

ANNUAL REPORT 2024

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



Company registration number: 84938

Charity number: CHY 7405

Tax Registration Number: 04509353G

CRA Number: 20016050



Our History

During the early 1970's when the Women's Movement in Ireland was gaining traction, here in Limerick a number of women got together to look at women's roles in society and some of the inequalities they experienced. Against this backdrop this group of women decided to set up ADAPT (Association for Deserted and Alone Parents). This was based on a similar organisation set up in Dublin in 1973 by Nuala Fennell, who later became the Minister for Women's Affairs.

The first members of the Committee met in each other's houses. The first chairwoman was Jude Cahill, Secretary was Meave O'Brien Kelly and Treasurer was Nancy Punch. They then got a room in the Social Services Building in Henry Street and each week they would have a drop-in support service for deserted parents (female and male). However, what they quickly realised was that the majority of women coming were revealing details of violence from their husbands.

"They showed bruises and told of broken bones. They showed scars where they had been cut with scissors or burned with cigarettes. When asked did they know how or why the violence started the answer was always the same....It was over something small or over nothing".

The ADAPT women tried to get them alternative accommodation but no landlord would take on a woman with children and even if he did, they couldn't afford the rents. Now and then some of the women on the Committee sheltered families in their own homes. But they knew this was only a short-term solution. Something had to be done....

However, back then there were huge obstacles that had to be overcome. Various options were examined. The City Home (which used to house destitute people) and convents around the city were approached.

"They all had other priorities. Rescuing a 'battered' wife was seen by some to be a totally unacceptable interference in the sacred arena of the family. It was coming between a man and wife. It was 'breaking up families'. Each parish priest in the City was approached by the Committee. Some were sympathetic but could offer no solution. Others did not want outsiders meddling with the family'.

Eventually, Limerick Corporation agreed to rent them the Old City Dispensary in Gerald Griffin Street for a nominal rent and in September 1976 the first refuge outside Dublin opened its doors.



While all of this was happening the Committee were hard at work in the background fundraising through jumble sales, cake sales, bazars and flag days. Even back then they relied on the goodwill of the people of Limerick to help them out.. They continuously lobbied for things such as joint tenancies for corporation houses, legal aid for women going to court (and even when FLAC was founded they could give advice but couldn't represent the women).

When the refuge was running for 2 years they had managed to secure £12,000 from the Mid Western Health Board (MWHB) to pay for a social worker, part-time housekeeper and some running costs. However, by the end of 1979 the roof of the building was leaking, and bedroom ceilings were collapsing. The MWHB wouldn't invest any money in repairs as they said that the Corporation were going to demolish the building to widen Gerald Griffin St.

The decision was made by the Committee to close the refuge.

Meanwhile the Committee continued their crusade. They continued with their fundraising and lobbying. The then Bishop of Limerick, Dr. Newman gave them the use of an office in O'Connell St.

The search for a new premises continued into the early 1980s and eventually St. Brendan's School became available. It had been completely vandalised and burnt out but it had potential! The asking price was £50,000. It was agreed that the Health Board would purchase the building and lease it to ADAPT for a nominal rent.

The new refuge opened its doors in December 1983. It had 8 bedrooms, 4 bathrooms, a communal living room and kitchen, a laundry and a playroom. In 1991 4 self-contained flats and 2 offices were added.

In 1998 Monica McElvanney took over as Director of Services, another woman with huge commitment, passion and drive. In 2005 the extension to the refuge was completed making ADAPT the largest refuge in the country with 14 self-contained apartments, a Child and Youth Service, Training and Development Centre and offices for staff.

Over the years ADAPT has grown from strength to strength. Thanks to those remarkable women in the 1970s who had the drive and determination not to give up when there were so many obstacles placed in front of them, we now have the privilege of being able to support women and children in a building that meets their needs. And a service and that continues to grow and develop to meet the changing needs of the past 5 decades.



