



Annual Report 2019

Supporting women affected by prostitution

“Ruhama helped me to rebuild my life & heal. I feel like I’ve got my confidence back.”

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Chairperson's Foreword



2019 marked Ruhama's thirtieth year in existence. This milestone was celebrated at the Royal College of Surgeons in November through a successful and quite cutting edge conference on 'The Sexual Violence of Prostitution and Pornography'. Since its foundation in 1989, Ruhama has supported thousands of women from over 60 nationalities. At the core of our work is the provision of direct, frontline services to women who require support. We also work at a national and international level to influence and shape the development and implementation of broader policies and legislation which tackle sexual exploitation, and ultimately enhance the lives of women affected by the global sex trade.

During the year a number of services were consolidated and strengthened to ensure that they could provide more comprehensive and integrated care to align with our strategic priorities and objectives. Some roles were reconfigured to ensure we had the right staff with the right skills to meet the organisation's mission.

Due to COVID 19 and resultant global uncertainty, there are many challenges facing the NGO sector, particularly funding. In Ruhama our fundraising has been deeply impacted and generally came to a standstill in March 2020. However, the demand for the service continues to increase and Ruhama looks forward to innovating and growing the service in the coming year. As such, we will be expanding outside of Dublin to the Midlands region. We also have plans to develop a Trauma counselling service and are actively working to source more suitable premises. We also look forward to continuing to work with our key stakeholders to influence and shape policy that will affect change.

I would like to thank all those who support Ruhama, our Funders, Donors and Strategic Partners.

I also want to thank and acknowledge the Ruhama staff team and volunteers, for all of their hard work, loyalty and dedication.

2019 and 2020 saw big change in Ruhama. Our Chief Executive resigned and I wish to acknowledge Sarah Benson for her dedication and years of service and welcome our new CEO Barbara Condon and thank her for the smooth transition into the role. We had some changes to the Board, I want to thank those who completed their term of office and welcome our new members. I particularly wish to thank Colm O Dwyer, the out-going Chair, for his commitment to Ruhama and my fellow Board members who actively supported the organisation throughout the year. I look forward to working with everyone in 2020 and beyond to drive our strategic direction.

Ian Carter
Chairperson

CEO Report



Welcome to Ruhama's 2019 Annual Report. It is my pleasure and honour to write my first report; I joined Ruhama in July 2019 at a significant milestone in the organisation's history. As we marked three decades supporting individuals impacted by commercial sexual exploitation, we reflected upon the progress made and the work still to do as we continue to grow and evolve over the coming years to respond to the needs of the service users who come to us for support.

In 2019 we worked with 415 women from 44 nationalities, 266 availed of 1-1 casework support. 116 of the women we worked with were victims of trafficking (38 new in 2019). The broad range of nationalities across our service-users reflects the transnational nature of the Irish sex trade and the vulnerability of migrant women to exploitation.

In 2019 we marked our 30th Anniversary and the incredible journeys of the individuals we support as we celebrated with service-users, staff and volunteers in the Mansion House in November. We were also privileged to have been joined by survivor activists, policy-makers and frontline agencies from Ireland and across the world to call out The Sexual Violence of Prostitution and Pornography with a conference held in the Royal College of Surgeons. This event allowed us to put prostitution on the agenda during the 16 Days of Activism to End Gender Based Violence campaign and emphasise the inextricable links between all facets of the commercial sex trade, including online exploitation through pornography.

During 2019 we developed our service provision as part of our strategic objectives. We consolidated all of our services including; Casework, Education & Development Programme, Outreach, Counselling, Bridge to Work, Holistic Therapies and Policy Work. This report highlights the work and innovation that occurred during 2019. In 2020 we plan to build on this work, we will be extending our operation base outside of Dublin and will have a service running in the Midlands in partnership with MQI and the HSE.

It would be remiss of me not to mention COVID 19 as I am writing this report during the most extraordinary period in world-wide history. We, like everyone else, have had to adapt our services during a time of great uncertainty. What is certain is that women in prostitution and victims of sex trafficking continue to be exploited and have become more vulnerable than ever. We need to ensure exit pathways are adequately resourced and that the most marginalised in our society are not left behind.

This requires developing more integrated pathways with service providers and on-going advocacy and awareness raising campaigns to prevent and respond to sexual exploitation. The emergence of COVID 19 presents challenge factors for 2020 and requires change as we continue to develop our pursuit of quality and excellence across the organisation. Key priorities for service provision in 2020 include;

- Infrastructure-sourcing fit for purpose premises
- Implementation of Midlands initiative in partnership with MQI & HSE
- Implementation of gender specific accommodation unit for trafficked women in partnership with State & NGO partners
- Development of trauma counselling service

I'd like to acknowledge all of our statutory and non-statutory partners with whom we collaborated in 2019 in order to ensure the best outcomes for our service users. We look forward to strengthening our relationship with you in 2020 and beyond. I wish to acknowledge my predecessor, Sarah Benson who worked tirelessly with Ruhama for ten years. Sarah developed the service over that period and was instrumental in lobbying & ensuring legislative change via the 2017 Sexual Offences Act. In 2019 we saw the first convictions under this law and continue to lobby to ensure the full implementation of this legislation. I also wish to thank Colm O'Dwyer (outgoing Chairperson) for all his hard work and huge commitment to Ruhama over the years. I would like to welcome our new Chairperson Ian Carter who has joined us in 2020.

I would like to take this opportunity to thank the Ruhama team – including staff, Board members and volunteers – whose commitment, passion and work ethic make such a difference in the work that we do. I want to convey my genuine appreciation for all the hard work that they undertake. Finally, I want to pay tribute to our service users, your strength and courage in the face of adverse situations that most people cannot even imagine, continues to inspire and drive our work.

Barbara Condon
CEO

About Ruhama

Ruhama is a unique Irish frontline NGO working with women affected by prostitution and sex trafficking. Founded in 1989, we have been working on the front lines with those impacted by the sex trade for over three decades now and we have witnessed first-hand the harm, exploitation and trauma that women affected by prostitution and sex trafficking experience.

Thousands of women have accessed our services over the years, and we have supported many women to regain control over their situations, overcome the harm and trauma they have experienced and carve out alternative futures for themselves.

Ruhama began as a small, outreach project linking in with women in on-street prostitution. At the time, most prostitution was taking place on the street. The women involved were vulnerable, marginalised and, though massively exposed, they were invisible to Irish society. They were offered no services or supports, and Ruhama sought to fill that gap by working with them to identify and respond to their needs.

Due to globalisation and rapid advances in technology, the face of the Irish sex trade has changed drastically over the years and it now operates as a highly profitable, transnational trade largely controlled by organised crime. While there are still women in on-street prostitution, the numbers have declined over the years and most prostitution now takes place indoors in apartments, hotels and brothels masquerading as massage parlours. We know that there are approximately 1,000 women in prostitution in Ireland, with the overwhelming majority being migrants and a significant number trafficked to, or within, Ireland.¹

Prostitution and sex trafficking are inextricable, gendered phenomena that disproportionately impact the most vulnerable women and girls across the world. The sex trade facilitates the trading of the bodies of impoverished women and girls inside and across borders by devious individuals seeking to make profit from their exploitation. The entire system is fuelled by male demand and sexual entitlement and it is predominately women and girls from backgrounds of deprivation and marginalisation who are sacrificed to fill this demand.

A key challenge that we face in both our campaigning and frontline work is the widespread normalisation of the sex trade, reflected in the global explosion of pornography-use and the increasing sanitisation of the inherent harms and power imbalances within prostitution, particularly in the media.

Our work aims to counter the harms of prostitution first and foremost through the provision of person-centred supports to meet the needs of those who access our services. We also work at government and societal level to raise awareness of the inherent exploitation within the sex trade and to advocate for improved prevention and response measures across the board.

Ruhama is Ireland's only dedicated frontline NGO working with women affected by prostitution and sex trafficking.



¹ Kelleher and associates (2009) *Globalisation, Sex Trafficking and Prostitution: The Experiences of Migrant Women in Ireland*; Dublin, Immigrant Council of Ireland, Women's Health Project (HSE) & Ruhama https://emn.ie/files/p_201211231126542009_Trafficking_Report_ICI.pdf

Our vision and mission

Ruhama's vision is of a more just society in which prostitution and other forms of sexual exploitation do not exist.

