TOWARDS HEALING

ANNUAL REPORT

2024

Company Registered Number: 431457
Charity Number: 20741 20082574

Towards Healing is a company limited by guarantee and a registered charity. Its remit is to support survivors of institutional, clerical, and religious abuse, and their family members, who were abused on the island of Ireland as children within the Catholic Church. Towards Healing is committed to providing quality, professional counselling to enable clients to heal, rehabilitate and rebuild their lives.

Values

Compassion
Empowerment
Hope

Vision

A world where every child and adult can be safe to thrive, and where survivors of abuse and their family members will receive compassionate listening, support and healing that empowers them to live their lives to the full.

Mission

Enable survivors of Catholic institutional, clerical & religious childhood abuse to recover, heal and rebuild their lives by providing professional counselling and other supports to them & their family members

Introduction

As Chairperson of Towards Healing it gives me great pleasure to introduce the Annual Report in which we outline the activities and achievements of Towards Healing during 2024. Towards Healing was established 14 years ago to continue the work of Faoiseamh, therefore, the Catholic Church in Ireland has provided 29 years of outreach and support to survivors of clerical, religious and institutional abuse.

We continued in 2024 with the implementation of the Strategic Plan (2021 – 2025). Our strategic plan enables us to incorporate our mission into day to day service delivery at Towards Healing with survivors at the forefront of what we do. In line with a key strategic goal, this year we adopted a Model of Care developed by Dr. Aisling Hearns, Director of Services, and her team. The Towards Healing Clinical Model of Care is a comprehensive, trauma-informed approach designed specifically to support adult survivors of clerical and institutional abuse within the Catholic Church. This approach will inform all of our work going forward.

During 2024, Towards Healing supported 504 clients by providing 6,837 individual counselling sessions. This is an increase of 7.3% on the number of sessions provided in 2023 and an increase of 24.4% on the number of clients supported in 2023. The majority of counselling is provided by our accredited Affiliate Counsellors, who are engaged by Towards Healing as external contractors. We are, as always, deeply indebted to our Affiliate Counsellors for their dedication and commitment to Towards Healing. In 2024, we focused on the recruitment and training of the Affiliate Counsellors in the clinical model. The first point of contact between clients and the service is usually the telephone helpline. In 2024 the counselling coordinators received 4,390 telephone calls.

The work of Towards Healing is made possible through the support and funding of the two sponsoring bodies who finance the entire operation of Towards Healing. During 2024 €0.9 million was provided by AMRI and the IEC bringing the funding received by Towards Healing from the Catholic Church in Ireland to €24.9 million to date. This year we agreed multiannual funding with our funders. I acknowledge the continuing support and commitment that we receive each year so that the important work of Towards Healing continues.

As a Board, we are conscious of our responsibilities towards the people who use our services, the funders, and the staff of Towards Healing. We recognise the importance of the service for all who avail of it and for the funders and we appreciate the commitment of the dedicated staff in providing the support that Towards Healing offers. I acknowledge their work, professional skill, and thank them for all their endeavours. A particular word of thanks to Daphne Hanna who retired this year after 13 years' service as Finance Administrator.

I wish to acknowledge the commitment and support of the Board Members of Towards Healing who continue to give of their time and expertise so freely and generously. A special word of appreciation and gratitude to Sr. Cait O'Dwyer and Fr. Brendan Carr who stepped down from the Board in 2024. The Board continues to be committed to ensuring that Towards Healing will achieve its mission of enabling survivors of institutional, clerical and religious childhood abuse to recover, heal and rebuild their lives in the most effective way possible.

