

# West Cork Whisper

## West Cork Women Against Violence Project Newsletter

43rd Edition

April, May, June 2011



### Is he 2in2u?

On Monday 14th February 2011, Women's Aid launched a national public awareness campaign targeting young women aged 18-25 years experiencing abuse and violence in dating relationships.

The 2in2u campaign highlights unhealthy and abusive behaviours in a relationship in the hope that young women, if informed,

might get help before the relationship becomes more established, and it gets harder to leave or get support. It encourages young women to listen to their instincts, remembering *'if it feels wrong, it probably is.'*

For many young women, dating abuse means that their boyfriend controls what she wears and who she sees; isolates her from family and friends; constantly bombards her with texts and uses technology to abuse, control and stalk her. He may physically attack her including hitting, punching, spitting and throwing her against walls. He may threaten to kill her or himself, force her to do sexual things against her will. She is living in constant fear of his moods and temper.

- According to Women's Aid, 1 in 5 women over the age of 18 experience physical, emotional and sexual abuse in Ireland. 39 women between the 18 and 25 years of age have been murdered in the Republic of Ireland since 1996. Of the resolved cases, 53% of women were killed by a boyfriend or former boyfriend.
- In a national survey on domestic abuse conducted by the National Crime Council, almost 60% of people who had experienced severe abuse in intimate relationships experienced the abuse for the first time under the age of 25.

Log into Women's Aid: [www.womensaid.ie](http://www.womensaid.ie) to take a 'relationship health check' quiz and to obtain further information on this campaign.

If you are anxious or worried about your relationship you can contact West Cork Women Against Violence Project for support. If outside of the West Cork area contact your local Domestic Violence service (see [www.safeireland.ie](http://www.safeireland.ie) for details of services around the country). Other Cork/Kerry services are listed on page 4 of this newsletter. Young women under the age of 18 can contact Teenline, free phone 1800 833 634, confidential phone listening support service for young people, Opening hours: 7 nights a week, 7pm til 10pm, Website: [www.teenline.ie](http://www.teenline.ie)

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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)

# An Garda Síochána “Policy on Domestic Violence” and “Policy on the investigation of Sexual Crime, Crimes against Children and Child Welfare”

The Domestic Violence Sexual Assault Investigation Unit of An Garda Síochána is pleased to announce that the Garda Commissioner has recently published copies of the Garda “Policy on Domestic Violence” and “Policy on the investigation of Sexual Crime, Crimes against Children and Child Welfare” on the Garda website ([www.garda.ie](http://www.garda.ie)). (Search under publications / policy). The Garda Síochána “Policy on Domestic Violence” highlights the intervention that An Garda Síochána members should adhere to when responding to domestic violence callouts. It incorporates information on Garda standards, procedures and legislation through to victim support in regard to domestic violence incidents.

The Garda Síochána “Policy on the investigation of Sexual Crime, Crimes against Children and Child Welfare” provides a summary of the policies governing the investigation of crimes of a sexual nature and suspected child abuse and is designed to provide practical guidance to members of An Garda Síochána in creating awareness of the investigative and welfare responsibilities associated with such crimes. It sets out the main legal (including human rights) provisions necessary when conducting sexual crime investigations.

*West Cork Women Against Violence Project would like to inform you of the most recent publications by an Garda Síochána. We are delighted to see that the issue of Domestic Violence is being addressed with clear guidelines being given.*

## Remember this

I am not the cause of another persons 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 worth while 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.

I have the power within to do this.

## Contacting a Solicitor

If your abuser is your husband, partner or close family member you can choose to obtain legal protection.

Questions you may find helpful when employing a Solicitor:

- Have you experience in family law?
- What is your minimum fee? What is your fee per hour?
- What is covered in this fee?
- How many negotiation sessions are included?
- What is your rate for appearance in court?

Also, having outlined your situation:

- How much maintenance can I expect ?
- If there is a separation agreement will the amount of maintenance be written in?
- What are the advantages/disadvantages in having the amount written down?
- Can I expect to remain in the family home?
- Can I expect to get custody of my children?
- What access rights can I expect my husband/partner to be granted by the courts?

Remember

- Your solicitor is there to represent you.
- If you don't understand, don't be afraid to say so.
- Keep in regular contact with your solicitor and ask how long each stage will take.

Taken from Enough is Enough – Information for Women and children experiencing abuse - Kilkenny

# WEST CORK WOMEN AGAINST VIOLENCE PROJECT

## ACTIVITIES IN 2010

We had 761 contacts with 207 women.

These contacts include: face-to-face support, advocacy, emotional support and information giving, court accompaniment.