In achieving this vision, our mission is to:

- Reach out and provide person-centred services to women affected by prostitution, trafficking and other forms of commercial sexual exploitation;
- Based on individual need, to offer assistance and opportunities to explore alternatives to prostitution;
- Work to influence and challenge public attitudes, practices and policies which allow the exploitation of women and girls through trafficking and prostitution.

In fulfilling our vision and mission, we have three overarching strategic priorities as per our organisation's Strategic Plan 2019-2024.

These are:

1. Develop and deliver a diverse range of services to women affected by prostitution and sex trafficking, that are empowering and based on individual needs
2. Advocate and campaign to reduce the prevalence of prostitution and sex trafficking
3. Ensure Ruhama has the structure, capacity and resources to deliver its mission



Who we support

Women* who:

- Are currently involved in prostitution;
- Are involved and seeking to exit (leave) prostitution/ the sex trade;
- Are victims of sex-trafficking;
- Have previous experience in prostitution.

** A note on terminology: Due to the gendered nature of the sex trade, the overwhelming majority of people we support are women, including transgender women, and this is reflected in the language we use in this report whereby we refer to 'women'. However, we also assist a small number of men each year on a case by case basis.*

How we work

Both our frontline and advocacy work is informed by 30 years of working directly with women affected by prostitution and sex trafficking in Ireland.

Our work is underpinned by our understanding of prostitution and sex trafficking as forms of violence against women and girls and pernicious violations of their human rights.

Prostitution, and the social and cultural attitudes which sustain it, are deeply rooted in gender inequality and social marginalisation.

Women's needs and lived experiences inform all of our work and we:

- Provide a confidential, non-judgemental service;
- Place a high value on equality, inclusivity, cultural diversity, dignity and respect;
- Affirm every woman's right to society's protection and respect;
- Commit ourselves to continual learning and service improvement;
- Are accountable to our stakeholders.

Importantly, the following are NOT requirements to access Ruhama's support: an intention/desire to exit prostitution; fluency in English; valid immigration permission.

Our Services



Outreach
(Street/ HSE/
Women's prison)



**Out of hours
emergency
response**



**Immigration
support**
(asylum, visas,
repatriation)



**Individual casework
and care-planning**



**Counselling/
Psychotherapy**



**Interpretive
support**



**Support in
accessing justice**



**Crisis
accommodation
in emergency
situations**



**Education and
Development
programme**



**Practical
support**



**Awareness
raising and
policy advocacy**

2019 Human Impact

415

total number supported

88

women engaged on short-term basis

2,260

volunteer hours



1,316

street outreach hours



Total in casework

266

women



Housing & Welfare

57

women



Street outreach

64

women



Education & development

115

women



Counselling

19

women



Victims of trafficking

116

women

(38 new cases in 2019)

Strategic Priority 1:

Develop and deliver a diverse range of services to women affected by prostitution and sex trafficking, that are empowering and based on individual needs

Street Outreach

Despite the decline in the numbers in on-street prostitution over the years, there is still a significant number of, primarily Irish, women involved.

Our dedicated street outreach team is made up of both staff and volunteers who travel in our van to Dublin's 'redlight districts' up to four nights per week to link in with this cohort, many of whom are in extremely precarious situations.

In 2019, our outreach van was on the streets a total number of 173 nights, comprising a total of 1315 hours and with 319 face-to-face interactions recorded. Ruhama's outreach team provided both practical and emotional support to the 64 women they met throughout the year.

The van is a warm, friendly, and non-judgemental place for women to take a break from the street. We provide hot drinks, hats, gloves, and health & safety supplies including condoms and panic alarms. The van team also provide a listening ear and emotional support, as well as onward referrals to both our own and other relevant services.

Women who engage with the van team report living complex and often chaotic lives. The issues that were reported in 2019 included:

- Physical, sexual and mental health problems
- Domestic and intimate partner violence and coercive control
- Personal and familial debt and poverty
- Sexual and physical assault
- Robbery
- Addiction
- Homelessness

A number of women enter prostitution as a direct result of addiction and substance misuse. Many others develop issues with substance misuse in order to cope with their experience in the sex trade. In 2019, 69% of the women we engaged with in street outreach reported issues related to the use of drugs and/or alcohol, with many reporting polydrug use.

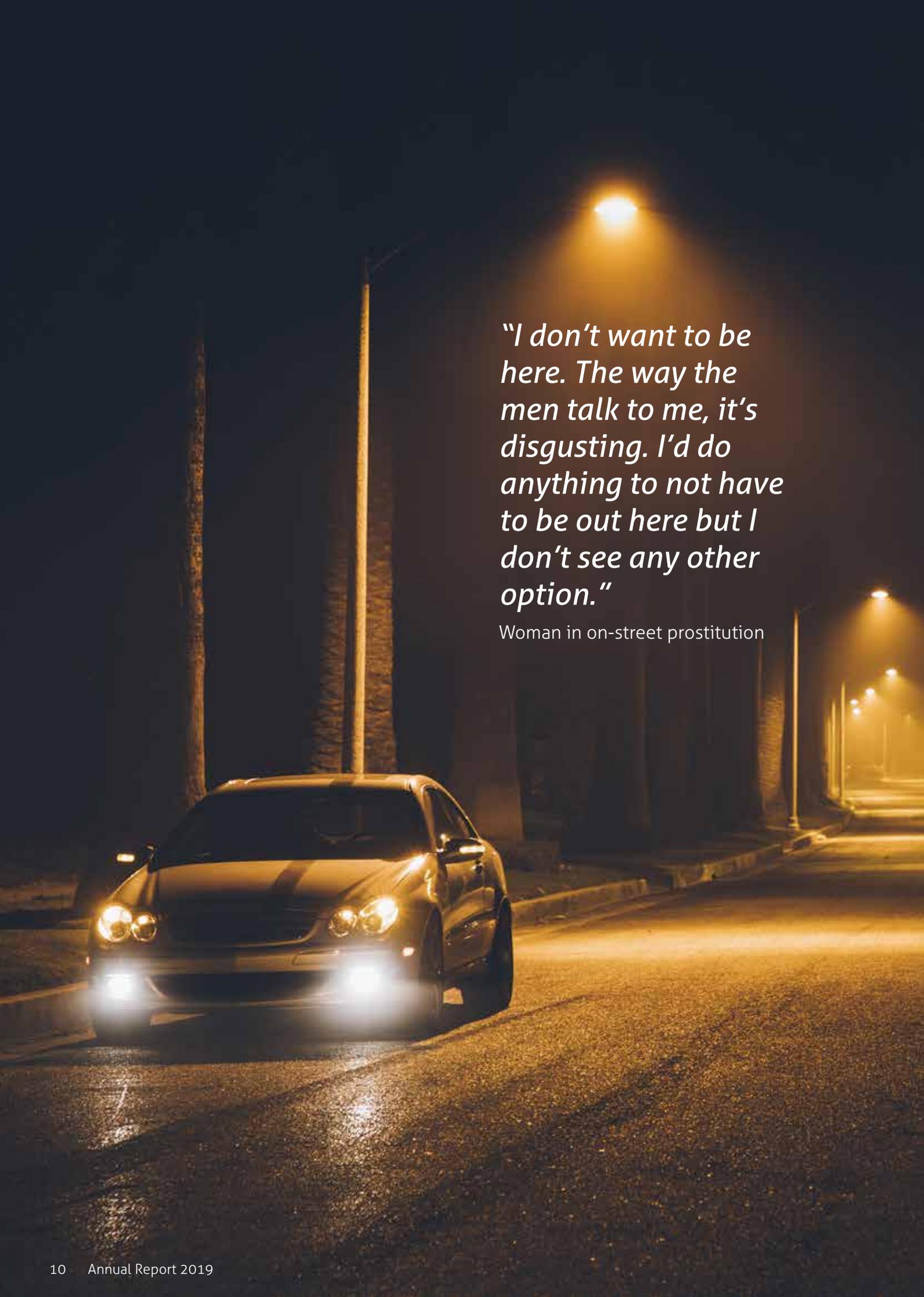
Of the women who reported using drugs, the breakdown of substances was as follows:

- Cocaine - 4%
- Crack - 43%
- Heroin - 15%
- Alcohol - 11%
- Benzodiazepines & Pills - 15%
- Methadone - 11%

Yet again, the homelessness and housing crises are having a disproportionate impact on women in the most vulnerable and precarious situations. 45% of the women we engaged with in the outreach van reported having experienced homelessness. A number of women were reluctant to enter emergency accommodation homeless shelters as they reported feeling unsafe due to the risk of violence and the extent of drug use in many hostels. When women do not have access to safe, secure and affordable housing, they often end up entrenched in prostitution with no escape route open to them.

