years.



## CARI Support from CSA Survivors

### Did You Hear Me Crying - Cassie Moore

In 2012, we were fortunate to be contacted by CSA survivor Cassie Moore (pseudonym). She was concerned at the closure of CARI's Cork service. Cassie has become a tireless supporter and has donated part of the profits

from her book (published in 2012) about her own experiences to CARI. More important than the financial support is her voice on behalf of the child victims of today - whose voices are still so often silent.

Cassie Moore's story '*Did You Hear Me Crying*' is a powerful, true tale of survival through 45 years of sexual, physical and emotional abuse. Hers is a book that should never have needed to be written, let alone experienced. A survivor of multiple abuse, Cassie shows that abuse doesn't have to end your life or make you a victim forever. '*Did You Hear Me Crying*' is available in Eason's, Amazon, Kindle and [www.liveitshop.com](http://www.liveitshop.com)

*"CARI warmly welcomes this brave and important piece of writing. While sexual abuse is not the taboo subject of previous decades it is still prone to secrecy and shame. Children largely do not speak and their stories are unheard like their cries. Cassie's story in all its harrowing detail is important in lighting up this still dark place."* **Mary Flaherty (CEO) CARI**

## Major Revamp of CARI Website Funded by The Community Foundation for Ireland

In 2012, a year of cutbacks, this was a good news story. An impact grant from **The Community Foundation for Ireland** allowed us to modernise our website communications and further meet the needs of our client group. The new website acts as a modern fundraising tool - which is important for sustainability. Our new CARI website refreshes and revitalises key organisational communication channels and equips and empowers CARI to transform our communications and add impact to our work within the child protection community.

### Our New Website Aims To:

- Promote the work we do
- Increase understanding of our work
- Reassure the public that we are working to protect them
- Educate and inform
- Inspire our target audience into action on issues and causes that matter to them

### Our New Website

#### Enables Us To:

- Demonstrate a clear-cut message that represents a true picture of the problem and provide real information
- Play an active role in preventing Child Sexual Abuse (CSA); the public need the right knowledge to stop this happening
- Provide Child Sexual Abuse (CSA) detection advice, support and information (i.e. protect victims/prevent further victimisation)
- Support and inspire service users to address their past and present issues
- Promote victims' rights
- Provide a resource for service users to raise their profile
- Deliver an invaluable public service



## Virtual Contact with CARI Increases Year on Year

### Website

In 2012, 20,668 people visited our site. 77% of these were new visitors and 23% returning ones.

### Social Media

In 2012, we judiciously used our social networks for fundraising, campaigning and communications. We engaged with our audience through social media and empowered them to be organisational ambassadors, supporters and volunteers! Furthermore, we built interest and engendered a dynamic community by galvanising our contacts to act on what they read!

### Facebook

[www.facebook.com/carifoundation](http://www.facebook.com/carifoundation)

In 2012, we dynamically used Facebook to market our events, provide information and advice, plug campaigns and appeals and circulate corporate messages. **In 2012, CARI had 1,300 Facebook Friends.**



### Twitter

[http://twitter.com/#!/CARI\\_Foundation](http://twitter.com/#!/CARI_Foundation)

In 2012, we used Twitter to prompt our supporters to take meaningful action in aid of CARI. Twitter empowered us to encourage our followers to leverage advocates by connecting with current, like-minded audiences. In order to amplify the amount of conversations about CARI, we tapped into these conversations and cultivated their interest in CARI.

**The usage for 2012 was 1078 Tweets; 164 Following; 591 Followers.**



# Anne Byrnes – In Memoriam

## Anne Byrnes (1962 - 2012)

The CARI Foundation lost a highly valued member of our team when Senior Development Fundraising Executive, Anne Byrnes died in September 2012. Anne had worked diligently for CARI and had dedicated much of her life to helping the children who attended CARI. We have lost a great friend and colleague. All of us at CARI Limerick had the great pleasure of working closely with Anne. While not everyone in CARI had the opportunity to work with Anne, it is clear that she will be missed by all our staff at both the Limerick and Dublin offices.

