



ADAPT

DOMESTIC ABUSE SERVICES

Company registration number: 84938

ANNUAL REPORT 2023

Support and safety for women and their children affected by domestic abuse

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ADAPT Domestic Abuse Service receives funding from the following agencies/departments:



DEPARTMENT OF JUSTICE, EQUALITY AND LAW REFORM
AN ROINN DLÍ AGUS CIRT, COMHIONANNAIS AGUS ATHCHOIRITHE DLÍ



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



Fund for European Aid to the Most Deprived (FEAD)

The FEAD programme is an EU-wide initiative to help support people take their first steps out of poverty and social exclusion. 85% of the funding comes from the EU with the balance of funding coming from the Irish Exchequer.

The Department of Social Protection is the Managing Authority for FEAD in Ireland.

Our charity benefits from food assistance. The FEAD programme provides non-perishable food via their charity partners to families and individuals in need. Food supplied consist of breakfast cereals, rice, pasta and pasta sauce, soups, canned fish, jam, tea, coffee, sugar, and canned vegetables and fruit. The food items are easy to transport and store.

Our charity also benefits from material assistance under the FEAD Programme. The programme provides school stationary kits to children who are being supported by FEAD food assistance in both national and secondary schools.

CHAIRPERSON'S ADDRESS

Welcome to ADAPT Domestic Abuse Service's 2023 annual report. This year has been another year of opportunities and challenges for ADAPT, with increasing demand on our services, year after year.

In 2023, we developed our migrant outreach service, with a dedicated staff member join the team to respond to the needs of these communities and adjust our services accordingly. We are delighted to have this service in place and look forward to seeing its impact in the years to come.

This year our outreach development continued with more community organisations coming on board to help provide safe spaces where our staff can meet and support women throughout the City and County. Work continued on strengthening relationships with An Garda Síochána and the Courts Services, creating quicker and more consistent responses for women who need legal protection. A total of 638 women were supported through community outreach.

We continued to make improvements to the refuge this year. Places remain in high demand with challenges in transitioning residents out, mostly due to lack of safe, appropriate housing in the community. In 2023, there were 167 women admissions and 242 child admissions to the refuge.

The staff teams in ADAPT provide a high standard of support and safety for the women and children who avail of our services. These teams are supported by the Coordination Team and the Senior Management team who ensure that quality of practice and facilities stem from a trauma-informed framework. I would like to thank all of the staff in ADAPT. The services provided, in a considered, kind and proactive manner are, without a doubt life-saving for some of our service users. This is due to the dedication and professionalism of those who work in the service.

The ADAPT charity shop developed further this year. We are delighted to see the service it provides to the community as well as providing a source of income for the services of ADAPT. I want to extend our gratitude to the staff who makes this such a great charity shop.

2023 also saw a change in the officer's roles of the Board of Directors. Three new Board members joined us, Daire Ó Criodáin, Donnah Vuma and Orla Muldoon. We look forward to the ADAPT Board benefiting from their experience and insights.

To the existing Board of Directors, I'd like to take this opportunity to extend my sincere gratitude for your ongoing support and commitment to ADAPT.

I also wish to thank all of our funders for their continued support and who have assisted ADAPT in meeting some of the increased demands on service provision.

I also want to acknowledge the ongoing financial support and donations received from the many individuals, businesses, community groups and agencies. This financial support allows ADAPT to continue to provide quality vital services in the local community.

Finally, to all the women and children who availed of our services in 2023. We hope that we met all of your expectations and that you received the care and support you needed. It's our privilege to support you and thank you for trusting us.

Leonie Kerins
CHAIRPERSON

DIRECTOR OF SERVICES STATEMENT

2023 was yet again another busy year for all of us here in ADAPT Domestic Abuse Services. Throughout the year we carried out essential refurbishment work in the refuge thanks to funding received from the Dormant Accounts Fund, Scaling Fund for Social Enterprises Strand 1. This included us being able to extend our refuge space from 14 self-contained apartments to 15 and to increase the size of one of our apartments from a bed-sit into a family sized apartment. As the demand for refuge space continued to increase in 2023, the move on for families from refuge remained problematic due to the worsening housing crisis. The addition of the extra apartment and the extension of a family room was well utilized but move-on from refuge for families into safe accommodation continues to be an issue.

In March 2023 we commenced our **Migrant Support Programme**. This programme forms part of our Community Outreach Service and specifically targets the women accommodated in the direct provision centres that are based in Limerick City and also women from the large migrant population living in the City. During 2023 a lot of work focused on working collaboratively with other agencies that support families in direct provision and from the migrant community in order to establish a trusted presence and point-of-contact. Later in the year we ran three 'Adapting for Wellness' Workshops for women from direct provision and migrant communities whereby ADAPT presented information alongside other local support services. This was funded by the Department of Children, Equality, Disability, Integration and Youth.

Another area that saw development in 2023 was our **Court Drop-In Support and Information Service** which is based in Merchant's Quay Courthouse in Limerick. The demand for this service has grown and we increased the service from a 2 days per week service to 3 days per week towards the end of 2023.

The end of 2023 also saw ADAPT running a 4 week Healthy Relationships Programme in Limerick Prison in conjunction with Bedford Row. This programme received extremely positive feedback from both the women prisoners and from prison staff. It is planned to continue this service into 2024.