We also communicate recent legislative changes to women so they know they are no longer criminalised under prostitution laws for selling sex. Women have reported more positive outcomes from interactions with Gardaí, including reporting violence, since the law change in 2017.

Note: The information in this section is based on unsolicited disclosures (i.e. our team does not 'interview' women but we do give them space to discuss whatever they wish in the van). Therefore, we believe the %'s noted is an underestimation of the lived experiences of the women our outreach team meets through our street outreach.

A dark street at night. A car is in the foreground with its headlights on, illuminating the wet pavement. Streetlights are visible in the background, casting a warm glow. The scene is dimly lit, with the primary light sources being the car's headlights and the streetlights.

"I don't want to be here. The way the men talk to me, it's disgusting. I'd do anything to not have to be out here but I don't see any other option."

Woman in on-street prostitution

“ Aoife’s Story



My name is Aoife and I'm 24. When I was a child, my parents struggled with addiction and my father was abusive towards my mother, my siblings and I. We were taken into care when I was 8 and I spent the next ten years in care in Dublin.

When I was 16, I met my first boyfriend online. He saw my pictures on Facebook and started sending me messages telling me how pretty I was. He was 23 and seemed really nice, so I agreed to meet up with him one day after school. We started seeing each other regularly and a couple of months after we met I had sex for the first time with him in his car.

When I was 17, he introduced me to drugs. It started with cocaine and I loved how it made me feel. When I turned 18, I left care and moved in with him. After a while I graduated into using crack cocaine and quickly became addicted. We both took a lot of drugs and neither of us was working so it was hard to get by and feed our addictions. We were facing eviction so he asked me one day if I would go out to the street to sell sex to make some money.

I'll never forget the first time. The first man who picked me up drove to a really secluded area. Even though I only agreed to give him oral sex, he demanded that I had full sex with him or he wouldn't pay me. I did it. The first time I was sober but after that I started using while I was on the street to make it easier. The money I made went to paying for both of our habits. I used to see the Ruhama van when I was out at night and sometimes I would get on and talk to the girls. They were dead nice and always gave me a cup of tea, but for ages I didn't want to do anything else.

Then I got pregnant. My boyfriend wanted me to stay making money so I did. I wanted to stop using so when I was in the Ruhama van I asked if they could help me. They linked me in with a caseworker who gave me some options for detoxing, and I detoxed with the help of a local drugs service. With theirs and Ruhama's support, I stopped taking drugs even though it was really hard. As I started to see things clearly, I knew I wanted to finish with my boyfriend so Ruhama supported me to find a safe place to live for me and my baby. I stopped going out to the streets, and Ruhama helped me to find a part-time job.

I haven't heard from my ex in ages and he hasn't supported us at all. But I'm coping, and between caring for my child and working part-time, I'm taking a course in Ruhama and planning to do a QQI course this year in childcare. I go to counselling in Ruhama too which has really helped my confidence. I finally have hope for a better future for me and my little girl.

”

Person-centred casework

In 2019, a total of 266 women accessed Ruhama's person-centred casework.

Our comprehensive casework supports are tailored to each person's needs, and range from harm reduction, including a safety plan and sexual health supplies, to supporting women to map out their goals. A key component of casework is to provide practical and emotional support.

The many factors that intersect to drive women into prostitution are the same ones that exacerbate the harm they experience within the sex trade and act as barriers to exiting. These factors include sex, gender, poverty, homelessness, precarious immigration status, ethnic minority status, previous experience of violence and sexual abuse, including intimate partner abuse, and institutionalisation.

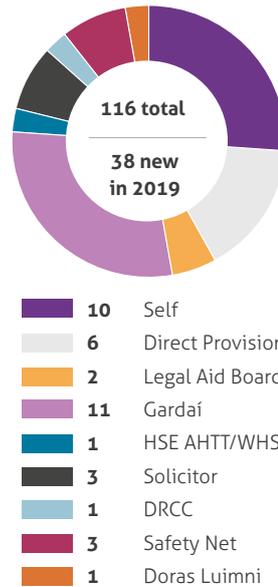
Following an initial contact with a woman, Ruhama will assign a caseworker to meet with her. Together, they co-create a care plan. We provide funding to women to allow them to travel, or we travel to meet them.

Referrals

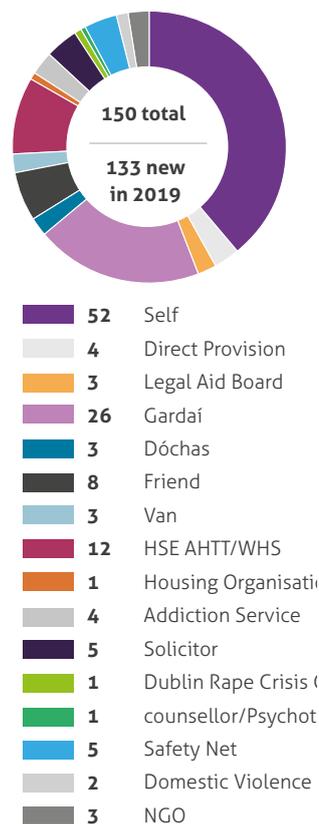
We link in with women in on-street prostitution through our outreach van. However, the majority of women are based in indoor locations. We work with other agencies to maximise referrals, and are finding an increasing number of women who are contacting us directly as they have heard about Ruhama through friends and peers.



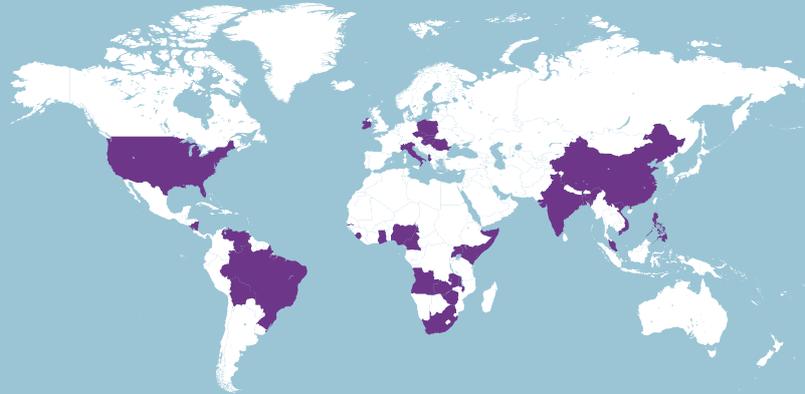
Referral sources for victims of trafficking



Referral sources for women in prostitution



Nationalities - Women in Prostitution



Ireland	35	Slovakia	3	Uganda	1	Nicaragua	1
Romania	31	China	2	Albania	1	Hungary	1
Brazil	17	Cameroon	2	India	1	Italy	1
Nigeria	13	Ghana	2	Vietnam	1	Zambia	1
Zimbabwe	11	Czech Republic	2	Malawi	1	Philippines	1
South Africa	3	Venezuela	2	USA	1	Malaysia	1
Poland	3	Somalia	1	Bangladesh	1		
Sierra Leone	3	Angola	1	Hong Kong	1		
Bolivia	3	Kenya	1	Gambia	1		

Nationalities - Victims of Trafficking



Nigeria	47	Angola	3	Czech	1	India	1
Zimbabwe	15	Malawi	3	Cameroon	1	Vietnam	1
Romania	7	Pakistan	2	South Africa	1	Ireland	1
Brazil	4	Republic of Congo	2	Rwanda	1	Poland	1
Albania	3	China	2	Somalia	1	Mozambique	1
Ghana	3	Mongolia	2	Togo	1	Kazakhstan	1
Kenya	3	Republic of Moldova	2	Georgia	1		
Sierra Leone	3	Uganda	1	Kosovo	1		

Housing & Social Welfare Support

Having a safe place to call home is vital for women affected by prostitution and sex trafficking. As part of our casework and care planning, we offer support and advocacy for women to access social welfare and housing. Access to safe, secure, and affordable housing is a fundamental necessity, but often presents a particular challenge for women affected by prostitution & sex trafficking, especially for those who seek to exit.