Anne was so thoughtful and kind. She was optimistic about the future; she fought her illness bravely. Words cannot express our sadness at the terrible loss of our friend and colleague. Her tireless work ethic, positive attitude and sense of humour are greatly missed. Anne was known as the face of CARI in Limerick and she fundraised tirelessly, even from her bed at Milford Hospice. Anne never stopped working for CARI. When we would go outside on visits to the hospice with Anne, she would talk to the doctors, nurses, other patients and their families about CARI and ask for their support. Anne heard J.P. McManus was at the hospice and wanted to be brought down to him to talk about CARI. When we visited she wanted constant updates on what was happening in work.

Anne's death was a huge loss for her colleagues. She touched the lives of everyone who knew her. She was a very special person; much admired and respected by her friends and colleagues. Anne often used a letter from a client in her fundraising, a letter about the therapists being angels. The truth was Anne **was** the real angel of CARI. I am sure all of you who knew Anne will join us in saying:

*“Thank you Anne for your friendship, and your collegueship; for your dedication to CARI. You have become our CARI angel & Anne we all sadly miss you. Goodbye dear friend.”*



### Our CARI Angel

*Anne touched the lives of many.  
Like only an angel can do.  
We loved her very dearly  
It was the end and we all knew.*

*We send this special message.  
To the heavens up above,  
Please take care of our angel  
And send her, all our love.*

### Limerick Legacy

Limerick Mayor Gerry McLoughlin led the tributes to Anne. For the last 17 years, she was involved in CARI. Mayor McLoughlin described Anne as an “inspirational figure”.

“She was tremendous; she was dedicated, and was always charming. She was so good at what she did. It allowed CARI to move on and do the tremendous work it did. She was tremendously dedicated to her role. She loved the charity, and was passionate about it. It was tough to say no to her,” the mayor recalled. “She was positive, conscientious, and will be missed. I think the city is a poorer place without her,” he said.

Majella Ryan, Acting National Clinical Director of CARI, will mostly remember her kind nature. “My most abiding memory of Anne is her kindness. She was extremely driven by her love for children and her desire to raise the necessary funds to allow CARI to provide vulnerable children and families with the best service possible.”

## Thank You from CARI Fundraisers

CARI's fundraising teams in Dublin (Carole Moran and Patricia Townsend) and Limerick (Anne Byrnes and Nora O' Connor) along with CARI's C.E. staff in both centres would like to say a big thank you to all who contributed in whatever way to supporting our events and appeals in 2012.

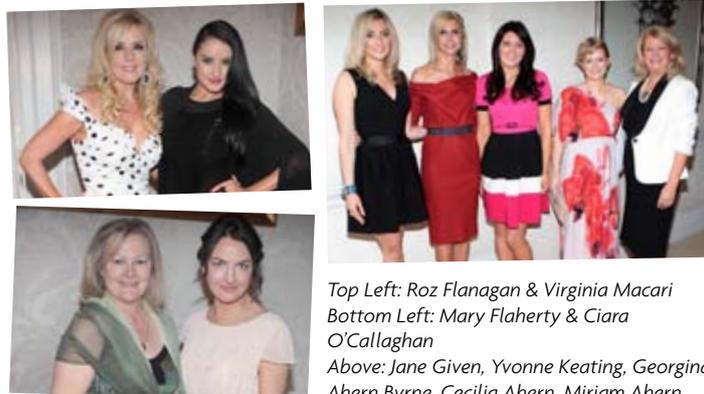
There were big changes in CARI Limerick Fundraising. Tragically, in September 2012, we lost Anne Byrnes (Senior Development Fundraising Executive) after a long illness which she fought bravely. **See our memoriam page.**

Nora O' Connor, Project Manager and Fundraising Manager retired at the end of 2012, after a long and productive career with CARI. She is missed but we were delighted that her assistant (Mary Madden) was chosen in the competition as her successor.