During 2023 ADAPT supported 1,301 individual women and 166 individual children. This could not have been accomplished without the stellar work of the all the teams in ADAPT. I'd like to thank each and every one of our staff for their continued hard work, commitment and dedication in providing excellent support to the women and children that avail of our services. The work is complex and often challenging but our staff teams are tireless in their efforts to ensure that everyone who contacts us is offered the best support possible.

In 2023, ADAPT's core funding was received from the Child & Family Agency (TUSLA). We also receive funding to run our Childcare Service from the Department of Children, Equality, Disability, Integration and Youth via Pobal. Our core funding to run our Drop-In Court Support and Information Service and Court Accompaniment Service comes from the Department of Justice. ***We are extremely grateful to all our funders for their assistance in providing vital services for women and children.***

As well as all our funders, I'd like to extend a huge thanks to the local community for the support we receive year in, year out. From members of the public who carry out fundraising on our behalf, to local corporates and small businesses that give so generously throughout the year – many thanks.

Finally, I'd like to thank our Board of Directors for their hard work, direction and support throughout 2023. To our Chairperson, Leonie Kerins, I'd like to thank you for the continued support and guidance provided to me and to the senior management team throughout the year.

Denise Dunne
Director of Services

2023 AT A GLANCE



Refuge Services

167 WOMEN ADMISSIONS TO
REFUGE



Community Outreach

638 WOMEN SUPPORTED
THROUGH COMMUNITY
OUTREACH



Helpline

1,875 HELPLINE CALLS WERE ANSWERED



Step-down Housing

4 FAMILIES WERE ACCOMMODATED IN
OUR STEP-DOWN HOUSING



Court Services

540 COURT ACCOMPANIMENTS
174 WOMEN AVAILED OF THE DROP-IN COURT
INFORMATION AND SUPPORT SERVICE BASED IN
MERCHANT'S QUAY COURTHOUSE

Child and Youth Support Service

166 CHILDREN WERE SUPPORTED BY
OUR CHILD AND YOUTH SUPPORT
SERVICE





ADAPT DOMESTIC ABUSE SERVICES—ABOUT US

ADAPT Domestic Abuse Services is a support service for women survivors of domestic abuse and their children. Located in Limerick City we provide a range of services including 24-hour helpline support; emergency refuge accommodation; outreach services; emotional and practical support for women and children. We also work with other agencies to enhance their understanding of domestic abuse and their capacity to recognise, respond and refer appropriately.

ALL OF OUR SERVICES ARE DELIVERED WITHIN A TRAUMA-INFORMED FRAMEWORK

SERVICES THAT ADAPT PROVIDES:

- + 24 hour access to safe refuge
- + 24 hour free confidential helpline
- + Community Outreach Services throughout Limerick City and County
- + One to one practical and emotional support for women survivors
- + Information, advocacy and accompaniment to different services
- + Supports for children and young people who have experienced domestic abuse/coercive control including creative therapy.
- + Drop-In Court Information and Support Service based in Merchant's Quay Courthouse – 3 days per week.
- + Court Accompaniment
- + Migrant Support Programme
- + Support Groups for Women
- + Community Education and QQI accredited courses for women
- + Training and Public Awareness Raising on Domestic Abuse and Coercive Control

OUR PEOPLE

BOARD OF DIRECTORS:

ADAPT Domestic Abuse Services is governed by a Board of Directors who come from a range of different backgrounds, specialisms and experiences. The Board are supported and informed by the Audit and Finance Committee, the HR Committee and the Governance Committee. The Board of Directors of ADAPT Domestic Abuse Services is committed to maintaining the highest standards of corporate governance and is in compliance with the Charities Governance Code.

The Board of Directors comprise the following: Leonie Kerins (Chair); Deirdre Moore, John Flanagan, Liam Carroll, Marie Woods. The Board of Directors met on the following dates during 2023: 15/02/23, 05/04/23, 31/05/23, 30/08/23, 31/10/23, 06/12/23 and the AGM was convened on 25/10/2023. The following Board members stepped down at the AGM in 2023: Leonie Kerins (re-elected) and Deirdre Moore (retired from Board). Daire Ó Criadáin, Orla Muldoon and Donnah Vuma were elected onto the Board at the AGM.

AUDIT AND FINANCE COMMITTEE: This Committee has oversight of the finances of the organisation on behalf of the Board. In 2023 the members were Leonie Kerins (Board member), and Therese Ross (co-opted to this Committee). Denise Dunne (Director of Services) and Jessica O'Sullivan and Kevin Taylor (Finance and Compliance Managers) attend meetings of this committee.

HR COMMITTEE: This Committee has oversight of HR matters on behalf of the Board. In 2023 the members were Mary Kenehan (co-opted to this Committee), Eileen O'Neill (co-opted to this Committee) and Marie Woods (Board member). Denise Dunne (Director of Services) attends meetings of this committee.

GOVERNANCE COMMITTEE: This Committee has oversight of compliance with the Charities Regulator and review of some of the governing policies of the organization. In 2023 the members were Leonie Kerins (Board member), John Flanagan (Board member). Denise Dunne (Director of Services); Claire Anderson (Asst. Director of Services) attend meetings of this committee.

RISK MANAGEMENT: Senior Management and the Board of Directors regularly review our Risk Register to ensure a high quality, safe environment for clients, staff, volunteers and visitors.

OUR PEOPLE

Staffing Structure:

During 2023 ADAPT's Senior Management Team comprised:

- ✚ Director of Services (Denise Dunne)
- ✚ Assistant Director of Services (Claire Anderson)
- ✚ Finance and Compliance Manager (Jessica O'Sullivan).