Some women living in brothels risk homelessness if they leave. 45% of the women we engaged with through the outreach van in 2019 reported homelessness, with others reporting precarious living situations. Unscrupulous landlords are now seeking to exploit women in difficult financial circumstances by offering 'sex for rent' scenarios. All of these factors intersect and compound to trap women in an endless cycle of homelessness, poverty and sexual exploitation.

Victims of sex trafficking need both a secure immigration status and a safe place to call home in order to truly heal as stability and security are necessary foundations for trauma recovery.

The following issues were identified as challenges and barriers to women accessing housing and social welfare in 2019:

- A shortage of gender specific emergency accommodation
- A scarcity in affordable housing, leaving women trapped in Direct Provision after their leave to remain has been granted
- Onerous requirements to accessing social welfare payments, including the Habitual Residency Condition that prevents EEA nationals from accessing social welfare supports that may aid them to exit the sex trade

Notwithstanding the above challenges, we supported women to access housing & welfare in the following ways in 2019:

- Accompanying women to view accommodation
- Successfully assisting women to access rental allowance and the Housing Assistance Payment (HAP) scheme and receive further social welfare benefits they were entitled to; for instance, the one-parent family allowance and child benefit
- Empowering women to negotiate with landlords and housing associations
- Training and advice to develop household-budgeting skills



Education & Development

115 women took part in our Education and Development Programme

Our Education and Development Programme supports women to reach their full potential and offers a safe and non-judgemental space to explore alternatives to prostitution, if that is a participant's goal. We offer a wide range of options for women to rediscover knowledge and skills they already have, and to support them to build skills for future endeavours.

The needs and goals of women who access Education and Development are diverse and unique to each individual.

In 2019, **40 women engaged in one-to-one tuition** in Ruhama, and **60 enrolled in our group classes**. Additionally, we provided **136 hours of guidance counselling** to 15 women seeking to explore education and career opportunities.

We offer the following regular in-house programmes and supports at Ruhama:

English language and literacy skills; Maths and numeracy skills; IT skills; study skills and study supports; accessing education grants; preparation for third-level; career guidance counselling; designing and developing CVs and cover letters; applying for courses and job vacancies; securing volunteer and work placements

There are numerous positive outcomes to report for women who accessed our Education and Development programme in 2019. Throughout the year, participants made great strides in improving their English, literacy, numerical and IT skills. Participants also built their self-confidence and self-esteem, developed stress-management and coping mechanisms, and enhanced their ability to seek and secure employment.

Group Work/Courses

Trauma Healing Programme (Capacitar) – this trauma healing course aids participants who are dealing with post-traumatic stress disorder (PTSD) to reduce their levels of stress and anxiety and improve their coping skills and overall mental health.

"I felt relaxed and welcome in this group. I did not feel judged or under pressure; it's like we are friends and family. We helped each other."

STEPS (Steps To Excellence for Personal Success)

– develops and increases participants' confidence to support them to move towards building the lives they envision for themselves.

"I was aware of my long term goal. What I was not sure of was what I wanted to do in between-how to get from A to B. I'm clearer on that now. [The course] gave me hope that I can have this goal and get there one day."

Shaping Your Future – equips participants with the tools and skills to support with both job-seeking and other aspects of professional development.

"It was good to practise being more in control, knowing that I can change my attitude to what is happening even when I cannot change what is actually happening."

Computers/ IT skills

"I know now I don't need to be afraid of computers - or probably other things, either."

The following outputs were recorded for Education and Development in 2019*:

- 51 participants were supported to apply for QQI-accredited courses
- 30 women were supported to improve their CVs / cover letters / application forms
- 38 participants were supported in accessing financial support for further study

We would also like to gratefully acknowledge all the tutors, facilitators, trainers and coaches with whom we collaborated in 2019 to deliver our education and development programme. These included Capacitar, the Pacific Institute Ireland, Careers Portal, Dress for Success, and other education providers across the country.

**These figures only represent those women still connected with Ruhama development team at the time of an interview/course commencement/ job placement. A number of women in this period will have formally exited the service following casework/ development/resettlement support, moving on to independence and so any further positive outcomes for job-seeking and education are not known.*



The Bridge to Work Programme

Providing access to fair and decent work

Our Bridge to Work pilot programme began in 2017 with the aim of providing the women we support with access to the employment market. The programme is being developed in recognition of the significant challenges which face women affected by prostitution and trafficking in accessing decent work and income. These barriers may include low self-esteem, anxiety, and limited or no education or work experience. The overall objective of Bridge to Work is to empower women to overcome these barriers by carving out a pathway into a secure, paid work placement.

2019 was once again an exciting year for the programme as we built on progress made since the pilot began in 2017.

During 2019 we saw the programme grow and develop in the following ways:

- Participants engaged in further education and training opportunities
- 14 work placements were facilitated either directly or indirectly by the Bridge to Work Programme Coordinator
- Partnerships were developed with employers
- Work began on a new guide to employment
- Participants were supported to develop career goals, access employment and training, and improve job-seeking skills

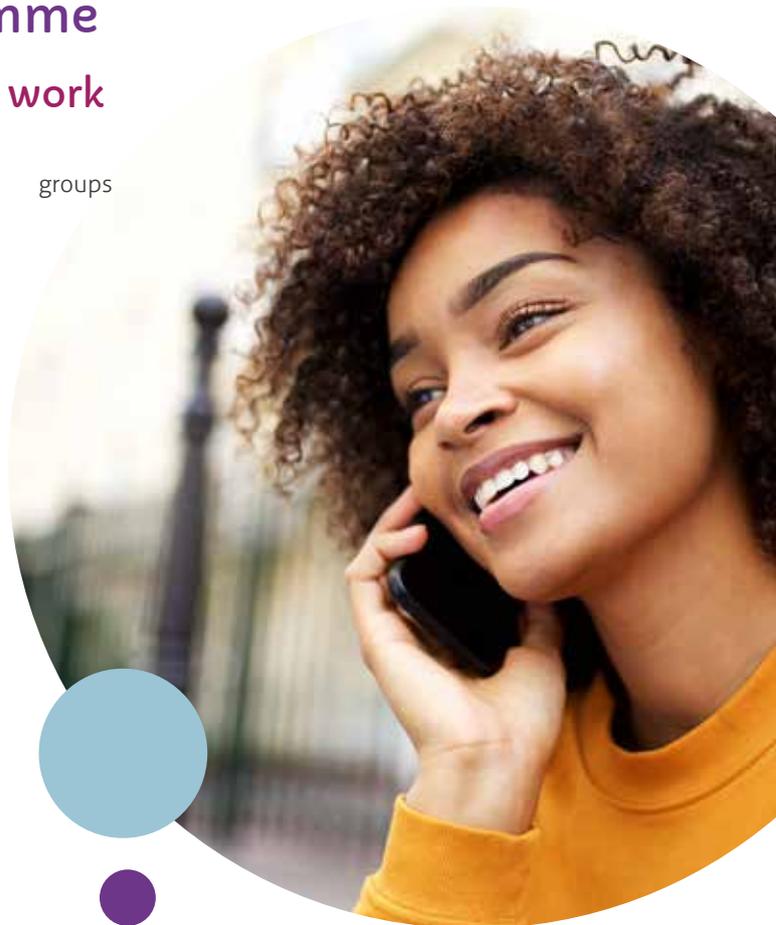
Benefits of the Bridge to Work Programme for participating women include:

- Increased personal growth, confidence, and professional development
- The chance to earn a salary to facilitate financial independence
- The opportunity for women to identify the skills needed to build upon to secure long term employment
- Accumulating genuine work experience and employer references for her CV.

Benefits of the Programme for employers include:

- The opportunity to transform and positively influence the lives of women who have experienced exploitation
- The chance to work with women looking to demonstrate their abilities and develop new skills
- The potential to achieve social responsibility objectives
- Support in the recruitment of underrepresented

groups



Can you support Ruhama's Work Placement Programme?

Can you support Ruhama's Work Placement Programme? If you are, or if you know of, an employer that might be interested in hearing more about this innovative programme and being a part of truly changing women's lives for the better, please contact Ruhama directly.

All enquiries are treated in confidence and without obligation. Email: michael@ruhama.ie

This project is part supported by the Irish Government and European Social Fund (ESF) as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.



Counselling and Holistic Therapies

Promoting healing

It is well documented that sexual exploitation has an exceptionally damaging impact on women's physical, sexual and mental health. It is very common for Ruhama's service-users to report experiences of sexual, physical and psychological abuse while in prostitution. Many women have also experienced other forms of violence, neglect, control and abuse throughout childhood and into adulthood.