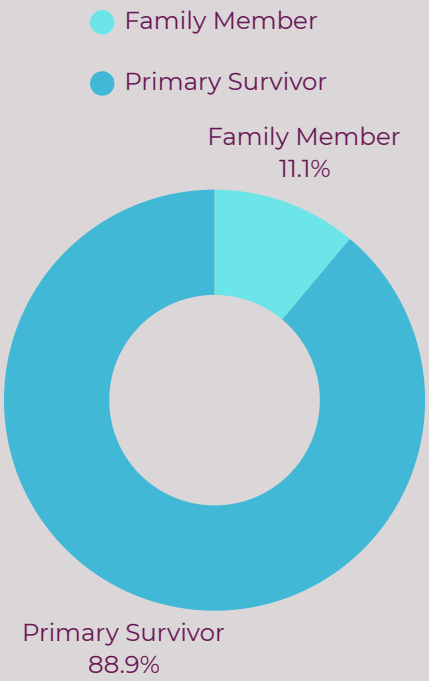
Greg Price,
Chairperson, Towards Healing

CLIENT SUMMARY 2024

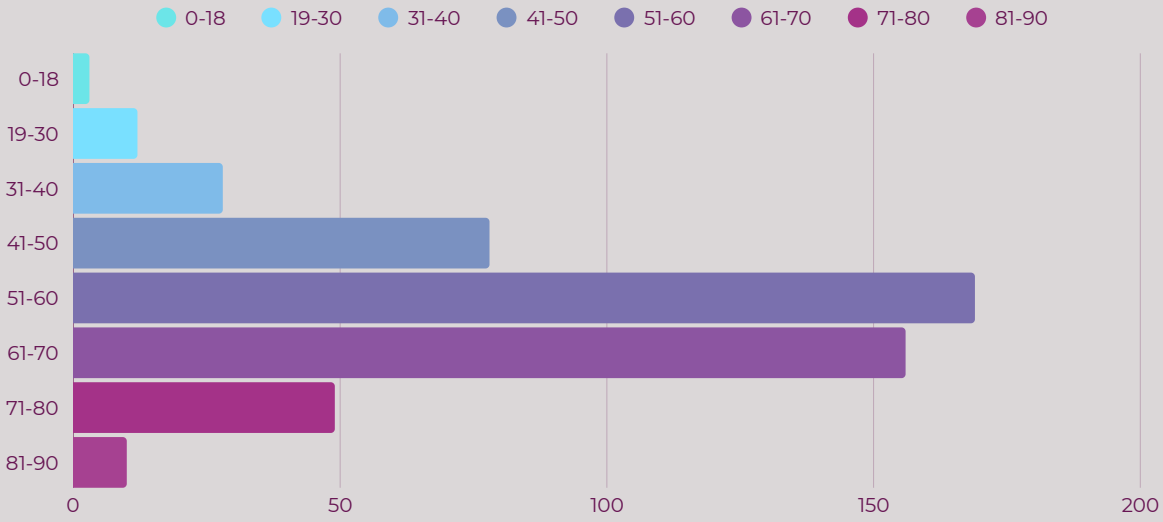
504	206	61	208	6837	3489
Clients	New Clients	Returning Clients	Affiliate Counsellors	Counselling Sessions	Calls