The Director of Services reports directly to the Board of Directors and provides reports to the Board in advance of Board meetings to ensure that it has full oversight of its governing responsibilities. Matters such as policy, strategic development, corporate governance and financial budgets are monitored by the Board.

In addition, ADAPT has 52 (21.8 WTE) core staff working across 6 departments. An additional 21 staff working directly for ADAPT are employed through the Community Employment Scheme and Job Initiative. These staff work in Property Services, ADAPT Charity Shop and Refuge teams.

ADAPT is also the Sponsor for an additional 13 CE positions across 6 other organisations namely:

Citizen's Information Services, Mid-West SIMON, Doras Lúimní, Headway, Self-Help Africa and Irish Cancer Society.



OUR PEOPLE

ADAPT'S TEAMS



REFUGE SERVICE

This team comprises 9 (6.18 WTE) core staff. Their focus is on addressing the needs of women who are seeking refuge and to provide support to women and children while they are living in the refuge and over the Helpline.



TRAINING AND DEVELOPMENT

This team comprises 2 (1.84 WTE) core staff. Their focus is on prevention education, public awareness and training. This team also provide our T.E.D. Service (Training, Education and Development Service) by providing 1-2-1 coaching for women wishing to return to education or enter the workforce, Quality and Qualifications Ireland (QQI) accredited courses and Community Education courses.



WOMEN'S SERVICES

This team comprises 9 (7.32 WTE) core staff. Their focus is to provide support and advocacy for women who are resident in the refuge, those that attend outreach centres and Helpline callers. They also provide accompaniment to the various services including court. This team also facilitate the Drop-In Court and Information Service based in Merchant's Quay, Courthouse, Limerick



CHILD AND YOUTH SUPPORT SERVICES

This team comprises 9 (5.84 WTE) core staff. Their focus is supporting children and young people who have experienced domestic abuse/coercive control.

OUR PEOPLE

ADAPT'S TEAMS

ORGANISATIONAL SERVICES

This team comprises of 6 (4.96 WTE) core staff. They provide services to support ADAPT to function to the appropriate financial and compliance standards. These services include Finance, IT, Administration and Compliance.



CHARITY SHOP

This team comprises of 1 (0.92 WTE). The charity shops provides earned income to supplement ADAPT's activities and services. The charity shop also provides clothing and furniture for families that ADAPT supports.



PROPERTY SERVICES

This team comprises 4 (2.83 WTE) core staff. Their focus is on maintaining the upkeep of the refuge, offices, surrounding groups and transitional houses. They also maintain high health and safety standards related to the buildings and grounds.

MIGRANT SUPPORT

The team comprises 1 person (0.8 WTE). Our migrant support programme straddles both the Women's Services Team and the Training and Development Team. Migrant support provides one to one support and advocacy to Migrant women and women living in direct provision centres in Limerick. The Programme also involves raising awareness of domestic abuse to migrant support groups and groups of migrant women.



MISSION, VISION AND VALUES

MISSION

The Mission of ADAPT is to offer support and safety to women and their children affected by domestic abuse. The service is committed to challenging domestic abuse by strengthening the capacity of individuals, communities and organisations to respond effectively and to change society so that domestic abuse is no longer tolerated.

The Vision of ADAPT is a world free from domestic abuse.

VALUES

Empowerment: We value empowerment as an effective approach when supporting women affected by domestic abuse. This approach helps the women become stronger and more confident, especially in relation to making decisions that affect their lives.

Respect: We are committed to respecting the dignity of every individual that comes in contact with ADAPT including our service users, our staff, volunteers and external agencies.

People-Centred: We are committed to providing services that are responsive and relevant to each service user's unique needs. We actively listen to the voice of our service users and value their feedback.

Equality: We embrace the values of equality and diversity by treating staff, volunteers and service users with impartiality, inclusiveness, openness and fairness.

Empathy: We work with sensitivity and compassion so that we can better understand and respond to the needs of the women and children who seek our support.

Non-Judgemental: We believe that all our service users have the right not to be judged. We are committed to treating all service users the way we would want to be treated, regardless of their life circumstances, challenges and experiences.

Teamwork: We believe in working together in a spirit of solidarity and co-operation where staff and management all contribute to the development of the service.

2023 – YEAR IN REVIEW

Refuge Services

The housing crisis continued to have an impact on women/families being able to move on from refuge into alternative, safe accommodation. Funding received from the Dormant Account Funding (under the Social Enterprise Strand) allowed us to open an additional one-bed apartment and reconfigure an existing bed-sit into a family sized apartment. Under this strand of funding we were also able to carry out the following essential works in the building:

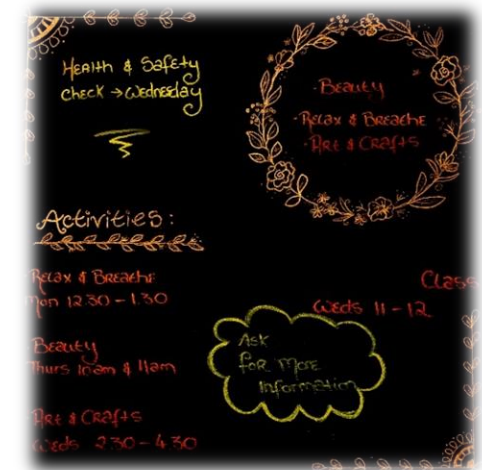
- New disability wet-room installed in disability apartment.
- New disability shower installed in Disability Bathroom.
- Flooring for several areas of the building.
- New boiler for Property Services building.
- Additional security measures installed.
- Electricity shut off mechanisms installed in all apartments.
- Thermostatically controlled taps installed in all apartments.
- Fire safety door openers installed in all apartments.