We have regularly come into contact with women who display some, or all, of the following:

- Low self-esteem and self-worth
- Anxiety and depression
- Addiction and substance misuse
- Trauma
- Extreme isolation and exclusion
- Dissociation
- Post-traumatic stress disorder
- Suicidal ideation and suicide attempts

There are a number of substantial barriers that impede women's abilities to get on with their lives and make progress towards personal goals following exploitation. These barriers can include an inability to cope with day-to-day life and difficulties in processing and addressing trauma.

Alongside our casework, Ruhama provides a free counselling service for women who require additional therapeutic support. 19 women were provided with therapy and counselling in 2019. Following recruitment of volunteers in autumn 2019, we have grown our team of counsellors to 8 which has increased our capacity to provide ongoing counselling to our service-users and has become a cornerstone of our service-provision. It is envisaged to further develop this service in 2020.

This holistic approach to healing is further complemented by our provision of other therapies, including reflexology, shiatsu, and head, neck and shoulder massage provided by our holistic therapists. 18 women in 2019 benefitted from regular holistic therapies.



One of our counselling rooms in Ruhama

“ Jena’s Story



My name is Jena.

I am from a country in South America. I grew up in a small town where there are very few opportunities for work. After I finished school, I moved to the capital city to get work and support my family. I made a lot of friends there working in a hotel kitchen, but there was no chance to progress in my job unless I spoke better English. One by one my friends took advantage of the chance to go to Ireland to work and study English, and it looked like they had amazing lives in Dublin. I saved as much money as I could and bought a one-way ticket.

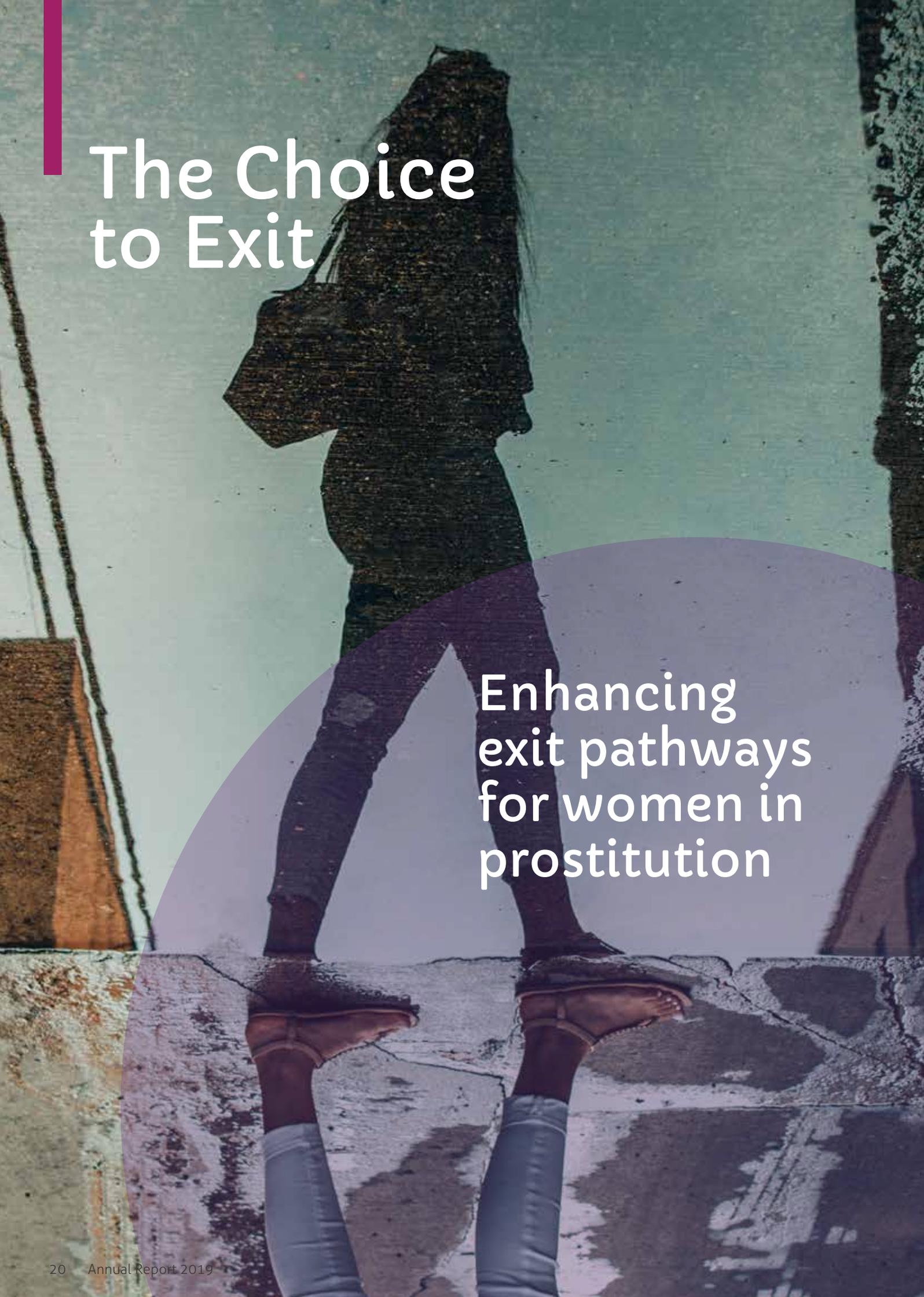
When I got to Ireland, things were tough. I shared a room with two others in a small flat and could only work 20 hours per week with my student visa - collecting glasses in a pub in Dublin was barely enough to cover my rent. One day, a classmate told me she could get me a cash-in-hand job giving massages. She said they would provide the training so I text the number she gave me.

I did the interview the next day in a barely noticeable massage parlour in south Dublin city. The place was dingy and dark, and the woman who met me barely asked me any questions. She told me to start the next day and said I'd get €100 every day I worked – I felt in my gut something was strange but I was also so relieved that I'd have more money.

On my first day she told me that most of her clients wanted 'extras' and it was our job to provide them with a 'happy ending.' Instead of giving me any training she sent the first man into me and told me to just do what he asked for. The man was around 60, and took his suit off and lay down as soon as he came in. He demanded oral sex. I went out and told my boss – she just said: 'What did you expect a happy ending was? The quicker you do it, the quicker it'll be over. Think of the money.' So I did. As the days went on, I became numb to the demands of the men. Some wanted full sex, some demanded oral without a condom; all of them disgusted me but I needed the money.

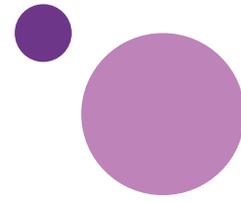
I was getting a sexual health check up one day when the nurse who knew where I was working asked if I knew about Ruhama. I got in touch with them to see if they could help me. I went through their work placement programme which helped me to get a part-time job in customer service that pays well, so I could leave the massage parlour. I'm doing a couple of courses in Ruhama to improve my English and IT skills, and going to counselling as I'm struggling to process what happened.

”



The Choice to Exit

Enhancing
exit pathways
for women in
prostitution



When the topic of prostitution is raised, the word 'choice' almost inevitably features.

'Don't most women choose to enter prostitution?' is a question we often hear.

The answer to that is, quite simply, no. Most women in prostitution have been coerced into the sex trade: either through economic desperation and a lack of viable alternatives or by a pimp or trafficker intent on exploiting them for financial gain.

We are aware that there are a minority of people in prostitution because they freely choose it, and we regularly work with women to manage their health and safety while they are engaged in prostitution.

However, research has shown that up to 90% of those in prostitution would like to exit at some stage but are trapped due to a lack of viable alternatives, debt bondage and/ or the control of a pimp or trafficker. Many women who come to us in Ruhama are seeking to exit prostitution and we work with them to meet their needs and explore alternatives in a safe, non-judgemental environment.

As outlined earlier the factors that drive women into prostitution are often the same as the barriers that can prevent women from exiting.

While identified victims of trafficking in Ireland can enter the National Referral Mechanism (NRM) and are entitled to a number of statutory supports, women who do not meet specific indicators of trafficking are not granted access to the same systematic support. However, many victims of trafficking go unidentified by the Irish state as they must report to Gardaí in order to be identified and enter the NRM. Furthermore, victims of trafficking who come from inside the European Economic Area (EEA) are ineligible to be formally identified as victims

of trafficking. Alongside the fact that this results in an underestimation of the official numbers of victims, it also prevents victims from accessing sufficient supports.