Maeve O'Brien Kelly, RIP
2nd July 1930 – 1st August 2025



Table of Contents

Chairpersons Address	8
Director of Services Statement	9
Mission, Vision and Values	11
2024 At a Glance	12
About Us	13
Governance and Management	14
Support Services	15
Child and Youth Services	19
Training and Development Service	21
Property Service	23
Income Generation	24
Financial Report	26



CUAN

An Ghníomhaireacht um Tharlóga Tóide,
Gníomhaireacht um Tharlóga Tóide
The Domestic, Sexual and
Gender-based Violence Agency

**IN 2024 ADAPT
DOMESTIC ABUSE
SERVICE RECEIVED
FUNDING/GOODS FROM
THE FOLLOWING
AGENCIES AND
DEPARTMENTS:**



pobal

government supporting communities

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



lcetb

Bord Oideachais agus Oiliúna
Limerick agus an Chláir
Limerick and Clare
Education and Training Board



An Roinn
Gnóthaí Fostaíochta agus Coimirce Sóisialaí
Department of
Employment Affairs and Social Protection



DEPARTMENT OF JUSTICE, EQUALITY AND LAW REFORM
AN ROINN DLÍ AGUS CIRT, COMHIONANNAS AGUS ATHCHÓIRITHE DLÍ



Healthy Limerick



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.



INTERAGENCY COLLABORATION

- An Garda Síochána
- Barnardos
- Court Services
- Dept. of Social Protection
- Doras
- Hospital FRC
- HSE Social Inclusion
- Limerick and Clare Education and Training Board
- Limerick City and County Council

IN 2024 ADAPT WORKED IN PARTNERSHIP WITH THE FOLLOWING AGENCIES TO OPTIMISE BETTER OUTCOMES FOR WOMEN AND CHILDREN EXPERIENCING DOMESTIC ABUSE

- Limerick Community Mothers
- Limerick Homeless Action Team
- Limerick Social Services
- Muslim Sisters of Eire
- Paul Partnership
- Safe Ireland
- TUSLA
- West Limerick Resources CLG
- Women's Collective

ADAPT also participated in the following fora

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



CHAIRPERSON'S ADDRESS

As Chairperson of ADAPT Domestic Abuse Services Limerick, it is both an honour and a privilege to present the foreword to our 2024 Annual Report. 2024 is an especially significant year as we mark 50 years of service to women and children affected by domestic abuse.

Since our founding in 1974, ADAPT has stood as a beacon of hope, safety, and empowerment for survivors. What began as a grassroots initiative led by courageous, pioneering women has grown into a vital, professional organisation offering a wide range of support from emergency refuge to outreach, advocacy, and education while contributing to the border conversation on domestic abuse nationally.

This milestone invites us to reflect on our journey while reaffirming our commitment to a future where safety, dignity, and equality are a reality for all.

In 2024, we began developing our new five-year Strategic Plan. This process is energising for our Board, management, and staff, offering the opportunity to consolidate on our legacy while embracing innovation and collaboration. The plan will guide us in responding to emerging needs, strengthening our services, and deepening our impact across the community.

I extend my heartfelt appreciation to our dedicated staff, whose compassion and professionalism continue to change lives. Their work, supported by the Coordination and Senior Management Teams, ensures our practice is consistently trauma-informed and survivor-centered.

I also wish to thank my colleagues on the Board for their expertise, encouragement and commitment.

As we celebrate 50 years of service, we do so with gratitude for the past and optimism for the future. ADAPT will continue to evolve, advocate, and lead while always keeping survivors at the heart of our mission.

Leonie Kerins

LEONIE KERINS
CHAIRPERSON



Dr. Stephanie O'Keeffe, Zoe Lodrick, Denise Dunne, Leonie Kerins, Claire Anderson and Laura Sweeney at 'The Psychology of Domestic Abuse' Seminar



DIRECTOR OF SERVICES INTRODUCTION

2024 marks a significant milestone in the history of ADAPT Domestic Abuse Services as we proudly celebrate 50 years of dedicated service to women and children affected by domestic abuse.

A number of events were held throughout the year to mark the anniversary including the formal launch of the 50th anniversary on International Women's Day (8th March) by Cllr. Gerald Mitchell, Mayor of Limerick; an Appreciation Day held for all supporters of ADAPT held in June and a Seminar entitled 'The Psychology of Domestic Abuse' held on 27th November.

