

West Cork Whisper

West Cork Women Against Violence Project Newsletter

39th Edition

April, May June 2010

WE ARE AVAILABLE TO SUPPORT YOU

We are a free, confidential listening and information service

WE SUPPORT:

- Any woman, over 18 years of age, who is now or has in the past been in an intimate abusive relationship. Abuse can include Physical, Emotional, Financial or Sexual violence. We are here for you regardless of whether you have been in the relationship for a week / for many years or have left an abusive relationship.
- A friend or family member of a woman who is in an abusive relationship.
- Professional and community organisations via telephone support and training around domestic violence.

WHEN YOU CONTACT US:

- we will listen to you and support you.
- we will not judge you or tell you what to do. It is our belief that you are the only person qualified to make decisions for your life.
- we will continue to support you no matter what your choices.
- we will keep your confidentiality.

HOW TO CONTACT US:

- Our main Freephone Helpline day is on Tuesday from 10am to 4pm but this Helpline will be answered on other weekdays when there is a trained Support Worker available. **Phone 1800 203 136.**
- You can drop-in to our Bantry office on Tuesdays 10am – 4pm when you can meet a support worker. You can also make an appointment for other weekdays or in other places in West Cork if you cannot get to our offices.
- Drop-in is available at our Skibbereen office where you can meet a support worker every Friday from 11am to 2pm.
- Our office line is available on weekdays from 10am to 1pm and on afternoons when staff are in the office. Our Admin worker will transfer you to a Support Worker if available; can tell you when to call back; or can make an appointment for you to meet with a Support worker. Phone 027 53847.

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Break the Silence on Domestic Violence

**West Cork Women Against
Violence Project,
Harbour View,
Bantry, Co. Cork.**

**Freephone Helpline:
Tuesday 10am - 4 pm
Tel: 1800 203 136**

**Office: Tel: 027 53847
Open: 10am-1pm,
Monday - Friday**

**Website:
www.westcorkwomensproject.ie**

Email: admin@westcorkwomensproject.ie

Recognising Tactics

A perpetrator will use many tactics to justify or deny their abusive behaviour. These include minimising, denying, blaming or excusing their behaviour. It is important that you know it is not your fault that the abuse is happening and that the responsibility lies with the abuser.

Minimise:

To make little of their behaviour

- “It was nothing”
- “I was only messing”
- “It wasn’t that bad”

Excuse:

Excusing their behaviour

- “you know what I am like when I am drunk ”
- “don’t you know the pressure I am under with my exams”

Blame:

Not taking responsibility for their actions, blaming others or something for their behaviour

- “You made me do it with your carrying on”
- “You’re nothing but a slut – I saw the way you were looking at him/her”
- “You’d drive anyone to hit you”

Deny:

Their abusive behaviour

- “I didn’t do that – it wasn’t me”
- “You did that to yourself”
- “You’re imagining things”
- “What are you talking about – are you trying to start a row?”

**WHY
ME?**

**Help is
always at
hand**

Extract from ‘Life’s Real Fairytale’. Reproduced here with kind permission of Domestic Violence Response, Oughterard, Co. Galway

We offer an appointment and court accompaniment service

Life's Real Fairytale

In May 2009 the Domestic Violence Response (D.V.R.) based in Co. Galway published a booklet on teen dating abuse/violence compiled by teens for teens. Funded under the NDP 2007–2013 nine students from St. Paul's Secondary School, Oughterard, Co. Galway participated in compiling the booklet. The project was facilitated by staff members of D.V.R.: "...who taught us so much and made us experience and be part of something we'll never forget for the rest of our lives".

The booklet is a very useful resource for teachers and parents in talking to young people on the issue of dating/relationship violence. **'Life's Real Fairytale'** can be obtained from the Domestic Violence Response, The Courtyard, Main Street, Oughterard, Co. Galway, Tel (091) 866740, email dvr@indigo.ie for €5.

When raising awareness on dating abuse/violence with young people it is important to encourage them to seek help and support.

If you think you or a young person you know may be in an abusive relationship talk to a parent or a trusted adult or you can talk in confidence to a support service. They will support you as well as your friend if he/she chooses to talk.

West Cork Women against Violence Project regrets that we are not able to work with women under 18 years of age. If you are under 18 years, phone Childline on 1800 666 666 or check out their website www.childline.ie. You can look at the Women's Aid's student website @ www.studentcents.ie/143.html and the Union of Students in Ireland website @ www.spunout.ie/health/Relationships/Abuse/Domestic-violence

Planting the Tree of Intentions

In our last issue, we featured the Tree of Intentions that was created as part of our 10th anniversary celebrations last December. The confidential intentions were for women and girls in the world today. All the intentions have been placed under a young tree planted on 8th April in a private and secure location in West Cork. Our belief is that, as the paper intentions disintegrate and the tree grows, the spirit of everyone's wishes will be sent out into the world.



We offer an appointment and court accompaniment service

WE ARE AVAILABLE TO SUPPORT YOU

Services provided:

- Ongoing support for you whatever your choice may be.
- We can provide you with information on (for example) court orders, housing entitlements and can refer you to other appropriate services, for example Citizens' Information Service, Women's refuges, Rape crisis services, Money Advice Budgeting Services.
- We can go with you to Court for a Domestic Violence Order or to the Garda Station to make a statement.
- We can provide transport for you in a crisis.
- We can advocate on your behalf.
- We provide education, training and information programmes for professionals, community groups and school education. Please phone the office on 027 53847 for information on our Education and training programme.

CALL OUR FREEPHONE HELPLINE 1800 203 136 during Office Hours

Support Services for Women:

West Cork Women against Violence Project, Bantry
..... Freephone 1800-203136

Women's Aid Freephone1800-341 900

Cuanlee Refuge, Cork.....021-4277698

Legal Aid Board, Cork.....021-4551686
.....021-4275998

Mná Feasa (Domestic Violence Project).....021-4211757

OSS Cork Freephone 1800-497497
(Domestic Violence Resource Centre for men and women)

S.A.T.U.021-4926497

Sexual Violence Centre..... Freephone 1800-496496

Domestic Violence Social Work021-4921728

Y.A.N.A. North Cork022-53915

Kerry

Kerry Women's Refuge and Support Services
(ADAPT)066-7129100

Open Door Network066-7185472

Kerry Rape & Sexual Abuse Centre.....1800-633333

Legal Aid Board.....066-7126900

Tralee Women's Resource Centre066-7120622

*"When the pain of where you
are becomes greater than your
actual fear of leaving it.
You finally take action."*

Reprinted with permission from: The Inchicore
Outreach Centre, Inchicore, Dublin

West Cork Citizens' Information Service

The Square, Bantry. Ph: 027 52100
South Square, Macroom. Ph: 026 42179

*West Cork Citizens' Information Service can
provide you with information, advocacy and
advice on all your rights and entitlements.
The service is free, confidential and
independent. Open daily, please call for
times.*

LEGAL AID BOARD

3rd Tuesday of month 10.30am – 4.30pm
For an appointment with the Legal Aid
Board please phone the Legal Aid Cork
office on:
021 4551686.

FREE LEGAL ADVICE CLINIC (F.L.A.C.)

1st Tuesday of month 6pm – 7pm
Appointments for F.L.A.C. are made
by contacting the West Cork Citizens'
Information Service via drop in or
telephone 027 52100.

MABS OUTREACH CLINIC:

Each Friday 10 am – 11.30 am
Phone MABS at 023 55155 for an
appointment.

These are Confidential Services

We offer an appointment and court accompaniment service.