## National & Signature Fundraising Events

### CARI Summer Lunch & Fashion Show

The Annual CARI Lunch is a long-standing event in the charity fundraising arena. 2012 marked the tenth year of the lunch. On May 11th 2012, Miriam Ahern hosted the CARI Lunch in the luxurious surroundings of The Shelbourne Hotel, Dublin. The afternoon began with a champagne reception sponsored by M&S followed by a wonderful Fashion Show. Guests enjoyed a delicious four-course gourmet meal with wine, followed by live entertainment provided by 'The Singing Waiters'. Alan Hughes from TV3 was the MC for the afternoon. Our media partner for the event was RTÉ Radio 2FM.



Top Left: Roz Flanagan & Virginia Macari  
Bottom Left: Mary Flaherty & Ciara O'Callaghan  
Above: Jane Given, Yvonne Keating, Georgina Ahern Byrne, Cecilia Ahern, Miriam Ahern

### Pre-Lunch Cocktail of Fashion

Thank you to Ursula Stokes and her models for bringing a touch of class, glamour and fashion to the Live 95FM Tour. The Fashion Show was held in the Clarion Hotel in September 2012 and was attended by many CARI supporters.

### CARI Christmas Lunch & Fashion Show

Instead of the Annual Ball this year, CARI held a Christmas Lunch & Fashion Show at the Four Seasons, Dublin on 30th November hosted by patron Miriam Ahern. The afternoon began with a champagne reception sponsored by M&S after which a chic fashion show took place hosted by Karen Millen and M&S. The guests enjoyed a four course meal with delectable wines. The charismatic Alan Hughes from TV3 was the MC for the afternoon. After lunch guests were entertained by Paul Harrington and singer Patricia Roe.



Karl Broderick & Alan Hughes



Simone Walsh & Tara O'Connor



Roz Flanagan & Vicky Flanagan



Miriam Ahern, Cecilia Ahern & Georgina Ahern Byrne

### Live 95FM 95-Stop Tour for Limerick Kids

We simply cannot thank Limerick's Live 95FM enough for their huge support over the years. Special thanks to Joe Nash, Fergal Deegan and the entire Live 95FM crew. 2012's Tour brought in €35,468 which provided much needed counselling and therapy services. Apart from the funds, it also helped raise awareness and encouraged some "silent families" out there to take the first steps towards recovery. Thank you to all the organisations and communities who helped and to those who participated in any way to make this Tour such a huge success.



Live 95FM 95-Stop Tour for Limerick Kids presents CARI Limerick with cheque for €35,468.

# Community Fundraising

## The Halleluia Gospel Choir

The Halleluia Gospel Choir donated the proceeds of their Christmas Carol evening again in January 2012. The choir have been doing this over the past couple of years and we are very grateful for their efforts.



## SAVOUR Limerick Food

The 2012 SAVOUR Limerick Food Celebration in aid of CARI launched in style on March 15th 2012 in Thomond Park. SAVOUR Limerick is a celebration of Limerick's culinary expertise, showcasing the very best the region has to offer in terms of top quality produce, fantastic chefs, and cookery demonstrations.

Ireland's cooking sensation Derry Clarke, from Michelin Starred Restaurant L'Ecrivain, provided talented tips and helpful advice for culinary challenges. Special Guest rugby player Denis Leamy and other Munster Rugby legends were put through their paces and showed off their cooking skills and gave interesting insights into their diet and exercise regime.

Masterchefs Hospitality sponsored the event; it was coordinated by 2nd year Event Management students from Limerick Institute of Technology and was supported by the Restaurants Association of Ireland. Special thanks to Pat O'Sullivan and his son Keith.

## Easter Baskets

We placed 90 Easter Baskets – complete with chocolate egg and cuddly toy – in hotels, bars, shopping centres and post offices throughout Dublin and Limerick. A big thank you to all who participated in this annual event.



## Connemara's WaterSports Day 2012

Thank you to Patricia Keane and her committee for nominating CARI once again as the recipients of WaterSports Day which was held on Sunday August 19th. It was a great family day out – activities included scuba-diving, kayaking, boat and pony rides and a host of other exciting events. €2,500 was successfully raised for CARI.