Since our founding in 1974, ADAPT has evolved to meet the changing needs of the community, but our core mission has remained steadfast: to provide safety, support, and hope to those impacted by domestic abuse.

This year has also brought important structural changes at a national level. The transfer of oversight and funding from Tusla to Cuan, the newly established statutory agency with responsibility for domestic, sexual and gender-based violence, presents a new chapter in how services like ours are supported and governed.

We welcome this development and look forward to working collaboratively with Cuan to strengthen the national response to domestic abuse and to ensure survivors have access to a wide range of supports that promotes their safety and protection.

I'd like to thank all of our funders for your continued support to ADAPT. I'd also like to express heartfelt gratitude to the local community for their ongoing support year after year. Whether it's individuals fundraising on our behalf or local businesses—both large and small—contributing so generously throughout the year, your support is truly appreciated.

Mid-year we began work on our next 5 year strategic plan, which will be finalised early in 2025. We look forward to working on the plan with our Board of Directors, staff, stakeholders and service users.

As we reflect on the achievements and challenges of the past year—and indeed, the past five decades—we extend our deepest thanks to our incredible staff for their unwavering compassion, professionalism, and resilience. It is their tireless work, often in the most difficult of circumstances, that brings our mission to life every day.

I would also like express sincere gratitude to our Board of Directors for their ongoing guidance, leadership, and commitment to the values of ADAPT. Their strategic oversight has been critical in navigating both immediate challenges and long-term planning during a period of significant change.

As we have done over the past 50 years, we need to continue to listen and support women and children and to remove as many barriers as possible for them to get the justice and safety they deserve. We are honoured and privileged to travel some of the way with them on their journey to freedom.

Looking ahead, we remain committed to building on our legacy while embracing new opportunities to enhance and expand our services. Together—with our partners, supporters, and community—we will continue to advocate for a society free from domestic abuse, where safety, dignity, and equality are a reality for all. For those trailblazing women who founded ADAPT in the 1970s, wouldn't that be a wonderful legacy?

Denise Dunne

Denise Dunne

Director of Services

DREAM
BIG

SET
GOALS

TAKE
ACTION

Our Vision

‘A world free from domestic abuse’

Our 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.

Our 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.
- **Integrity:** We are committed to adhering to the highest standards of use and to being honest and truthful in our dealings with all who come in contact with ADAPT including our service users, staff and external agencies.

Strategic Plan 2025-2029

In 2024, we initiated a tender process to appoint a consultancy team to support the development of our next five-year strategic plan. Following this process, Neil Haren and Sue Targett were selected, and work commenced in June 2024. The process included a review of our existing strategic plan, an analysis of the broader policy, practice, and funding context relevant to ADAPT's work, and consultations with women and children who use our services, key stakeholders, staff, management, and the Board of Directors.

The strategic planning work continued throughout the remainder of 2024 and was completed in early 2025.



677

Women supported through
Community Outreach



2,422

Helpline calls were answered.



280

individuals accommodated in
refuge

Court Services



518

COURT ACCOMPANIMENTS

177

Women availed of the drop-in court
information and support service based in
Merchant's Quay Courthouse

Training



247

People participated in
domestic abuse training

21

Training sessions facilitated

Child and Youth

199

Children were supported by our
Child and Youth Support
Service

65

Children participated in the
Outreach Programme

91

Creative Therapy Session were
completed

Refuge and Housing

124

Adult admissions to refuge

156

Child admissions to the refuge

3

Families were accommodated in step-
down housing

ABOUT US

ADAPT Domestic Abuse Services is a support service for women survivors of domestic abuse and their children located in Limerick City.

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



2024 MARKED 50 YEARS OF ADAPT

On International Women's Day, Friday 8th March, ADAPT Domestic Abuse Service launched its 50th year anniversary in providing services to women and children who have experienced domestic abuse/ coercive. Cllr. Gerald Mitchell, Mayor of Limerick City and County, formally launched the event which took place in ADAPT House and thanked the staff of ADAPT for the excellent service they have provided throughout the past 50 years.