Gender

26%	74%

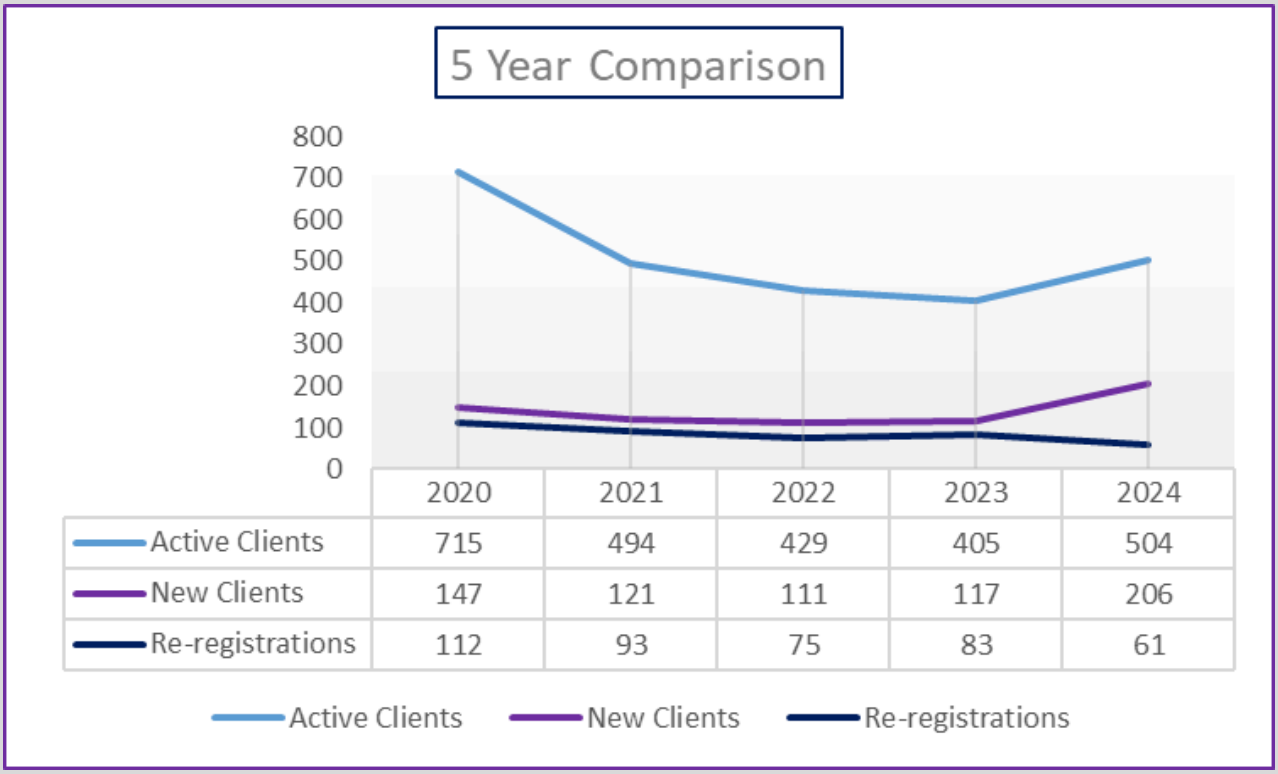


Age Group



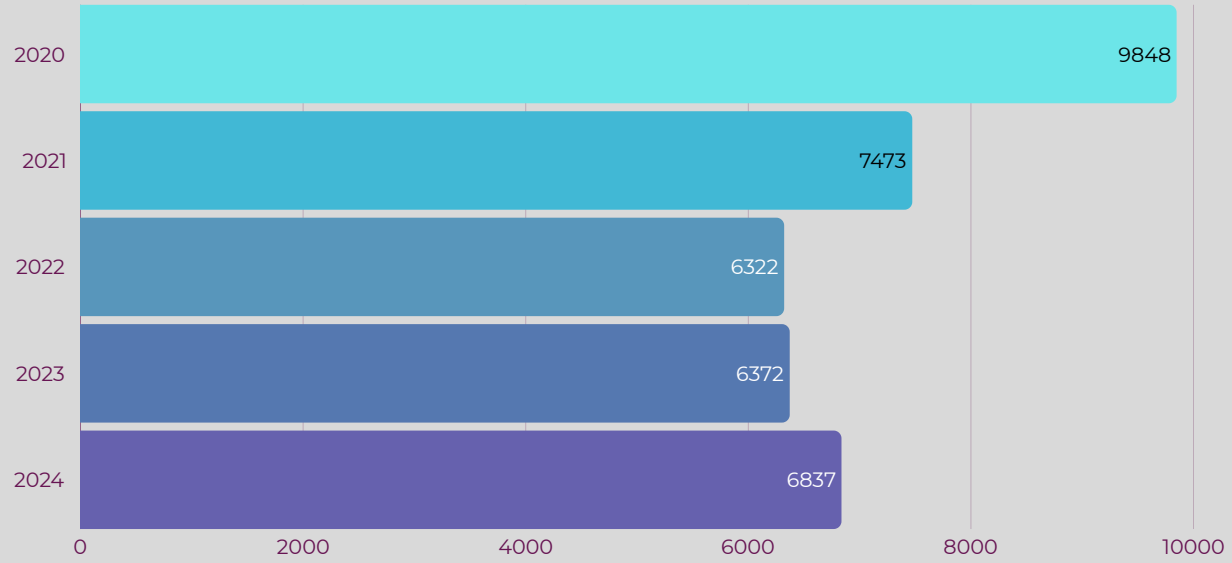
Towards Healing 5 Year View
2020 - 2024

Client Registrations
2020 - 2024



	2020	2021	2022	2023	2024
Active Clients	715	494	429	405	504
New Clients	147	121	111	117	206
Re-registrations	112	93	75	83	61