Admissions to refuge – 167 women and 242 children

Residents' Activities

During 2023 residents' activities were organised to run in the refuge. These included beauty, fitness, arts and crafts and breathwork. These activities allow the women to come together, relax and have some fun!

"I just wanted to hand over some feedback from a resident who had her hair done by our volunteer yesterday. The resident said that the whole experience made her feel like a person again, not just the hair cut but having coffee and a chat and knowing that the volunteer gave up her time for her - she said it was the first time in months she has felt genuinely happy and not just pretending to be happy. She said it not only boosted her mood but also her confidence. She cried while talking about it and couldn't stop expressing how much it meant to her and how grateful she was". (Refuge worker)



Community Outreach Services

In order to make our services more accessible we expanded our community outreach service throughout Limerick City and County. Focused awareness raising took place in the following areas where local community venues are now available to meet with women:

Limerick City:

- John's Street
- St. Mary's Park
- Southill

Limerick County:

- | | | | |
|---------------|-----------------|-----------------|----------------|
| - Hospital | - Newcastlewest | - Kilmallock | - Patrickswell |
| - Rathkeale | - Croom | - Castleconnell | - Abbeyfeale |
| - Ballingeary | - Murroe | - Cappamore | |

An in-reach service in Coolmine Mid-West Addiction Services was also developed in 2023.

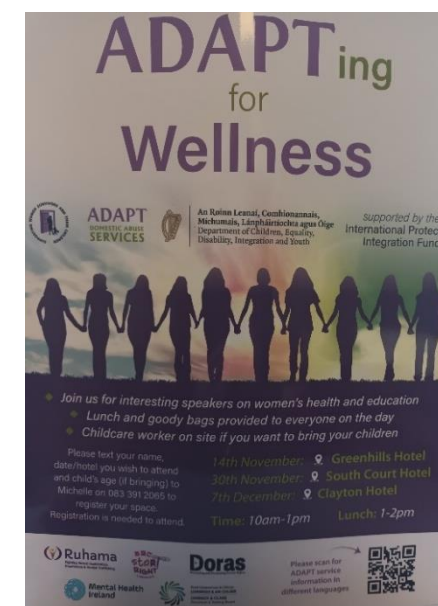
638 women were supported through outreach in 2023

Migrant Support Programme

A migrant support worker was recruited in March 2023 to support migrant women living in Limerick City and women living in direct provision centres. The support worker works closely with the other migrant support services in Limerick and attends multi-agency clinics in Knocklisheen Direct Provision Centre, the Travel Lodge (designated direct provision centre) and in the Clayton Hotel which covers the Dock Road area of Limerick.

Later in the year we received funding from the Department of Children, Equality, Disability, Integration and Youth to run 3 wellbeing workshops for IPAs and migrant women during November and December, in collaboration with Mental Health Ireland, Doras Luimní, LCETB and ABC Startrite.

26 women were supported through the Migrant Support Programme in 2023



Limerick Prison – Healthy Relationships Programme

In October 2023, a four week Healthy Relationships Programme was ran in Limerick Prison for female prisoners in conjunction with Bedford Row Project. Due to the positive feedback received from the women who participated we will be running another programme in 2024.

Feedback from a prison officer in Limerick prison:

Just a little feedback from what I can see as a prison officer working with these ladies for years (around 15yrs!). The girls are very invested in the course and are really getting a lot from it. It is triggering lots for them and I have noticed there are girls that are opening up and crying out for help that would never have done this before. This is amazing because I believe they are in a great place to start dealing with their issues/emotions. They are in a safe environment and they have time to process what is going on. They are so hungry for help, support and guidance and this course (especially the facilitators) are providing all of the above. I believe it is breaking down barriers that may never have been attempted in a lifetime otherwise. The impact of this course is massive and I think there will be some hugely positive results from it. This will change lives."

Court Drop-In Information and Support Service/Court Accompaniment

2023 saw a big increase in the amount of women availing of the Drop-In Court Support Service in Merchant's Quay Courthouse. 174 individual women availed of this service in 2023 compared to 45 in 2022.

534 court accompaniments were provided in Merchant's Quay, Mulgrave St., Newcastlewest and Kilmallock Courts to 281 women.

**540 COURT ACCOMPANIMENTS WERE PROVIDED
174 WOMEN AVAILED OF THE DROP-IN COURT
INFORMATION AND SUPPORT SERVICE**

Support Groups

In addition to the one-to-one support that ADAPT provides, we also run support groups for women. Support groups allow women to share their experiences with other women in similar situations and to gain support from each other. The groups are facilitated by two trained facilitators who support the women to understand and process the traumatic impact that domestic abuse has had on them.

14 women participated in the two Reaching Out Support Groups and 8 women participated in the Let's Talk Support Group that ran in 2023. 8 women participated in the Let's Talk Support Group



Research

Some of the participants in the support groups are participating in a University of Limerick European research project entitled 'Examining the efficacy of a peer support group, and associated group-based factors, for psychological and physical well-being'. The project aims to examine the value of support groups, what works, what doesn't work and how this might influence participants' well-being and physical health.