An Appreciation Day was held on Monday 10th June. Supporters of ADAPT were invited to attend this event as way of thanking them for their continued support over the years.

On 27th November, ADAPT presented a Seminar entitled 'The Psychology of Domestic Abuse' with Cuan CEO, Dr. Stephanie O'Keeffe launching the Seminar. Key-note speakers, Zoe Lodrick and Laura Sweeney presented to a large audience in the Radisson Hotel, Limerick. Zoe is a psychotherapist working in the UK who works closely with the police forces in the UK as well as Crown Prosecution Service, Social Services, third level institutions and forensic and medical services on the issues of sexual and domestic violence. Laura is a Detective Sergeant in An Garda Síochána's National Domestic Abuse Unit with over 25 years' experience in the organisation. She spent 18 years in uniform before moving into the specialised area of domestic abuse in 2017.



GOVERNANCE AND MANAGEMENT

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 is supported and informed by the Audit and Finance Committee, HR Committee and 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)
John Flanagan (Secretary)
Daire Ó Criodáin (Treasurer)
Liam Carroll (Vice-Chair)
Marie Woods, Orla Muldoon, Donnah Vuma,
Tahereh Fardintabrizi.

The Board of Directors met on the following dates during 2024:

24/02/2024; 20/03/2024; 08/05/2024;
10/07/2024; 18/09/2024 and 12/12/2024
and the AGM was convened on 06/11/2024.

At the 2024 AGM John Flanagan stepped down and was re-elected and Tahereh Fardintabrizi was nominated onto the Board.

Governance Committee

This Committee has oversight of compliance with the Charities Regulator and review of some of the governing policies of the organization. In 2024 the members were Leonie Kerins (Board member), John Flanagan (Board member). Denise Dunne (Director of Services); Claire Anderson (Asst. Director of Services) attends meetings of this committee.

Audit & Finance

This Committee has oversight of the finances of the organisation on behalf of the Board.

In 2024 the members were Leonie Kerins (Board member), Daire Ó Criodáin (Board member) and Therese Ross (co-opted to this Committee).

Denise Dunne (Director of Services) and Jessica O'Sullivan (Finance and Compliance Manager) attend meetings of this committee.

HR Committee

This Committee has oversight of HR matters on behalf of the Board. In 2024 the members were Mary Kenahan (co-opted), Eileen O'Neill (co-opted) and Marie Woods (Board member). Denise Dunne (Director of Services) attends 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.

Senior Management

During 2024 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 them 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.

OUR PEOPLE

Staffing Structure

In addition to the Senior Management Team, ADAPT has 46 (34.49 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.

Refuge Team

This team comprises 13 (9.1 WTE) core staff. Their focus is on addressing the needs of women who are seeking refuge and to provide support to them and their children while they are living in refuge. They also provide support to women contacting the 24-hour helpline.

Women Services Team

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

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

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 delivers our Training, Education and Development (T.E.D.) service, offering one-to-one coaching for women looking to return to education or join the workforce, as well as providing QQI-accredited programmes and Community Education courses.

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.

Property Services

This team comprises 4 (2.83 WTE) core staff. Their focus is on maintaining the upkeep of the refuge, offices, surrounding grounds 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. It provides one to one support and advocacy to Migrant women and women living in direct provision centres in Limerick. Also involves raising awareness of domestic abuse to migrant support groups.

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.

**24 hr Confidential Helpline****2400**

Helpline calls were answered.

ADAPT offers a confidential 24-hour helpline that provides support and information to women experiencing domestic abuse or coercive control. The helpline is also available to professionals seeking to refer someone to our services, as well as to concerned family members and friends. For many women, calling the helpline is often the first step toward seeking support.

The ongoing housing crisis continues to pose challenges for both the Helpline and Refuge Services, as some women are reaching out for support with housing-related issues that are not linked to domestic abuse or coercive control.

Refuge Services

ADAPT provides 15 self-contained apartments and one emergency bed-sit. 2024 continued to be a busy year for the refuge.