Annual Counselling Session Numbers
2020 - 2024

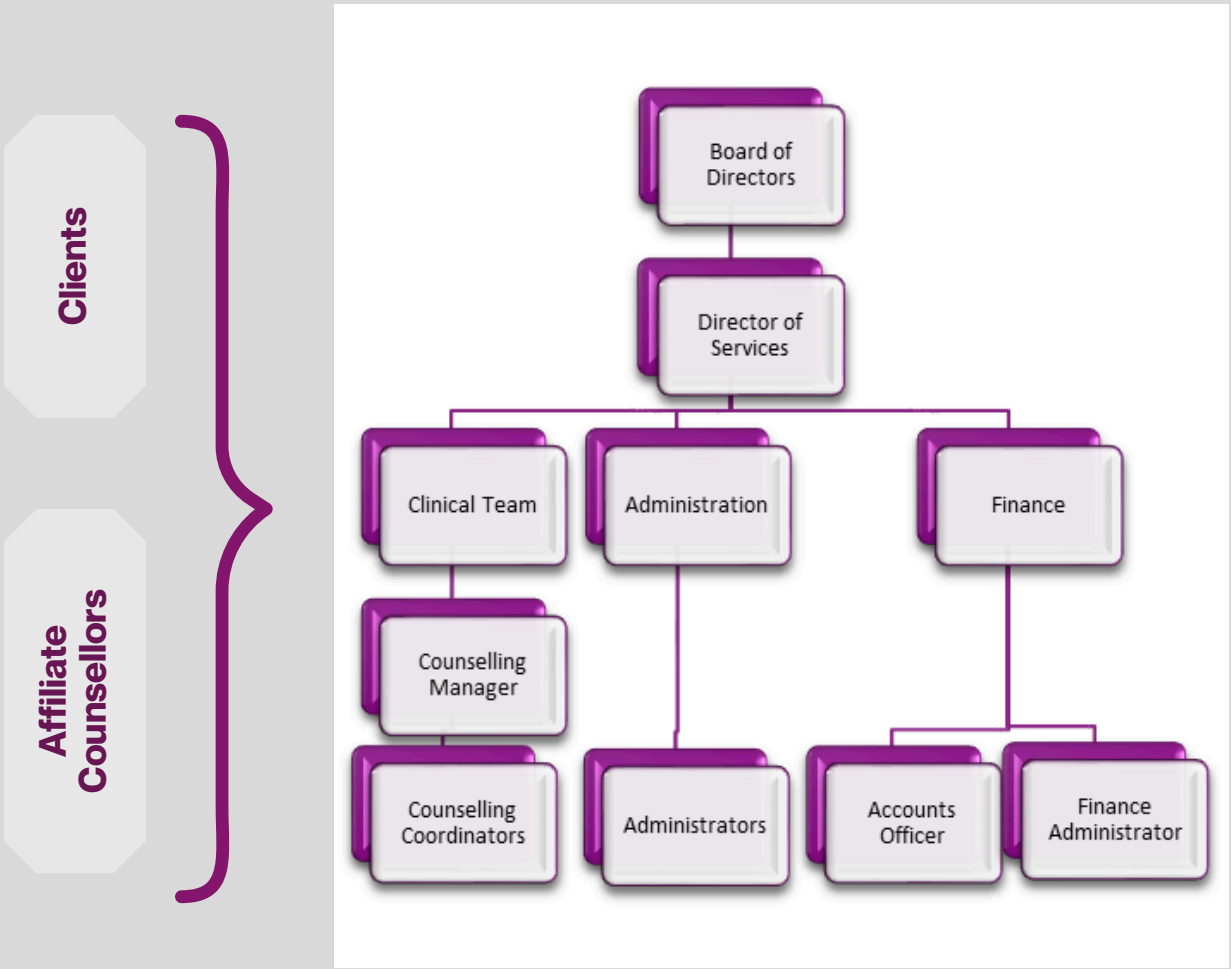


STRUCTURE, GOVERNANCE AND MANAGEMENT

In 2024, based on the Strategic Plan 2021-2025, the Board continued to implement a restructuring of the service to bring the organisation and staffing levels in line with recent developments in the provision of trauma-informed care and support and the