Child and Youth Support Services

Our support work starts by providing initial support to families as a unit when they first come into refuge or if they access support through outreach services. When we support the family as a unit this allows us to get to know them and help to regulate and transition them into the service by designated staff. In 2023 we supported **166 children and young people** in this programme with **679 sessions** in total. At times the mother would be part of the session to help children to feel secure with staff and environment. Once the children feel more regulated and secure then they are moved into mixed groups programmes.



Early Years Club

Afterschool programme

Youth Support

Creative Therapy Services

18

Mother and Toddler Sessions

10 mums and 10 children participated. 29 sessions completed.

Two staff support this programme which runs every Tuesday morning. Themes of the sessions can be about self-care for mum and children, infant mental health, impact of domestic abuse on the family. But mostly it is about mums and children getting positive interactions and reassurance from staff.



DATS (Domestic abuse Teens Support)

3 young people from 12 years upwards participated in the DATs Programme. 45 sessions completed. All participants were female for 2023.

Themes of the sessions are Healthy Relationships, Coercive Control, How I Feel about my Family, Court Expectations. Two of the participants have engaged in the national project Empower Me Project and one participant shared insight that led to developing the national children's power and control wheel.

TLC Kidz Programme

7 referrals were made from ADAPT to the TLC Kidz Programme.

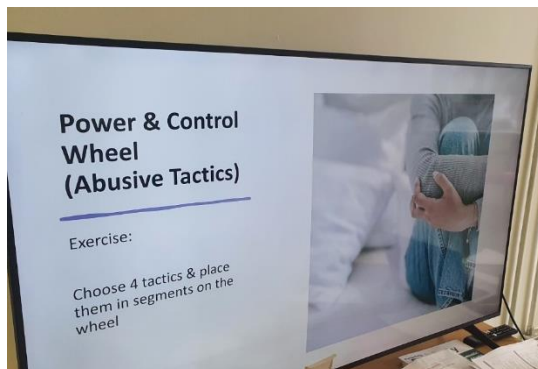
Two programmes ran in ADAPT with Barnardos and ADAPT staff co-facilitating. One group was for 10-13 years old and one group was 6-8 years old.

Child & Youth Outreach Programme

25 mothers were supported in an outreach capacity by Child & Youth key workers. This connection was a combination of phone, face to face and text support. Themes of this support included how to deal with children before and after access and supporting mums to parent post separation.

166 CHILDREN WERE SUPPORTED BY OUR CHILD AND YOUTH SUPPORT SERVICE

Training and Development Service



Feedback on Training:

Participant 1:

"the reference back to real life stories and the videos really helped with understanding it all...very honest and open discussions, facilitators did not make anyone feel like they couldn't ask a question or speak"

Participant 2:

"the programme from start to finish was beneficial, useful and applicable. Thank you both so much, I will be recommending this training to everyone I meet"

Participant 3:

"well informed and very well facilitated. Super happy with the trauma informed and psychotherapeutic undertones throughout the training". There were concrete examples mixed with the right amount of theory".



Domestic Abuse Awareness Training

28 training sessions facilitated in 2023

11 – average number of participants on training sessions

283 - total number of participants on domestic abuse training.

ADAPT DOMESTIC ABUSE SERVICES



ABOUT THE TRAINING:

Online Training: Domestic Abuse Awareness

2hr session providing participants with an understanding of this major social issue and the barriers and impact of living with domestic abuse.

Online Training: Domestic Abuse & Trauma

2hr session providing participants with a greater understanding of trauma related to domestic abuse & an introduction to trauma informed practice.

1 Day: Domestic Abuse Awareness

In-person training that is engaging and interactive. It explores the dynamics of domestic abuse, the wide reaching impacts while also providing information on supports.

2 Day: Understanding & Responding to Domestic Abuse

In-person training where you gain a deep understanding of domestic abuse, it will help participants recognise and respond appropriately to domestic abuse.

Bespoke Training

Our Training & Development team can develop bespoke or tailored training to meet the needs of your group/profession. Please feel free to chat to one of our team about these options.

For more information, contact: development@adaptservices.ie

Healthy Relationships Programmes

5 Healthy Relationships Programmes were completed during 2023 with a total of 152 participants.

Training, Education and Development Service

TED Service aims to:

TED Service: Calendar of Events 2023

COACHING
121 coaching sessions available (referral intake is ongoing)
Referral Forms: Contact Gillian
Introductory meetings: will be held with individuals prior to any commitment to engage the service.

QQI ACCREDITED & NON ACCREDITED COURSES

Course	Start Date	Time	Day	Duration
Drama QQI Accredited Level 4	26.09.23	9.45 - 12.45	Tuesday	Sept - June
Creative Writing Non-Accredited	26.09.23	2-4	Tuesday	Varies

Notes:
 - The commencement of courses will be dependent on numbers of participants.
 - The Venue for Courses is ADAPT.
 - Accredited courses require a commitment to attend classes consistently.
 - Courses will follow the same breaks as formal school setting (e.g. no classes during mid-term/Christmas official holidays).
 - Classes are run once a week for 2 or 3 hours.
 - There is no cost for participants to attend courses in ADAPT.