Admissions to refuge for year ended 2024:

Individual women admitted: 96

Individual children admitted: 141

Total number of adult admissions: 124 + 6 adult dependents

Total number of child admissions: 156

Because of the ongoing housing crisis, finding suitable move-on options for women and children leaving refuge continues to be challenging. As a result, women are staying in refuge longer than necessary, which in turn impacts the availability of refuge spaces.

Services User Activities

During 2024 activities/courses were offered to all service users. These included beauty, arts and crafts (funded through the LCETB Community Education) and fitness and breathwork (funded through Limerick Sports Partnership). These activities allow the women to come together, relax and have some fun!

Some of the artwork that was created by participants on the Arts and Crafts Classes was displayed in the Hunt Museum, Limerick from 27th May to 7th June 2024.

Decider Skills Programme

The Decider Skills Programme uses cognitive behaviour therapy to teach participant the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

In 2024 three Decider Skills Workshops were carried out with a total of 13 service users participating

**Step Down Housing**

Following negotiations with Limerick City and County Council we acquired an additional step-down house in 2024. This brings the stepdown housing to a total of 4. LCCC carried out maintenance work in 2 of the houses towards the end of 2024. This housing allows women, who have been in refuge, a chance to live independently before moving on. During 2024, three families were accommodated in the Step-down Housing.

Limerick Prison Support Programme

During 2024 the Healthy Relationships Programme was rolled out in Limerick Prison to a total of 16 women. One to one support was provided to six women in the prison. The evaluation of the Healthy Relationships Programme by UL is still ongoing.



Governor Andrew McCarthy of
Limerick Women's Prison with ADAPT staff

Court Drop-In Information and Support Service, Court Accompaniment

The Court Drop-In Information and Support Service and Court Accompaniment continues to be extremely busy. We have staff down in the courthouse in Merchant's Quay every Monday, Wednesday and Friday. Staff are also accompanying women to court in Newcastlewest and Kilmallock.

Migrant Support Programme

The migrant support worker collaborates closely with other support services in Limerick, providing assistance to migrant women and International Protection Applicants residing in various direct provision centres throughout the city.

518 court accompaniments were provided

177 women availed of the drop-in court information and support service

55 women were supported through migrant support in 2024



Child and Youth Support Services

The work of the Child and Youth Support Service begins when families enter the refuge or engage with the outreach service.

Each family spends dedicated time within the service, allowing staff to build relationships and support a gentle transition into the new environment. This process helps both children and parents begin to feel safe and secure. Once children have settled and developed a sense of security, they are invited to join group activities with other children, fostering connection and peer support

Baby Support Sessions

This age group benefits greatly from frequent physical contact, which is essential for healthy development.

One-on-one support during these sessions ensures that babies receive both physical and emotional nurturing from staff and their mothers

Early Years Club

This is a 3-hour programme five mornings a week. It is similar to ECCE programmes in other childcare services.

This programme is underpinned by Aistear principles. Each week there is a theme that the play focuses on e.g. mindfulness, winter, pets, family cooking, etc. Children develop skills in a group setting such as social skills, curiosity, learning to take turns, developing independence, building relationships with peers.

Afterschool Programme

This programme runs daily and is for children aged 6 and over.

The theme of these sessions includes homework support, mindfulness, cooking, arts & crafts and other play-based activities.

Youth Support

This programme is designed for children aged 10 and above. It takes place twice a week during the evenings and includes a variety of fun and enriching activities such as art, games, cooking, and self-care.

Mother and Toddler

Each week, two staff members lead themed sessions focused on topics such as self-care for mothers and children, infant mental health, and the impact of domestic abuse on families. In 2024, a new initiative called 'Buggy-Walking' was introduced, where staff accompanied mothers and their toddlers in buggies on walks around the local area, helping them get familiar with their surroundings.



Child and Youth Outreach Services

In 2024, the Child and Youth Support Service provided support to 40 mothers who were in our Outreach Service.

Child and Youth Support Workers engaged with the mothers through a mix of phone calls, face-to-face meetings, and text messaging. The support focused on key themes such as navigating parenting before and after child access visits, and helping mothers adjust to parenting following separation.

A total of 77 children participated in the Outreach Programme.