In theory, EEA nationals who are victims of trafficking ought to be entitled to social welfare and benefits including child support and access to social housing. However, in reality, most EEA victims from outside of Ireland do not meet the requirements of the Habitual Residency Condition (HRC) and are thus excluded from these social supports. As a result, there is no incentive for those in prostitution to come forward to seek support and alternatives.

The needs of women in prostitution and victims of sex trafficking frequently overlap. Therefore, it is unhelpful to create a false dichotomy between so-called 'consensual' prostitution and 'forced' prostitution.

There has to be commitment to meet the needs of all those affected by prostitution and sex trafficking in order to adequately protect and support some of the most vulnerable, marginalised and disenfranchised women in Ireland. The provision of resources to frontline agencies, both statutory and NGO, must be sustained and extended across the entire country in order to reach the most isolated women.

What is needed to afford women real choice:

- Regularisation of immigration status for undocumented women
- Priority access to safe, secure and affordable accommodation
- Further education and training opportunities
- Access to financial aid to allow a transition out of prostitution
- Access to holistic health services across the country

Only when demand is addressed, pimps and traffickers are held accountable, and all engaged in prostitution have viable alternatives will we actually see real 'choice' for women.

Strategic Priority 2:

Advocate and campaign to reduce the prevalence of prostitution and sex trafficking

Advocacy, Communications and Training

Advocacy at home and abroad

In conjunction with our dedicated frontline work, we also work nationally and internationally to influence the development of policies and legislation that will enhance the lives of the women we support. We call for the implementation of a legislative and policy framework that will both effectively prevent and respond to commercial sexual exploitation. Alongside our work with allies on the domestic front, we are also united with frontline and advocacy organisations across the world who dedicate themselves to tackling the well-documented harms of the global sex trade.

All of our advocacy, communications and training work complements, and is informed by, our work on the frontline. A core advocacy message is the full protection of all those who are selling, or are sold for, sex.

In carrying out this aspect of the work, we undertake the following activities:

- Raising awareness amongst the public of the harms and exploitation of prostitution and trafficking and promoting the human rights and protection of those who have been commercially sexually exploited
- Advocating for legislative and policy change which protects and decriminalises those exploited in the sex-trade – this effectively disrupts the demand that drives it and penalises those who organise and profit from the prostitution of others
- Supporting survivors of prostitution to raise their voices against exploitation and influence policy
- Providing training and other resources to professionals in a position to support and respond empathetically to vulnerable individuals affected by prostitution and/or sex trafficking

Prostitution laws in Ireland

Following years of campaigning by the Turn Off the Red Light campaign, Ireland introduced progressive legislation under the Criminal Law (Sexual Offences) Act 2017 that decriminalised those who sell sex, and explicitly criminalised those who pay for sexual access to them. This is shaped by the recognition of the key role that the so-called 'sex-buyer' plays in driving the demand

for prostitution and inflicting harm upon those in the sex trade. The legislation also recognised the vulnerabilities of those, mostly migrant women, who are engaged in prostitution and the need to protect and support them. Legislation is also in place in Ireland to deter the organisers and profiteers of the prostitution of others, as well as human traffickers.

With the 2017 Act, Ireland became one of an ever-increasing number of countries to take seriously its responsibility to prevent commercial sexual exploitation by disrupting the demand that fuels it. Other countries that have introduced this partial-decriminalisation model are Sweden, Iceland, Norway, France, Canada (with limitations), Northern Ireland and Israel.

In 2019, we marked the two-year anniversary of the law with Turn Off the Red Light allies at a briefing in Leinster House. Throughout the year, we continued to advocate for positive, effective implementation of the Act to ensure that demand is effectively disrupted and that the spirit of gender equality underpinning the law is realised. We will continue to advocate for full implementation of the law as we look towards 2020 when the legislation will be comprehensively reviewed in order to monitor its impact so far and examine any changes which must be made.



Marking 2 years since passage of the 2017 Sexual Offences Act in Leinster House

Policy advocacy at home and overseas

During 2019, we continued to work to raise awareness of the need for a broad, holistic and coordinated approach within policies and supports to protect and respond to the needs of those who are exploited in prostitution. We worked alongside a number of key allies in Ireland across multiple forums, including:

The National Women's Council of Ireland (NWCI); The Irish Observatory on Violence Against Women; The National Monitoring Committee of the Second National Strategy on Domestic, Sexual and Gender Based Violence 2016-2021; Turn Off the Red Light; The Victims' Rights Alliance; Anti-Human Trafficking Unit (AHTU) Awareness Raising Group; AHTU Roundtable; South Inner City Drugs and Alcohol Task Force (SICLDATF) Treatment and Rehabilitation Committee

Sharing our expertise in the area of prostitution & sex trafficking, we made a number of policy submissions in Ireland and in other jurisdictions in 2019, including to the following:

- U.S. Department of State's Trafficking in Persons (TIPs) report
- OSCE Anti-Trafficking Survey for Survivors of Trafficking in Human Beings
- UN Special Rapporteur on Trafficking in Persons on innovative and transformative models of social inclusion for victims of trafficking
- CEDAW on the trafficking of women and girls in the context of global migration
- The UK All Party Parliamentary Group on Prostitution & the Global Sex Trade
- The review of Relationships and Sexuality Education by the National Council for Curriculum and Assessment



Sarah Benson moderating a panel of young activists against prostitution

In February, we were represented in Madrid at a conference organised by the Coalition Against Trafficking in Women (CATW) and La Comisión Para La Investigación de Malos Tratos a Mujeres. The conference was called 'Centering Women and Girls in Ending Human Trafficking and Sexual Exploitation' and united activists and survivors from across the globe. Ruhama's former CEO moderated a panel of young feminists from across the world who campaign against the exploitation of the sex trade.



Protesting the German 'Pimp State' outside a legal brothel with survivors of the sex trade

In October, we made our way to Brussels for the Brussels' Call Conference in the European Parliament, marking 5 years since the Honeyball Resolution in the EU and convened by the European Women's Lobby. We heard from survivors, politicians and activists from around the world who are doing incredible work to address commercial sexual exploitation. It was also a fantastic opportunity to meet with newly elected Irish MEPs, including Mairead McGuinness, Maria Walsh and Frances Fitzgerald - who was central in the passage of the Criminal Law (Sexual Offences) Act 2017.



Members of the Brussels' Call campaign at the European Parliament in Brussels



Amanda Keane, MEP Mairead McGuinness and Barbara Condon in Brussels

In December, we joined our partners from CAP International in Paris for an event in the French parliament discussing the impact of its laws and policies in relation to prostitution.



These are all of the advocacy & awareness-raising events we were part of in 2019:

- CATW 'Centering Women and Girls in Ending Human Trafficking and Sexual Exploitation'
- CAP International 3rd World Congress: 'Prostitution: Neither Sex Nor Work'
- EU Civil Society Platform against Trafficking in Human Beings
- Brussels' Call conference
- European Women's Lobby Young Women's Engagement Workshop
- Augsburg Against Human Trafficking
- CAP International Abolitionist Week and event in French parliament

Training & awareness raising

A core part of our awareness-raising work is training with other frontline agencies in Ireland who may encounter women affected by prostitution and sex trafficking in the course of their work.

We are committed to sharing our knowledge and expertise with other entities to empower them to recognise the signs of sexual exploitation and provide an effective response.

In 2019, we provided our REACH: Know Sex Trafficking training to participants from other frontline agencies, including social workers, homeless agencies, nurses, midwives, addiction services, solicitors and migrant organisations.

We are also committed to working with the policing and justice sector to ensure they take a gender-sensitive and victim-centred approach to policing prostitution. Ruhama works closely with law enforcement to prevent punitive measures being applied to those who are engaged in prostitution themselves, and to encourage the prioritisation of access to justice for those affected by prostitution and sex trafficking.

We work with police to highlight the vulnerabilities of those in prostitution and the need to provide protection and support to this group, while holding all who exploit them to account. In 2019, we delivered training to An Garda Síochána in cooperation with the Operation Quest Team of the Garda National Protective Services Bureau, who have the remit for policing organised prostitution in the Republic of Ireland. We also delivered training to the PSNI as part of their course on modern slavery.

In 2019, we also delivered training on prostitution and sex trafficking in a number of schools.

