

# West Cork Whisper

## West Cork Women Against Violence Project Newsletter

42nd Edition

January, February, March 2011

### ONE IN FIVE CAMPAIGN

The focus of the One in Five Campaign is to highlight the one in five women in Ireland who are living with domestic violence.

Women who are experiencing domestic violence now or have in the past or are affected in any way by this issue can contact us on **1800 203 136** Tuesday and other weekdays to speak to a support worker or make an appointment to meet face to face.



### THANK YOU

The West Cork Women Against Violence Project would like to express our sincere gratitude to everyone who supported us throughout 2010.

We would like to thank Durrus Charity Shop, Marie O'Sullivan from Macroom who ran the Mini Marathon for us, Tammy O'Brien from Clonakilty Community College who fundraised around the issue of domestic violence and The Children's Charity Shop, Clonakilty all of whom donated to us in 2010.

We are also grateful to the West Cork Community Work Department, HSE South, for their continued support of our Project and the work that we do.

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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](http://www.westcorkwomensproject.ie)

Email: [admin@westcorkwomensproject.ie](mailto:admin@westcorkwomensproject.ie)

# Why Do Men Abuse Women?

Many theories have been developed to explain why some men use violence against their partners. These theories include family dysfunction, inadequate communication skills, provocation by women, stress, chemical dependency, lack of spirituality and economic hardship. We at West Cork Womens Project came across research by Sarah Galvani who offers a model of 'responsible disinhibition' in which she states that men **actively** choose to unleash their anger on women. This suggests that with all of the "excuses" that are offered as to why an incident has occurred (e.g. I was drunk / drugged / stressed / unsupported etc) that men can manage to not take their issues out on their neighbour, friend or work colleague. He can however choose to control his emotions until he returns home, where he can take out his frustrations on those closest to him; his family. **No excuse removes personal responsibility.**

Men who abuse women come from all groups and backgrounds, and from all personality profiles. However, some characteristics fit a general profile of an abuser.

- An abuser objectifies women. He does not see women as people. He does not respect women as a group. Overall, he sees women as property or sexual objects.
- An abuser has low self esteem and feels powerless and ineffective in the world. He may appear successful, but inside he feels inadequate.
- An abuser externalises the causes of his behaviour. He blames his violence on circumstances such as stress, his partner's behaviour, a bad day, alcohol or other factors.
- An abuser may be pleasant and charming between periods of violence, and is often seen as the nice guy to outsiders.
- Some behavioural warning signs of potential abuse in a relationship include extreme jealousy, possessiveness, bad temper, unpredictability, cruelty to animals and verbal abusiveness.

The reason why violence occurs is that an abuser begins and continues his behaviour because violence is an effective method for gaining and keeping control over another person and he usually does not suffer adverse consequences as a result of his behaviour. Historically, violence against women has not been treated as a "real" crime. This is evident in the lack of severe consequences, such as incarceration or economic penalties for men guilty of assaulting their partners. Rarely are perpetrators of domestic abuse ostracised in their communities, even if they are known to have physically assaulted their partners. As a society we need to show that we do not condone violence towards women and children.

*(Galvani, Sarah "Responsible disinhibition: Alcohol, men and violence to women"*

*Source: Addiction Research and Theory, Volume 12, Number 4, August 2004, pp. 357-371(15))*

## VIOLENCE AGAINST WOMEN IS UNACCEPTABLE

### REMEMBER THIS

I am not the cause of another person's violent behaviour.

I am not to blame for being beaten or abused.

I do not like it. I do not want it.

I do not have to take it.

I am an important Human Being.

I am a worthwhile woman.

I deserve to be treated with respect.

I can decide for myself what is best for me.

I can make changes in my life if I want to.

I am worth changing for.

I am not alone; I can ask others for help.

I deserve to make my own life safe and happy.



We offer an appointment and court accompaniment service

# FROM WOMEN'S AID 16 FACTS FOR 16 DAYS EMAIL CAMPAIGN 2010

## In One Woman's Own Words

"The first sign that something wasn't quite right was when Robert offered to start buying all my clothes. He said I wasn't making the most of myself, and that he could help me look better. Naturally, I told him thanks, but no thanks. This only seemed to frustrate him. Next he turned on my friends. I was taken aback at first, but he would say: "If you truly love me, like I love you, you'd want to spend your time with me, not your friends.

Then the flowers and compliments dried up, and a nasty side to his personality crept in. He'd laugh at my opinions, dismissing whatever I said as though I was stupid. He put my job down, saying that what I did was worthless, and eventually convinced me to leave work and stay at home. He became more moody and unpredictable, flying into rages.

Then one day things took a more sinister turn. I called him in work about an overdue bill which had arrived - he was angry, saying it was none of my concern, then he just hung up the phone. I'd almost forgotten by the time he came home, but when he walked in the front door he went ballistic. I've never been able to handle confrontations, so I told him I was leaving.

With that, all hell broke loose. He shouted and roared at me, grabbed a long knife from the kitchen and completely destroyed the living room, slashing furniture and smashing ornaments. Then he locked the front door, pointed the knife at me and said: "You're not going anywhere." That was probably the longest night of my life. But amazingly, not another word was ever spoken about it.

*Somehow, I buried it inside me and carried on. Then three months later, on my birthday, everything came to a head. In my nervousness taking my present from Robert, a bottle of perfume, out of the box I dropped it on the floor. He swore and shouted me for being stupid. One minute I was standing there watching the perfume bottle shatter then, bang! I was sitting on the kitchen floor wondering what the hell had happened.*

The next day, while Robert was in work, I stared at a Women's Aid card that a friend had given me a few months earlier and contemplated my life. I'd gone from being a strong, independent woman to this quivering wreck with no friends, no job, and no confidence. I felt so low that I'd searched the house for pills for an overdose. Fortunately I called Women's Aid instead..."

*If this story affects you, you can contact*

**West Cork Women Against Violence on Freephone Helpline 1800 203 136**

## The Facts

Irish research found that 24% of women who had experienced domestic violence reported experiencing one form of violence, 25% had experienced two or three types of violence, 20% had experienced four to seven types of violence and 31% had experienced eight or more types.

*[Bradley, F. et al. (2002) Reported Frequency of Domestic Violence; Cross sectional survey of women attending general practice. British Medical Journal; Vol. 324]*



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## AM I IN AN ABUSIVE RELATIONSHIP?

An abusive or violent relationship is one in which one person has power or control over the other by use of threats or physical violence. Intimidation, frightening actions, emotional, verbal or sexual abuse may also be used to maintain that control.

### ARE YOU IN A RELATIONSHIP WITH SOMEONE WHO:

- embarrasses you in front of others; calls you names or constantly criticises you?
- controls where you go as a couple on dates; decides what people are okay to be with; makes you feel like you have no choices?
- accuses you of flirting with others when you are out; insists you to have sex when you don't want to?
- hits, slaps, shoves, or bites you; has ever destroyed your property?
- has ever made threats against you, prevented you from seeing your friends or family; has threatened to commit suicide if you don't do what they want?

If you have answered yes to any of these questions, perhaps you should consider talking to someone you trust about what is happening.

**Freephone Helpline: 1800 203 136**

## 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)

Sexual Assault Treatment Unit. .... **021-4926297**

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**

### FACT:

Women who have experienced domestic violence are at an increased risk of depression suicide attempts; physical injuries; psychosomatic disorders; unwanted pregnancies; HIV and other STDs; being killed by a partner.

(World Health Organisation, World Report on Violence and Health, 2002)

## 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**

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