current needs of the people who use our services. Throughout 2024 a number of staffing changes took place.

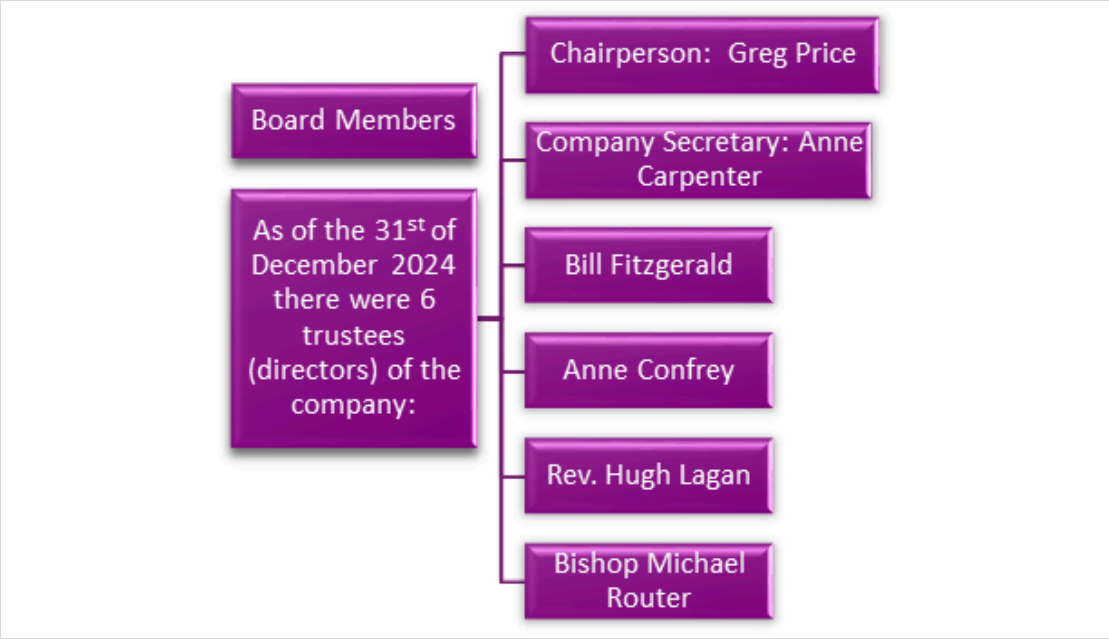
In January 2024, our finance officer stood down, and in July 2024, our finance administrator retired. In July 2024, our new Accounts Officer started with Towards Healing, and in October 2024, a new Administrator joined the team.