Communications

During 2019, we continued to reach out to potential service-users, inform the public about our work, and raise awareness of the harms and exploitation of prostitution and sex trafficking on various media and social media platforms. We were also delighted to launch a brand new website that is more service-user friendly than ever – a massive thank you to ebow for all the hard work and support that went into designing the website!

30 Years on the Frontline Supporting Women Affected by Prostitution & Sex Trafficking

In 2019, Ruhama marked its 30th anniversary! Women affected by prostitution and sex trafficking remain on the margins of Irish society, largely invisible to most people. We will continue to work towards our feminist vision of a gender-equal society free from all forms of commercial sexual exploitation.

In November, we held two days of events to mark our 30th anniversary, as well as the global *16 Days of Activism to End Gender-Based Violence* campaign. We worked in collaboration with survivor group, SPACE International, and other frontline agencies and policy-makers from Ireland and beyond to put prostitution on the national agenda.

We kicked off with a panel of survivors in the Mansion House. Members and colleagues of SPACE International, spoke of their experiences and activism and what is needed to best respond to the needs of women who have been exploited by prostitution. The panel was moderated by Ruhama's CEO, Barbara Condon and featured Rachel Moran (Ireland); Mickey Meji (South Africa); Nikki Bell (USA) and Melanie Thompson (USA).



Panel discussion at the Mansion House

Following on from this, we were joined in the Mansion House by service-users, staff, and volunteers of Ruhama to celebrate three decades on the frontline. We heard an inspiring testimony from a former service-user, the amazing Emmet Kirwan performed two spoken-word pieces, including 'Heartbreak' and we danced and sang the night away!



The following day, we held a one-day conference at the Royal College of Surgeons titled 'The Sexual Violence of Prostitution & Pornography.' Throughout the day we heard from survivors, activists, researchers, frontline agencies, and policy makers about the gendered violence of the sex trade and the need to both prevent and respond to sexual exploitation and protect those who are in the sex trade. Gail Dines' powerful documentary Pornland: how porn has hijacked our sexuality was screened to highlight the inextricable link between pornography, prostitution and sex-trafficking. We had a wonderful turnout and exceptionally powerful speakers who reminded the audience that Ireland is seen around the world as a potential model for progress, and must take seriously its responsibilities to protect those in the sex trade and hold their exploiters accountable. The Minister for Justice & Equality, Charlie Flanagan, delivered closing remarks.

You can view the video from the conference on our website. Check it out at this [link](#).



Audience at the RCSI



Strategic Priority 3:

Ensure Ruhama has the structure, capacity and resources to deliver its mission

Governance

Ruhama is constituted as a company limited by guarantee without a share capital. Its purpose, objectives and how it conducts its business are set out in its Memorandum and Articles of Association. The company is registered with the Charities Regulatory Authority in Ireland in compliance with the Charities Act 2009, and has charitable tax status with the Revenue Commissioners CHY 10733.

Ruhama's Board members, management and staff are focused on delivering a quality service. Our mission is to provide support services to women affected by prostitution and other forms of commercial sexual exploitation and also to change public attitudes, practices and policies which allow the exploitation of women through trafficking and prostitution.

Structure, Governance and Management

The organisation is governed by a board of Directors who work in a voluntary capacity. Directors are recruited based on skills, knowledge and experience. Directors do not receive any remuneration in respect of their service. Ruhama's Board had thirteen voluntary directors in 2019. No expenses were paid to directors. No contracts or arrangements of material interest to a director were entered into during the financial year.

Ruhama is committed to having appropriate systems and controls in place. The board outsourced a governance specialist to review the governance of the organisation and the performance of the Board. This will result in an updated Board Governance Handbook for 2020.

Terms of reference of Board standing sub-committees were reviewed in 2019. Two new sub-committees were established: Premises and HR.

Ruhama has fulfilled all obligations under the Lobbying Act 2015 and to the Charities Regulatory Authority.

Ruhama signed up to the Governance Code for the Community, Voluntary and Charitable Sector in Ireland in 2018 and is working towards compliance with the Charities Governance Code.

In order to maintain standards of best practice across all areas of our organisation, the Board and Management adhere to the recommendations outlined by the Charities Regulator. We comply with the statement of Recommended Practice for Accounting and Reporting by Charities (SORP) and Fundraising Principles.

The Board of Directors met eleven times during 2019. Board sub-committees met quarterly with the exception of the Audit, Finance and Governance subcommittee who met more often prior to Board meetings.

Board Standing Committees

The Board is assisted in its work, ensuring good governance and quality service delivery is maintained through subcommittees and working groups. Board subcommittees comprise of Board Directors and external co-optees for expertise, when required.

In 2019 the following Board standing subcommittees met:

Audit, Finance and Governance

Karen McMenamin (Chair), Colm O'Dwyer, Nusha Yonkova, Myriam McLaughlin and Barbara Condon (in attendance).

HR

Suzanne Farrelly (Chair), Billy Coman and Barbara Condon (in attendance).

Premises

Donal Dunlop (Chair), Billy Coman, and Barbara Condon (in attendance).

Board of Directors Changes

In 2019 there were thirteen directors who served on the Board of Ruhama;

- Mary Scully resigned from the Board February 2019.
- Jennie O'Reilly resigned from the Board April 2019.
- Dr Nusha Yonkova joined the Board and was appointed May 2019.
- Billy Coman joined the Board and was appointed June 2019.
- Suzanne Farrelly joined the Board and was appointed September 2019.
- Dr Sam Gower joined the Board and was appointed October 2019.

Volunteering with Ruhama

CEO change

In 2019 Sarah Benson left Ruhama after serving as CEO for ten years. Barbara Condon replaced Sarah as the new CEO in July 2019.

Strategic Plan

Ruhama launched a new strategic plan 2019-2024. The chief Executive delivers a report on progress of strategic plan implementation at Board meetings.

Quality Standards

Ruhama is committed to best practice and quality standards in our service delivery. The Board agreed to conduct an external evaluation of service delivery which will commence early 2020.

Ruhama maintained professional, collaborative and responsive relationships with statutory funders during 2019. This included regular interaction and meetings with the Health Service Executive (HSE) CH06 Social Inclusion, the South Inner City Drugs Task Force, HSE CH07 and the Department of Justice and Equality.

Ruhama's Board 2019

Board of Directors	Meetings Attended (Eligible meetings in 2019)	Audit Finance and Governance Sub Committee Meetings Attended (Eligible meetings in 2019)
Colm O'Dwyer (Chair)	11/11	7/8
Noreen O'Shea (Vice Chair)	10/11	
Karen McMenamin (Secretary)	11/11	8/8
Mary Scully	1/1	
Jennie O'Reilly	3/4	
Myriam McLaughlin	10/11	7/8
Donal Dunlop	8/11	
Colm Bowden	5/11	
Dr Nusha Yonkova	6/7	1/2
Billy Coman	4/6	
Suzanne Farrelly	4/5	
Ethna McDermott	9/11	
Dr Sam Gower	3/4	

As ever, we are extremely grateful to our volunteers – we are so thankful for their generosity of time, skills and spirit!

We could not deliver the broad range of holistic supports that we do without the dedication of our committed volunteers.

We recruit highly-skilled volunteers and provide all recruits with in-depth training before they begin providing support to the women who engage with Ruhama's services. The work and commitment of our volunteers is empowering women, supporting many to overcome the trauma they have experienced, and allowing women to explore their potential in a safe, supportive and non-judgemental space.

Working closely alongside Ruhama staff, our volunteers play a central role in delivering our range of holistic supports to women affected by prostitution and sex trafficking.

Ruhama's volunteers provide a wide range of services, including: outreach to women in on-street prostitution; counselling; massage and other holistic therapies; jewellery making; language, literacy and numeracy tuition; IT classes; study support; third-level preparation; guidance counselling & career coaching; CV building & interview skills; helping at events.

We are also grateful to the team of volunteers from Dropbox who came to our offices in November to spruce up our new offices by spending the day painting some of the rooms. The volunteers helped to create an even warmer and more welcoming space for our service-users!

PayPal were also a fantastic support throughout 2019 - from naming us a Chosen Charity, to developing a fundraising plugin during their Hackathon, to supporting women to build skills to enter the workplace, and donating gifts for women and their children this Christmas! Thank you all!

