

West Cork Whisper

West Cork Women Against Violence Project Newsletter

41st Edition

October, November, December 2010

MEN AS ALLIES

On the 31st of August 2010, three leading national organisations joined forces for the first time to rally Irish men to become part of the solution to ending violence against women.

Rape Crisis Network Ireland, SAFE Ireland and the **Men's Development Network** will work as allies to encourage Irish men to stand up and become potentially powerful allies in the fight against gender based violence. This alliance is timely as we enter into the 16 Days of Action on Violence Against Women (25th November to 10th December)

Rape Crisis Network Ireland: 091- 563676 /7 or www.rcni.ie
SAFE Ireland: 0906 - 479078 or www.safeireland.ie
Men's Development Network: 051 - 844260 /1 or www.mens-network.net

WHITE RIBBON CAMPAIGN

Following on from announcing the Alliance of the 3 Networks, Safe Ireland are busy organizing the **1st Irish National White Ribbon Campaign** to be held at the end of November 2010. West Cork Women Against Violence Project have pledged our support to Safe Ireland for this campaign.

The White Ribbon Day campaign began in Canada on the 25th November 1991 and "is the world's largest effort by men to end men's violence against women". The wearing of a white ribbon "symbolizes a man's pledge to never commit, condone, or remain silent about violence against women". (www.whiteribbon.ca)

16 DAYS OF ACTION ON VIOLENCE AGAINST WOMEN 2010

West Cork Women Against Violence Project are running a series of Radio and newspaper advertisements in October 2010 to highlight our service.

We would like to acknowledge and thank COSC for their support in enabling us with this campaign. LISTEN OUT !"

CONTENTS:

Men as Allies Alliance	1
White Ribbon Campaign	1
WCWAVP Radio Campaign 2010	1
Parenting Positively Booklets	2
Safety Plan	3
6 month Statute of Limitations	4
A Message for Women	4
Notices & Support Services for Women	4

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

Parenting Positively Booklet for Parents of Teenagers

In 2009 a series of booklets for parents of teenagers was produced by the Family Support Agency and Barnardos' Training and Resource Service. The aim of this series is to provide information and guidance to you, as a parent of a teenager, to help create a positive, loving and supportive relationship between you and your child. The series covers teenage well-being as well as the complex life issues of death, separation and domestic abuse. These booklets are available to download at www.barnardos.ie or copies can be ordered by phoning 01 454 9699.

There is also information for teenagers on these issues on the website: www.barnardos.ie/teenhelp

an extract from the Barnardos booklet:

Parenting Positively: HELPING TEENAGERS COPE WITH DOMESTIC ABUSE

Should I talk to my teenagers about domestic abuse?

Yes. If you do not talk about what is happening in the home, teenagers get the message that it is not ok for them to talk about it either. They are left to carry the burden of knowing without being able to talk about their experience.

Teenagers need:

- Someone to talk to.
- Someone to listen to them and believe them.
- Someone in whom they can confide their feelings and fears.

Being able to talk about their experience helps teenagers to make sense of what is happening and to feel less alone, sad and overwhelmed. Teenagers also need to be involved in making decisions and helping to find solutions. Hearing their experience can help parents realise that young people need help and support. Being listened to and involved in decision-making helps them to feel more in control and less isolated.

Are there things I can do to try to protect my teenager when there is violence?

- Tell them to leave or stay out of the room where the violence is happening if possible.
- Tell them not to get involved or to try to protect you physically, as this could place them in danger.
- Tell them how to get help when needed. Ensure they know how to call the police or emergency services and what information they will need to give. Give them the name and number of a trusted neighbour or friend whom they can contact when violence starts.

How can I best support my teenage child?

The best way to support your teenager and keep them safe is to try to ensure your own safety. Talk to someone who will support you or contact organisations who have expertise, skills and experience in dealing with the issue of domestic abuse. This is probably the first step in helping you to support and protect your teenager.

West Cork Women Against Violence would sincerely like to thank Barnardos for permission to publicise this section from the Parenting Positively booklets.

We can support clients who identify with or who may struggle with some of the issues stated in this excerpt.

You can contact us on the listed numbers.

SAFETY PLAN FOR WOMEN IN DOMESTIC VIOLENCE SITUATIONS

The West Cork Women against Violence Project will work with a woman to help her create a safety plan. This will enable her to have a well thought-out plan for responding to a violent situation. We recognise how difficult it is for a woman to decide to seek refuge and that it may take several attempts before she can permanently leave.