PERSONAL DEVELOPMENT WORKSHOPS

Workshop	Workshop	Time	Day	Venue
Story Telling Workshop	21.09.23	11-1pm	Thursday	ADAPT
Managing Stress Workshop	19.10.23	10-12pm	Thursday	ADAPT
Happiness Cafe	07.12.23	10-12pm	Thursday	ADAPT

Empower participants/learners to develop their own social networks which leads to increased connections and social supports. By engaging in the TED Services participants/learners will have the opportunity to safely re-engage with and participate in their communities which all leads to increased positive social, civic and health outcomes.

Additionally, we aim to assist people to develop/improve their overall confidence, communication and social skills by supporting them to learn new skills, improve their education.

During 2023 ADAPT ran the following:

- 2 QQI Classes and 2 non-accredited courses with a total of 23 participants.
- 7 women availed of 35 one-to-one coaching sessions.
- 6 personal development workshops were ran with 36 participants.

67 women engaged with the TED Service in 2023

Course Information

Creative Writing Course (Non-accredited)
10 weeks
2-hour weekly classes

- Fun and interactive course.
- Examine the craft of creative writing.
- Develop skills in creativity and learn techniques and styles that bring your stories to life.

Drama (QQI Level 4)
Duration: September 2023 – June 2024
3-hour weekly classes

- Develop knowledge & skills to actively take part in the dramatic process.
- Course is designed so that learners can practice a range of skills & foster personal development.
- Learners will explore dramatic forms, storytelling, relaxation techniques, movement, expression, improvisation & teamwork.

All courses are facilitated by an experienced TED Tutor
No prior experience to attend courses required



Public Awareness Raising

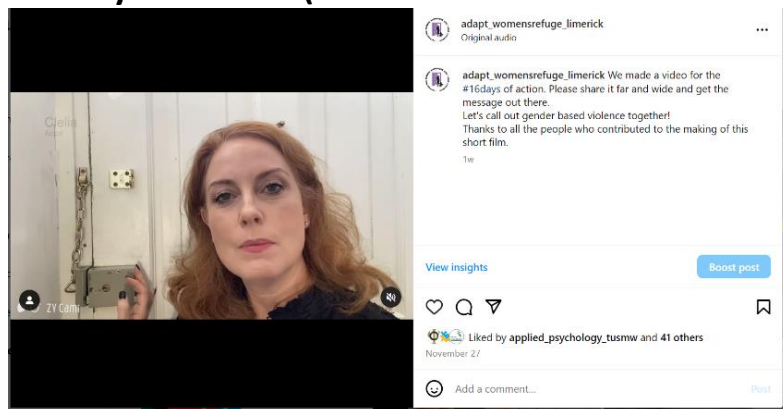
GO PURPLE DAY

Photo Shoot in the People's Park with Gardaí from Roxboro & Young Munster Rugby Team – Go Purple Fundraiser held on 28th April promoting our services and online donation link.

GO PURPLE DAY

FRIDAY 28TH APRIL 2023
ADAPT DOMESTIC ABUSE SERVICES
AGS LIMERICK

16 Days of Action (25th November – 10th December):



For the 16 Days of Action we produced a 4 minute video entitled 'Beyond Dreams' which records different people from different walks of life saying what the 16 Days means to them. It includes contributions from celebrities, people working in ADAPT, the Gardai and other community partners. This was launched on social media during the 16 Days and received a lot of attention.



Beyond Dreams Feedback:

- *"This piece is so impactful and it is felt far and wide..."*
- *"I think we need to talk about these issues, publicly, and.. not let them get swept under the carpet."....*
- *"This year is my first year that I came to know about the 16 Days of Activism Campaign thanks to Women's Aid and Safe Ireland. Today is the day I came across this powerful piece from ADAPT Domestic Abuse Services".*
- *"To hear Irish voices say all the above (and more) this time of year, 8 days before the anniversary of a particularly painful experience, behind a particular closed front door, in a particular Irish village.... is beyond healing".*
- *"Love is not power over someone. Love is not control. Compassion is having the understanding that childhood traumatic experiences are often the predisposing factors for others adopting this mode of relating with others. Empathy is easing the door open for allowing others to see— to help— what is going on behind, and forgiveness is leaving the door propped wide open for healing conversations to begin".*
- *"There is an incredible amount of love for women radiating from this piece— for everyone experiencing the effects of abuse— and the sheer amount of time, effort, and vulnerability to record and release something so accurate and so visible is not lost on this person here.... and from across the ocean and from the bottom of her heart, you have someone who deeply thanks you for it.*

37 awareness raising talks were given to a total of 1,360 participants in 2023

Interagency Collaboration

During 2023 ADAPT worked in partnership with the following agencies in order to optimise better outcomes for women and children experiencing domestic abuse:

An Garda Síochána	HSE Social Inclusion	Hospital FRC
Barnardos	Court Services	Limerick City and County Council
Dept. of Social Protection	Doras Luimní	
Focus Ireland	Limerick Homeless Action Team	
Suimhneas	Thomond House	
Saoirse	Safe Ireland	
TUSLA		

ADAPT also participated in the following fora:

- Limerick CYPSC
- Limerick Family Dispute Resolution Project Steering Board
- IPAS Network
- Limerick Homeless Alliance
- Connecting for Life Strategic Implementation Group
- Healthy Relationships Steering Group (Southill Hub)
- Parenting Limerick
- LAN
- PPN
- Joint Policing Committee
- Steering group for TLC Kidz
- Limerick Community Education Network
- Kilmallock Family Support Network
- Groups convened by Limerick Childcare Committee (e.g. Managers Forum)