Staff and volunteer training in 2019

As part of our commitment to best practice in quality service-provision, staff and volunteers underwent a number of trainings, including:

- Motivational Interviewing
- Training on the Aftermath of Rape (Dublin Rape Crisis Centre)
- Trauma Informed Care (Babette Rothschild)
- Developing Safer Trauma Informed Practice Workshop (Quality Matters)
- SAOR (HSE-Brief Intervention for alcohol and substance misuse)
- ASSIST and Safe Talk – Suicide Intervention Training

Staff Team 2019

NAME	ROLE
Sarah Benson (Resigned May 2019)	CEO
Barbara Condon (Appointed July 2019)	CEO
Sheila Crowley	Service Manager
Neasa Ní Fheinneadhá	Volunteer & Training Manager
Samantha Slater (Resigned July 2019)	Policy & Communication Officer
Amanda Keane	Policy & Communication Manager
Lorena Cazaciuc (Resigned Aug 2019)	Accounts Assistant (maternity cover)
Kay Kox (Resigned Nov 2019)	Housing and development Officer
Elaine McGauran	Bridge to Work Programme Coordinator
Meredith Meagher (Resigned Nov 2019)	Organisational Administrator
Biliqis Rasaq (Resigned December 2019)	Accounts Assistant
Petronela Trifan (Resigned September 2019)	Receptionist/Administration Assistant
Jenny Bolton	Receptionist/Administration Assistant
Michela Panichella	Caseworker
Poliana Aniculaesei	Caseworker
Máire Ní Shuilleabháin	Caseworker
Jennifer Roche	Caseworker
Anne O'Keeffe	Education and Development Officer
Trish O'Brien	Education and Development Assistant

Volunteer social event in the Guinness Storehouse



Dropbox volunteers



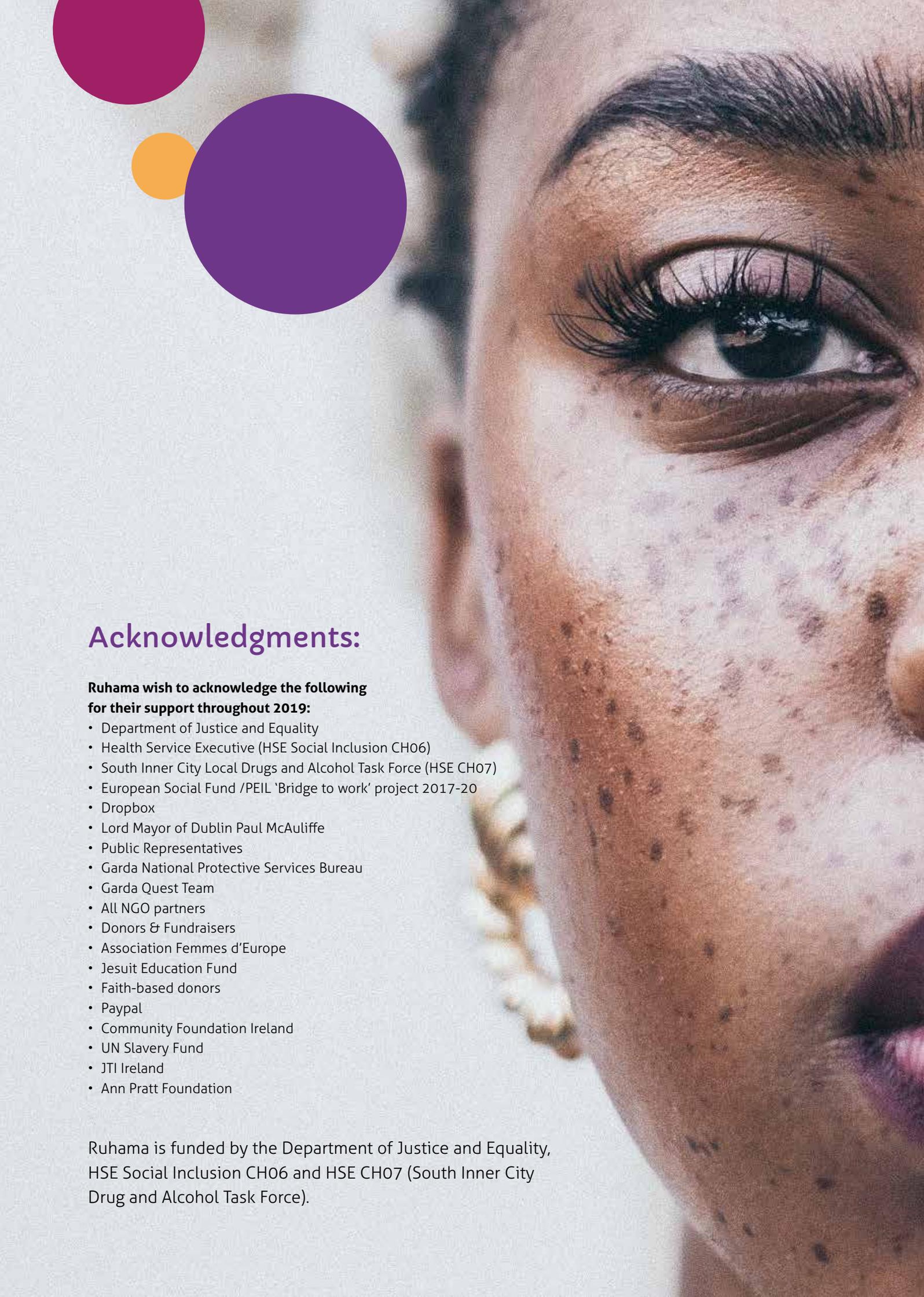
Volunteer training in 2019

Financial Summary

Statement of Financial Activities for the year ended 31st December 2019

Income and expenditure 2019		
Annual funding	2019 €	2018 €
Anti-Human Trafficking Unit; Department of Justice and Equality	350,000	325,000
The Health Service Executive (HSE CHO6)	118,824	118,824
South Inner City Local Drugs & Alcohol Task Force (HSE CHO7)	100,824	100,824
European Social Fund/PEIL "Bridge to Work" project 2017-20	65,660	59,371
Other grant income	133,707	71,373
Donations/fundraising	162,899	93,264
Total Income	931,914	768,656
Wages & Salaries (Including ER PRSI & Pension)	494,571	461,908
Employers PRSI	53,218	50,417
Pension Costs	18,725	21,725
Service Provision	62,184	50,116
Fundraising & Awareness	36,798	6,070
Overheads	184,086	166,485
Total expenditure	(849,582)	(756,721)
Operating surplus/(deficit) for the year	82,332	11,935

Balance sheet as at 31st December 2019		
Fixed Assets	2019 €	2018 €
Tangible Assets	13,057	5,691
Debtors	21,745	19,870
Cash at bank and in hand	585,500	432,232
Total current assets	607,245	452,102
Creditors: amounts falling due within one year	(314,913)	(229,202)
Net current assets	292,332	222,900
Total assets less current liabilities	305,389	228,591
Funds of the organisation		
Restricted reserves	10,170	5,534
Unrestricted reserves	295,219	223,057
Total Funds	305,389	228,591



Acknowledgments:

Ruhama wish to acknowledge the following for their support throughout 2019:

- Department of Justice and Equality
- Health Service Executive (HSE Social Inclusion CH06)
- South Inner City Local Drugs and Alcohol Task Force (HSE CH07)
- European Social Fund /PEIL 'Bridge to work' project 2017-20
- Dropbox
- Lord Mayor of Dublin Paul McAuliffe
- Public Representatives
- Garda National Protective Services Bureau
- Garda Quest Team
- All NGO partners
- Donors & Fundraisers
- Association Femmes d'Europe
- Jesuit Education Fund
- Faith-based donors
- Paypal
- Community Foundation Ireland
- UN Slavery Fund
- JTI Ireland
- Ann Pratt Foundation

Ruhama is funded by the Department of Justice and Equality, HSE Social Inclusion CH06 and HSE CH07 (South Inner City Drug and Alcohol Task Force).

How you can get involved and support our work

There are lots of ways to get involved in our work supporting women affected by prostitution and/ or sex trafficking – whether it's through engaging employees in an impact day, fundraising individually or as a group, partnering with us in an initiative, or applying to be a volunteer counsellor, tutor or on the outreach van, we'd love to hear from you about how you feel you could contribute.

Check out www.ruhama.ie and go to the 'Get Involved' section to learn more.

Alternatively, email admin@ruhama.ie to get in touch with us directly.



Follow us. Get in touch.

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