Creative Therapy Sessions

15 children availed of this service – 91 sessions were completed. The therapist is on site one day a week and sessions run throughout the day. Referrals come from TLC Kidz Programme, ADAPT Outreach Service, ADAPT Migrant Support Service, the Gardaí and Túsla

DATS (Domestic Abuse Teens Support

This programme is guided by themes chosen by the teens themselves, allowing them to explore topics such as healthy relationships, coercive control, family dynamics, and understanding the court system.

TLC Kidz Programme

This programme is delivered by Barnardo's. ADAPT co-facilitate the sessions. In 2024, ADAPT made 13 referrals to the TLC Kidz Programme, with four of our staff members actively involved in co-facilitating the groups.

199

individual children were supported by
ADAPT in 2024



Domestic Abuse Awareness Training

Demand for training on domestic abuse and coercive control continued to be high in 2024

- 21 training sessions facilitated in 2024
- 247 people participated in domestic abuse training

Healthy Relationships Programme

As well as running the Healthy Relationship Programme in Limerick Prison a further three Healthy Relationships Programmes ran in two Youthreach Centres and one secondary school. Two awareness raising days on Healthy Relationships were facilitated in two secondary schools and in one family resource centre.

External Workshops

ADAPT ran 2 external workshops:

- 1 on self-compassion in Limerick Women's Prison
- 1 on Women's Well-being for Rathkeale Together.

Public Awareness Raising

A total of 19 awareness raising talks were provided during 2024.

ADAPT presented at the following conferences:

- Victims of Crime Conference, University of Limerick
- NOVAS Trauma Informed Care Conference
- Association for Criminal Justice Research and Development Conference, Dublin

16 Days of Action

For the 16 Days of Action the Training and Development team produced a video on social media entitled 'This is Me'. This was a collaborative piece of work with agencies/workplaces/students in the local area. We would like to extend our gratitude to the following who took part in a dance routine to raise awareness of violence against women:

- ADAPT staff,
- An Garda Síochána,
- Bunratty Folk Park Entertainers,
- HSE Medical Social Workers,
- Students from Mary Immaculate College,
- Traveller Primary Health Care Workers

There were over 24K hits of the video and the feedback was extremely positive

On 6th December ADAPT, TÚSLA and Barnardos hosted a joint 16 Days awareness-raising event in St. Joseph's with presentations from the three hosting agencies. The event was well attended with staff from all 3 agencies



Training, Education and Development (TED) Services

The TED Service aims to 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.

Four workshops ran throughout the year with a total of 27 women attending. Themes of the workshops were Wellbeing and Stress Management

One to One Coaching

5 women engaged in 10 one-to-one coaching sessions in 2024

QQI accredited & non accredited

11 women were accredited in QQI Drama and Personal Effectiveness courses.

12 women participated in Creative Writing courses (non-QQI)



Property Services

Apartment Refurbishment

During 2024 we refurbished 10 apartments in the refuge (new kitchens and/or flooring). An additional €10,000 was awarded by Analog Devices in 2024 to purchase soft furnishings and equipment for apartments in 2025

Garden Room

€31,434 was secured through Healthy Ireland funding to erect a garden room in the grounds. This was completed in late 2024 and it is now being used to run support groups and women's activities.

Days of Difference

In September 2024, ADAPT partnered with Days of Difference who facilitated a group of volunteers from AirNav in Shannon to fund and create a garden space to the side of the building. What was a wasteland was converted into a space that can be used by service users and staff

Staff Canteen

The staff canteen was re-floored in 2024 and new counter-tops installed. Flooring was also put down in the staff flat in the refuge

Emergency Bed Sit

In December 2024, a television was installed in the support room and pull-out beds were purchased to supplement emergency accommodation options. Initially intended for use during the Christmas period the space has since been used on multiple occasions



Corporate Engagement

During 2024 a number of corporates came on board to offer support. The following are some of the corporates that partnered with ADAPT in 2024

Cook Medical

ADAPT is the Cook Medical charity partner for 2 years. During the year ADAPT provided talks to Cook Medical staff and management on domestic abuse and the new Domestic Abuse Leave legislation. ADAPT provided guidance to their HR Department on developing their Domestic Abuse Leave Policy

Cook Medical ran two volunteer days in ADAPT whereby their staff came onsite and did gardening, painting, planting and power-washing.