## Children With A Mission (C.W.A.M.) Annual Charity Show

Children With A Mission (C.W.A.M.) and Minitops staged their annual charity show on October 13th in aid of CARI. An extravaganza of entertainment was presented which included; the winners of Minitops 2012 (St. Marys Youth Club, Ballyfermot), Dream Origin, Inchicore Variety Group, Gerry Noonan, Limelight Stage School and Ger Callaghan. Thank you to Therese Ryan and her team.

## Table Quiz & Church Gate Collection

Limerick Lions Club organised a Table Quiz in aid of the Turkey Trek and €1,000 was raised on the night. A big thank you to Gerry Fitzmorris and all members of Limerick Lions Club for their annual church gate collections in November. Funds from both these events helped to provide therapy services and all monies were used in Limerick.

## Remembrance Tree

Special thanks to Fergus Quinlivan and all members of Limerick Thomond Rotary Club for inviting us to fundraise with them in December 2012. A total of €3,500 was raised and all funds went directly to finance counselling and therapy services in Limerick.

## Christmas Hampers 2012

A big thank you to all the pubs, credit unions, shopping centres and clubs who supported us with our Christmas Hamper Raffle.

## DCU Music Society

Members of this club nominated CARI as their chosen charity for 2012/13. They ran numerous events throughout the year. These innovative events included: Student X Factor, Open Mic Day, Carols by Candlelight and Music Society Showcase & Glee Show.

## DIT Business Students

Thank you once again this year to DIT Business Students, a number of whom organised events in aid of CARI. Thank you to Tom Cooney and his Business Class of 2012, who organised various events in aid of CARI. Students undertook to organise events from scratch; learning valuable skills in marketing and PR and raising much needed funds for CARI.

# Challenges



**CARI**  
Shining a Light for Children  
1890 924 567

## Stephen Kinsella's 100 Days of Charity

On Easter Monday, Bray's Stephen Kinsella, Personal Trainer of Evolution FSC, completed 100 Days of 100 Daily Challenges for CARI. Starting on January 1st 2012, each day Stephen picked a discipline or exercise and performed 100 repetitions of these. Stephen raised in excess of €5,000 single-handedly.



Stephen Kinsella

## Turkey Trek

Many thanks to our group of fundraisers from Dublin and Limerick who travelled to Turkey on May 19th 2012. Group leader Carole Moran from CARI Dublin was very pleased with the outcome of this fundraising trek and great fun was had by all.



## Flora Women's Mini Marathon

Another great day for CARI was June 4th 2012, with teams of women turning out to run, jog or walk in aid of CARI. Ciara O'Callaghan, aka Yvonne Doyle, from *Fair City*, again was the face of CARI for this event. A huge thank you goes to her, to all our participants and to The Duke Bar in Duke Street for their on-going support over the last seven years in hosting our meet and greet.



## The Challenge/Born to Run

Maura Mulvey took on The Challenge from August 4th – September 15th 2012 in aid of CARI. The Challenge was to complete four epic races in the four provinces of Ireland - a Mourne Mountains climb, a multi-sport adventure race, marathon & sprint triathlon. Phew! Maura successfully raised €1,755 in aid of CARI. Go Maura!



Maura Mulvey

## Kerry Way Challenge

Timberland® and Munster Rugby actively supported CARI by running, walking and rambling the Kerry Way from Kenmare to Killarney on August 26th. CEO Mary Flaherty and teams from Timberland® & Munster Rugby put their levels of endurance to the test by taking on the 13.1 trail run. The spectacular hiking route meandered around the Kerry Peninsula from Kenmare & finished in Killarney National Park. Furthermore, Timberland® augmented fundraising targets for the challenge through shopping events in Timberland® stores in Cork, Limerick, Dublin and Belfast on August 24th/25th. The total amount raised was €9,281.90.

Donncha O'Callaghan,  
Denis Hurley &  
James Coughlan



## CARI – 'Strictly Come Dancing' Challenge

CARI hosted a 'Strictly Come Dancing' Challenge on Saturday October 13th in The Wright Venue, Swords. 24 volunteers took to the stage after six weeks of intensive training to perform outstanding dances to an audience of 500 people. Our judges on the night included Ciara O'Callaghan (Fair City) Dave Duffy (Fair City) and Rebecca Maguire (Miss Ireland).