Even when a woman decides that leaving might be in her best interests, there are many emotional, physical, and financial issues, combined with danger, that make leaving difficult. Leaving does not guarantee that the violence will end. Because of this danger, it helps to be prepared. Safety planning empowers, it can help women prepare to safely leave their abusers and know that they have options besides living with the abuser.

Working on your Safety Plan

Remember, you don't have to figure it all out on your own. To help make a decision about what is best for you, it can be useful to talk to a local domestic violence worker. They are familiar with your community and can help you make a safety plan that meets your individual needs. If you write your safety plan, be sure to keep it in a place where your partner won't find it, perhaps keep it with a friend or relative or where you work.

Plan Ahead

Devise your safety plan when you are in a position to think things through. That way, if you need to get out quickly, you'll know where to go and what options are available to you.

Figure out which friends and relatives might be able to help or alternatives if your friend is not available at the time you leave.

If you have to leave immediately, call the local Garda station for help or to find out where your nearest refuge and support services are.

If you feel comfortable, tell your neighbours and ask them to dial 999 if suspicious noises are coming from the home.

Consider making a plan for each room in your home

- What can you do to get out of the bathroom or the bedrooms in your home?
- If you live in an apartment building, think of all the ways to get out safely.
- Is there a fire escape/stairs that you could get you safely to the ground?
- Know which doors lock in you home.
- You may want to plan a code or a phrase to use on the phone with a friend if you need to access help when the abuser is present.

Decide how you would get out of your home

- Decide on a pathway if you have to leave at night.
- If you leave by car, make sure you lock the car doors immediately.
- Ensure you have enough fuel.
- Think of public places you can access 24 hours a day.
- Know the route to Garda Stations, Hospitals, support services and refuges in your area.
- Keep any court orders of protection on you at all times.
- Keep your purse and keys in a safe place, in case you have to leave quickly.
- If you have a mobile phone, ensure it is charged and in credit.
- Have coins for a public phone.

Memorise important numbers

- Hospital
- Refuge
- Gardai
- Taxi

Important Documents

Talk to a friend or a domestic violence worker about where to keep important documents such as:

- Protection Orders
- ATM Bank Card
- Children's allowance books or other payments
- Passport and drivers licence
- PPS number, birth/marriage certificates
- Legal documents
- Prescriptions
- Items of sentimental value

West Cork Women Against Violence Project
Freephone: 1800 203 136
Office: 027 53847
Women's Aid Helpline: 1800 341 900

A MESSAGE FOR WOMEN

Women do not ask for, cause, invite or deserve to be assaulted.

Women and men sometimes exercise poor judgement about safety behaviour, but that does not make them responsible for an assault. Attackers use violence to overpower, control and abuse another person.

Women can't stop violence alone.

We need to support each other and work with men who care about us.

SUPPORT SERVICES FOR WOMEN:

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

Women's Aid Freephone..... **1800-341 900**

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 Work **021-4921728**

Y.A.N.A. North Cork **022-53915**

Kerry

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

Open Door Network **066-7185472**
Kerry Rape & Sexual Abuse Centre... **1800-633333**

Legal Aid Board..... **066-7126900**

Tralee Women's Resource Centre **066-7120622**

6 MONTH STATUTE OF LIMITATIONS

In the immediate aftermath of a domestic abuse incident, whether it was verbal abuse, threats of physical abuse or actual physical assault, a woman can be very traumatised and fearful for her and her children's safety. Threats of further abuse or violence if she 'tells' anyone are commonplace after an episode of abuse. Some studies have shown that the most severe incidents of abuse resulted in calls for medical services rather than the Police. (*Pierce and Spaar.1992.*) *Kelleher and O'Connor. Safety and Sanctions 1999.*

The common understanding is that the incident has to be reported immediately after the incident. *This is not the case.*

A woman can make a written statement of the incident or incidents up to six months after the abusive/violent incident occurred.

Fears of being questioned as to why there was such a delay are understandable. The reasons, fear of reprisals, are also very understandable. Domestic abuse / violence is rarely an isolated occurrence, it is likely to happen again. A written statement to the Gardai can be important if a woman decides in the future that she wants to apply to the Courts for a Court Order.

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.