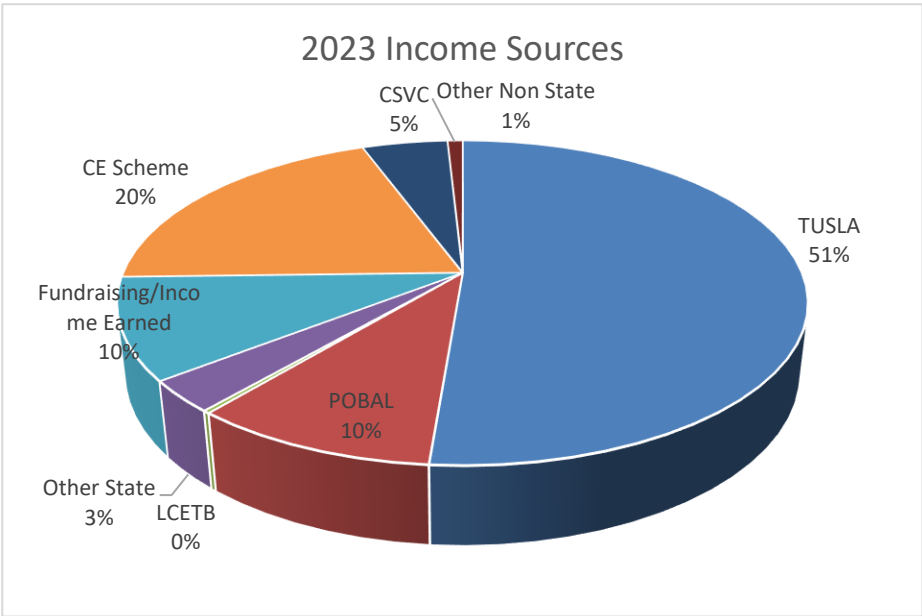
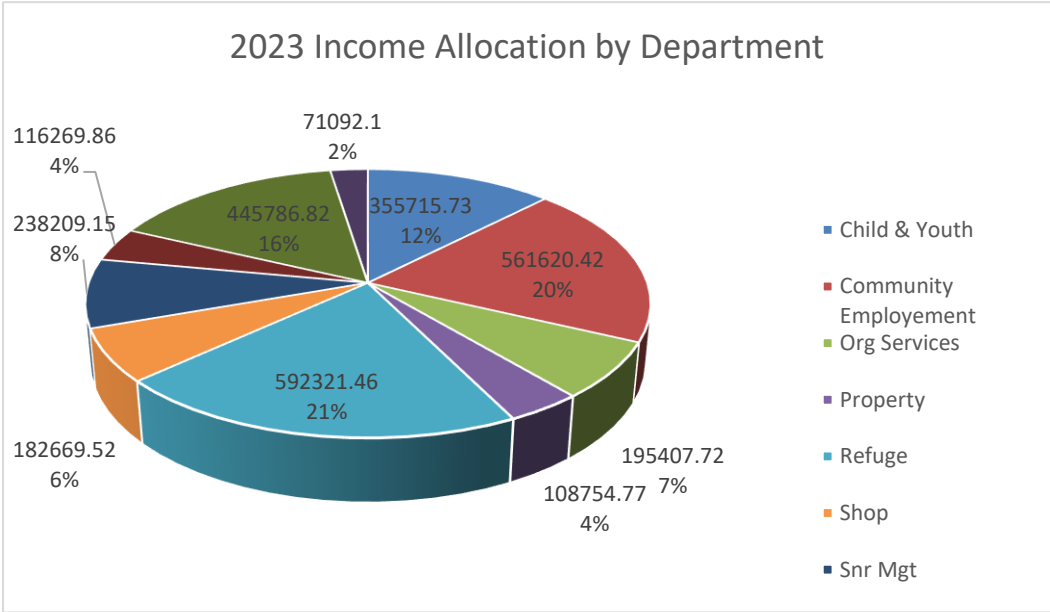
Income Generation and Fundraising

Charity Shop

The ADAPT Charity Shop is located in Parnell Street close to the Railway Station. The charity shop provides essential income to help run the services that ADAPT provides and in 2023 the Charity Shop performed well with a generated income of €182,669. The shop interior is spaced over two floors and sells everything from vintage furniture and fashion to toys and bric-a-brac.



During 2023 ADAPT received €2,539,023 in public funding. We used this funding to develop and deliver a range of service for women and children. A further €117,263 was raised through various donations/fundraising
 €59,255 was raised through other income generating activities including other non state funding.