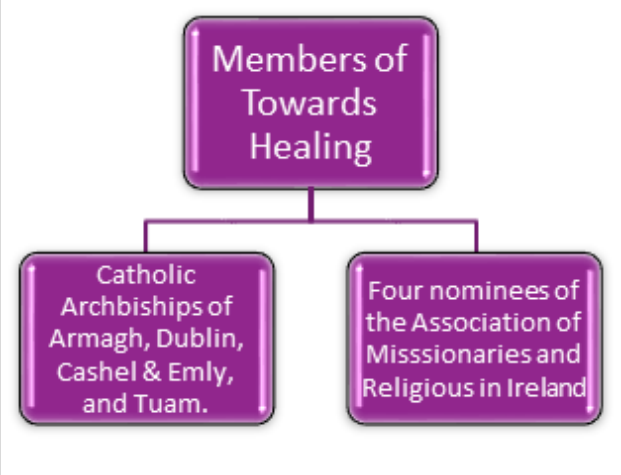
Towards Healing Organisational Structure



The Board of Towards Healing

Towards Healing is a company limited by guarantee and a registered charity. It was incorporated on August 17th, 2017, under the Companies Act 2014, specifically registered under Part 18 of the Act, and operates without share capital. The organisation is governed by its memorandum and articles of association, with oversight provided by its Members and Board of Directors. The Board convenes several times each year. During 2024, two board members stood down: Sr. Cait O'Dwyer and Rev. Brendan Carr. We thank them for their dedicated service. The structure of the Members and Board is outlined below.





Towards Healing AGM for 2024 was held on the 22nd of May 2025

The Board of Towards Healing met 9 times in 2024.

Strategic Plan 2020 - 2025

Theme 1
Strengthen our approach to counselling and support provision for clients

Theme 2
Enhance the quality of services

Theme 3
Enhance governance and regulatory compliance

Theme 4
Establish effective leadership, management and staffing structures

Throughout 2024, the Board diligently pursued the execution of the Strategic Plan, aiming to elevate service provision for clients while fortifying organisational capabilities. Emphasis was placed on ensuring capacity within personnel and organisational systems to meet the increased demand of client need. Further emphasis was placed on the upskilling of all Affiliate Counsellors to ensure Towards Healing meets the high standards of best practice for our clients.

Extract from Towards Healing Financial Statements 2024

CCSS CLG (T/A Towards Healing)
Company Limited by Guarantee, Pursuant to the Companies Act 2014
Statement of Financial Activities (including Income and Expenditure Account)
For the Year Ended 31 December 2024

	Note	Total 2024 Unrestricted €	Total 2023 Unrestricted €
Income and endowments from:			
Grants received for charitable activities		900,000	900,000
	5	900,000	900,000
Expenditure on:			
Charitable Activities	6	(825,770)	(747,594)
Net surplus/(expenditure)		74,230	152,406
Reconciliation of funds:			
Total funds brought forward		218,498	66,092
Total funds carried forward		292,728	218,498

There are no recognised gains or losses other than the net surplus/(expenditure) set out above.

The notes on pages 14 to 22 form part of these financial statements.

All income and expenditure derives from continuing activities from unrestricted sources.

On behalf of the board;

Anne Carpenter
Anne Carpenter
Director

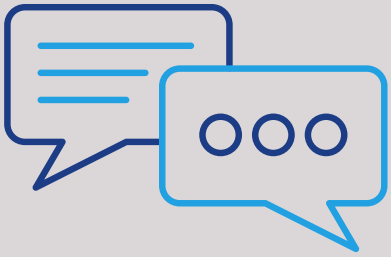
Greg Price
Greg Price
Director

Date: 7 May 2025

How to Contact Us

1800 303 416 (Ireland)
08001026172 (UK)

10am to 4pm Tues to Fri



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