In October 2024 ADAPT staff participated in the Cook Medical Mini Marathon.

Cook Medical staff fundraised throughout the year with the aim of funding a project by the end of 2025.

Analog Devices

ADAPT submitted an application under their Community Awards Scheme and ADAPT were successful in securing €10,000 towards refuge refurbishment

Edward Lifesciences

ADAPT provided training on domestic abuse with HR personnel. Staff then participated in the Great Limerick Run for ADAPT and raised €3,261.94

Air Nav

AIR NAV fundraised €24,000 through Days of Difference to convert the outside area to the side of ADAPT from a wasteland to a space enjoyed by staff and service users (see pictures under Property Services).

Later in the year they carried out a donations drive for essential items for women and children



*Thank
You*

2024 Review of our Services

ADAPT Charity Shop

ADAPT 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 2024 the Charity Shop performed well with a generated income of €180,873. The shop interior is spaced over two floors and sells everything from vintage furniture and fashion to toys and bric-a-brac.



2024 Financial Report





€2.8M

During 2024 ADAPT received €2,885,484 in public funding. We used this funding to develop and deliver a range of services for women and children.

€146,719

During 2024 a further €146,719 was raised through various donations/fundraising. 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.

98%

In 2024, 98% of costs (€2,843,451) arising from charitable activities were restricted.

65%

Of our government grants was received from CUAN, a statutory agency under the remit of the Department of Justice, Home Affairs and Migration, dedicated to tackling and reducing domestic, sexual and gender-based violence (DSGBV).

INDEPENDENT AUDITORS REPORT

to the members of ADAPT Domestic Abuse Services Limited by Guarantee

Company registration number: 84938

Charity Regulator number: 20016050

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

Financial statements

for the financial year ended 31 December 2024



Carmody Kelly and Associates .
Kilrush Road . Ennis . Co. Clare .
Ireland . V95 WP62

STATEMENT OF FINANCIAL ACTIVITIES

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 2024

		2024	2024	2024	2023
	Note	Unrestricted Funds €	Restricted Funds €	Total Funds €	Total Funds €
Income					
Donations and legacies	4	146,719	-	146,719	117,263
Charitable activities	4	219,447	2,919,358	3,138,805	2,780,947
Investment Income	4	8,565	-	8,565	-
Total Income		374,731	2,919,358	3,294,089	2,898,210
Expenditure on:					
Raising funds	6	76,137	-	76,137	60,211
Charitable activities	7	103,726	2,845,420	2,949,146	2,713,729
Total expenditure		179,863	2,845,420	3,025,283	2,773,940
Net Income		194,868	73,938	268,806	124,270
Transfer between funds		-	-	-	-
Other recognised gains/ (losses):		-	-	-	-
Net movement in funds		194,868	73,938	268,806	124,270
Reconciliation of funds					
Total funds brought forward		1,054,052	2,791,532	3,845,584	3,721,314
Total funds carried forward		1,248,920	2,865,470	4,114,390	3,845,584

BALANCE SHEET

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

Balance sheet As at 31 December 2024

	Note	2024 €	€	2023 €	€
Fixed assets					
Tangible assets	15	2,828,391		2,889,393	
			2,828,391		2,889,393
Current assets					
Debtors	16	34,760		31,515	
Cash at bank and in hand		1,708,443		1,395,935	
		1,743,203		1,427,450	
Creditors: amounts falling due within one year	17	(457,204)		(471,259)	
Net current assets			1,285,999		956,191
Total assets less current liabilities			4,114,390		3,845,584
Net assets			4,114,390		3,845,584
The funds of the charity					
Restricted Funds	11	2,865,470		2,791,532	
Unrestricted Designated Funds	11	1,009,941		397,487	
Unrestricted Funds	11	238,979		656,565	
Members funds			4,114,390		3,845,584



ADAPT
DOMESTIC ABUSE SERVICES



MARKING
50 YEARS SERVICE
TO LIMERICK