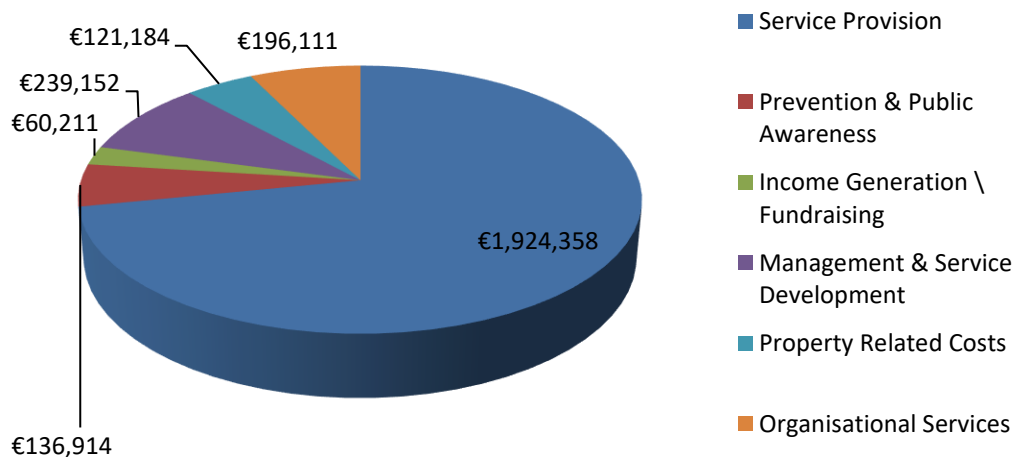
Thanks to all our volunteers and supporters. We are indebted to our socially conscious supporters and corporate partners, and to our dedicated volunteers who have helped us over the years. We are also grateful to all those who donate or purchase goods in our charity shop.



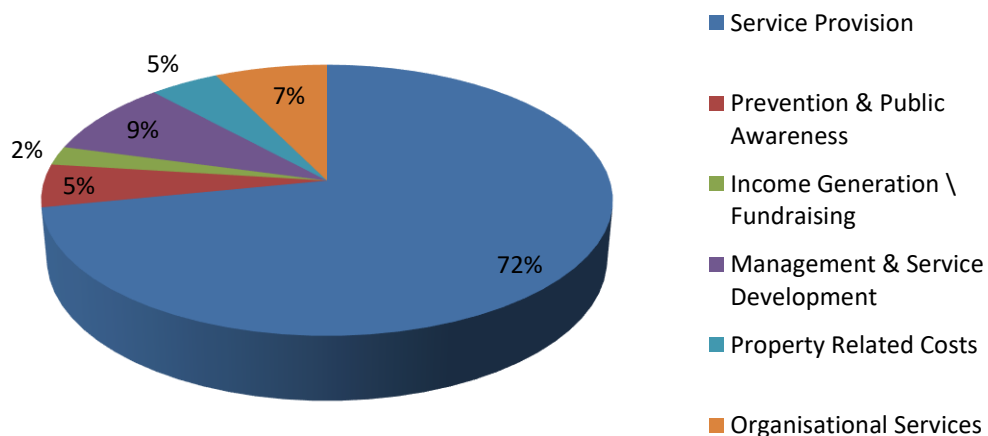
Expenditure

Our total expenditure for the year was **€2,773,940**. The breakdown of expenditure is detailed in the chart below. Of this 77% was spent on service provision including prevention and public awareness. In 2023 €2,672,127 (2022: €2,334,338) of costs arising from charitable activities were restricted.

2023 Expenditure



2023 Expenditure %



EXTRACT FROM AUDITED FINANCIAL STATEMENTS 2023

ADAPT Domestic Abuse Services
(A Company Limited by Guarantee and not having Share Capital)

Statement of financial activities (including the income and expenditure account)
Financial year ended 31 December 2023

		2023	2023	2023	2022
	Note	Unrestricted Funds €	Restricted Funds €	Total Funds €	Total Funds €
Income					
Donations and legacies	5	92,263	25,000	117,263	107,593
Charitable activities	5	209,332	2,571,615	2,780,947	2,373,524
Total Income		<u>301,595</u>	<u>2,596,615</u>	<u>2,898,210</u>	<u>2,481,117</u>
Expenditure on:					
Raising funds	7	60,211	-	60,211	75,661
Charitable activities	8	41,602	2,672,127	2,713,729	2,392,949
Total expenditure		<u>101,813</u>	<u>2,672,127</u>	<u>2,773,940</u>	<u>2,468,610</u>
Net Income		<u>199,782</u>	<u>(75,512)</u>	<u>124,270</u>	<u>12,507</u>
Transfer between funds					
Other recognised gains/ (losses):		-	-	-	-
Net movement in funds		<u>199,782</u>	<u>(75,512)</u>	<u>124,270</u>	<u>12,507</u>
Reconciliation of funds					
Total funds brought forward		<u>854,270</u>	<u>2,867,044</u>	<u>3,721,314</u>	<u>3,708,807</u>
Total funds carried forward		<u>1,054,052</u>	<u>2,791,532</u>	<u>3,845,584</u>	<u>3,721,314</u>

ADAPT Domestic Abuse Services
(A Company Limited by Guarantee and not having Share Capital)

Balance sheet
As at 31 December 2023

	Note	2023 €	€	2022 €	€
Fixed assets					
Tangible assets	15	2,889,393		2,929,097	
		<u>2,889,393</u>		<u>2,929,097</u>	
Current assets					
Debtors	16	31,515		26,230	
Cash at bank and in hand		1,395,935		1,227,615	
		<u>1,427,450</u>		<u>1,253,845</u>	
Creditors: amounts falling due within one year	17	<u>(471,259)</u>		<u>(461,628)</u>	
Net current assets			956,191		792,217
Total assets less current liabilities			<u>3,845,584</u>		<u>3,721,314</u>
Net assets			<u><u>3,845,584</u></u>		<u><u>3,721,314</u></u>
The funds of the charity					
Restricted Funds	11	2,791,532		2,867,044	
Unrestricted Designated Funds	11	397,487		333,217	
Unrestricted Funds	11	656,565		521,053	
Members funds			<u><u>3,845,584</u></u>		<u><u>3,721,314</u></u>