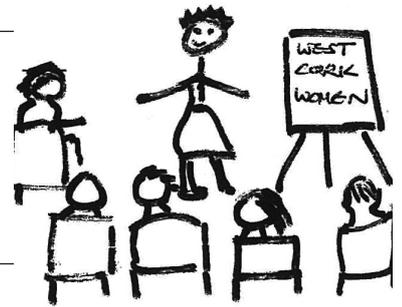
These 207 women had an estimated 304 children.

face-to-face:153  
telephone support: 608

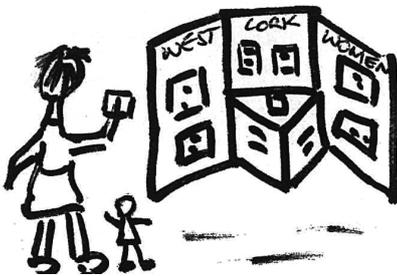
We subsidised 92 external counselling sessions for 13 women.



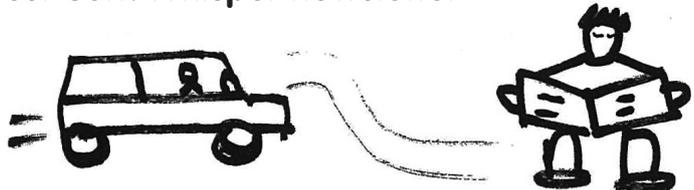
We held 4 training sessions attended by an estimated total of 129 people.



We had information stands at 2 events



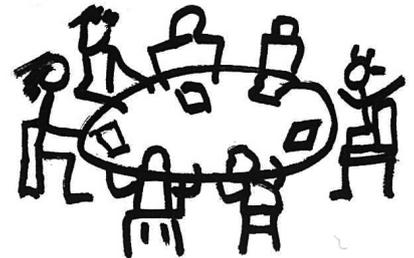
We sent out 2,000 copies of each quarterly West Cork Whisper newsletter



We ran 3 Radio ads a total of 50 times over 4 weeks and had 6 weekly Newspaper Ads coinciding. This was funded by Cosc.

Our staff and volunteers attended a total of 31 days training and information sessions.

We networked with other agencies at 16 meetings.



We moved our Skibbereen outreach to a lovely new room in a holistic healing centre.

Developed new leaflets and business cards



West Cork Women Against Violence Project

A free, confidential listening information and support service.

Harbour View, Bantry, Co. Cork  
Phone: 027 53847 Mon-Fri 10am-1pm  
Helpline: 1800 203 136  
Outreach Skibbereen:  
Phone: 028 23607 Fri 11am-2pm

We held 24 internal meetings (including Management, Main Group, 2009 AGM, staffing sub-committee, Finance and Garda Vetting.)

We offer an appointment and court accompaniment service

## Tenancy Support Service West Cork

The Tenancy Sustainment and Support Service is to aid people who are homeless or at risk of homelessness. As part of the service a 'Tenancy Support and Advice Clinic' is run across West Cork.

The clinic is a drop-in service for people who are homeless, at risk of homelessness or need support and advice on their current housing. It is a roaming clinic and operates a service in Clonakilty, Dunmanway, Schull, Skibbereen, Bantry, and Castletownbere.

This service works with families/persons experiencing or at risk of homelessness or tenancy sustainment to ensure access to health and welfare services (both voluntary and statutory) and access to long-term supported housing. For clinic times and locations contact Gillian Kingston, Tenancy Sustainment and Support Officer, 086 8279996, or look at [www.westcorkhomelessness.com](http://www.westcorkhomelessness.com)

## SUPPORT SERVICES FOR WOMEN:

West Cork Women against Violence Project,  
Bantry ..... **Freephone 1800-203 136**

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

Cuanlee Refuge, Cork ..... **021-427 7698**

Aid Board, Cork..... **021-455 1686**  
..... **021-427 5998**

Mná Feasa  
(Domestic Violence Project) ..... **021-421 1757**

OSS Cork ..... **Freephone 1800-497 497**  
(Domestic Violence Resource Centre  
for men and women)

Sexual Assault Treatment Unit. .... **021-492 6497**

Sexual Violence Centre..... **Freephone 1800-496 496**

Domestic Violence Social Work ..... **021-492 1728**

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

### Kerry

Kerry Women's Refuge and Support Services  
(ADAPT) ..... **066-712 9100**

Open Door Network ..... **066-718 5472**

Kerry Rape & Sexual Abuse Centre ..... **1800-633 333**

Legal Aid Board..... **066-712 6900**

Tralee Women's Resource Centre ..... **066-712 0622**

## MAD Pride is coming to Ballydehob on Sunday 22nd May

Mad Pride is about fun, community, family and facing up to the fact that Mental Illness does not have to be a lonely or hopeless affair. Mad Pride is not about bombarding people with pamphlets extolling the virtues of one approach over another, it is more to show the world that madness is an everyday occurrence that effects us all and can be dealt with openly, lovingly and without stigma.



## 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.