CARI Supporters  
Roz Flanagan &  
Vicky Flanagan

## The Winners!



Simone Walsh & Pedro Leegano



CARI Staff Eileen Butler & Alan Kenny

## Limerick Ladies Mini Marathon

Many thanks to all who participated in last year's mini-marathon which kicked off on October 14th in the grounds of University Limerick. It was a great family fun day.

## White Collar Boxing

Thank you to John McGovern who trained for several months and participated in a White Collar Boxing event. John raised €530 on December 8th in The South Court Hotel, Limerick.

# Statement of Accounts

For year ended 31st December 2012

	2012	2011
<b>Income</b>		
Donation, Grants, Services		
<b>Total</b>	*€539,156	*€735,923
<b>Fundraising Events</b>		
<b>Total</b>	€199,012	€184,762
<b>Expenditure</b>		
National Expenditure	€687,031	€959,835
<b>Total</b>	€687,031	€959,835
Deficit/Surplus on Ordinary Activities	€51,136	-€39,150
<b>Balance Sheet</b>		
As at 31st December 2010		
<b>Fixed Assets</b>		
Tangible Assets	€1,972,847	€1,972,847
<b>Current Assets</b>		
Bank	€21,606	€95,885
Debtors & Prepayments	€1,115	€2,601
<b>Total</b>	€22,721	€98,486
<b>Current Liabilities</b>		
Creditors (Amount failing due within 1 year)	€136,869	€211,937
Net Current Assets/Liabilities	-€114,148	-€113,451
Total Assets less Liabilities	€1,005,852	€1,859,396
Creditors (Amounts failing due after more than 1 year)	€820,101	€871,934

\*Drop due to two one-off grants in 2011 - €65,000 from Ryan Report Funding and €89,070 from J.P. McManus Golf Pro-Am.

# Statement of Accounts

## Revenue & Reserves

Accumulated Surplus	€185,751	€987,462
<b>Total</b>	<b>€1,005,852</b>	<b>€1,859,396</b>

## Grants

Grants were received from the following

### Statutory

HSE *Northern Area	€243,563	€322,386
Family Support Agency	€134,100	€152,400
Department of Children & Youth Affairs - National Lottery	€30,000	
Commission for the Support of Victims of Crime	€14,200	€15,000
FÁS**		€16,060
National Lottery HSE Mid West	€4,335	
National Lottery Northern Area	€4,000	
Department of Social Protection**A46	€8,107	
<b>Total</b>	<b>€438,305</b>	<b>€505,846</b>

\* Includes €65,000 2011 from Ryan Report Funding (one off)

\*\* FÁS Changed to Department of Social Protection in 2012

### Non Statutory

Community Foundation of Ireland	€10,000	
Dublin Bus	€2,000	
J.P. McManus Golf Pro-Am (2010)		€89,070
Elsevier		€10,756
Civil Service Charity Fund		€5,000
<b>Total</b>	<b>€12,000</b>	<b>€104,826</b>

CARI also benefits from FÁS support via our two CE schemes and JI part-funding for five posts in CARI. These funds are accounted for separately to FÁS and have a different accounting year. Only a net material grant of €8,107 is visible in our accounts.

The value of the FÁS support is substantial as it helps subsidise core running costs in Limerick. The gross turnover of the Limerick CE scheme in the year to Sept 12 was €180,088 and the figure for Dublin was €185,000. The gross contribution to CARI from JI in 2012 was €43,000 for Limerick and €45,760 for Dublin.

### **Company Solicitors**

Rory P. Benville & Company, Riverview House, Seapoint Road, Bray, Co. Wicklow

### **Auditors**

Kilbride Marshall & Company, 12 Joyce Avenue, Foxrock, Dublin 18

### **Registered Office**

110 Lower Drumcondra Road, Drumcondra, Dublin 9

### **Company Number**

Registered Number: 148760 • Charity Number: 9491

### **Board Members**

Richard P. Treacy – Chairman

Ronan Boylan

Noel Hughes

Peter Quinn

Colman Duggan

Ros McCarthy (Resigned December 2012)

Colm O'Brien

John Quinn



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