



West Cork Whisper

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WEST CORK WOMEN AGAINST VIOLENCE PROJECT NEWSLETTER | 53rd EDITION

the **personal & public cost** of domestic violence

The cost is greater than we know

The decision to host a conference on Domestic Violence was an easy one for us here at West Cork Women Against Violence. The annual conference hosted by the *Open Door Network* in Kerry had for many years provided a unique forum for discussion, exchanges of information and the opportunity to hear new thinking and ideas on the issue of violence against women and children, ended due to funding cuts.

At WCWAV, we felt that this kind of forum was too important to lose and that this year at least, we would work to find the resources to ensure that there would be a conference on Domestic Violence in the region for all those interested in the issue, working to provide services and/or wanting to learn more.

The Conference theme; **The Personal & Public Cost of Domestic Violence** came about because of the work of one of our speakers, Nata Duvvury and also references made in the work of Professor Louise Howard in the UK, both of whom have explored the cost of violence against women in terms not only of the impact on

victims, but on the toll on health services, community and social services and others in dealing with the phenomenon. The sad fact is; that in a political system like ours, it is monetary costs that will always receive a hearing and consideration long before the human cost is considered. With our conference theme, we aim to explore not only the personal cost of abuse in terms of the physical, emotional and psychological impact on those who experience violence but the financial cost to our frontline and other services. The failure to adequately address the causes of domestic violence and to make perpetrators accountable is costing both lives and money.

We welcome all those who work on the issue of violence against women and children, are interested in the area and want to learn more, to our conference. We have a line-up of national & international speakers; Nata Duvvury NUIG, Annie Campbell, Director of the NI Women's Aid Federation, Kylee Trevillion from the UK, Jane Ruffino, domestic violence survivor, and in the afternoon session we will be hearing from senior staff of essential services in West Cork about the impact of domestic violence in their work and practices.

But that's not all.. we are particularly excited about the appearance of our Youth Rappers with Dublin Hip- Hop Artiste, Miss Elayneous and the first live performance of their specially written Rap Against Violence (*see page 4*). Their performance will be the culmination of a very special partnership project between WCWAV and Dunmanway Family Resource Centre forging together the artistic and musical talents of local teenagers, working with some of the best Rap artists in the country to build understanding and respect for healthy relationships and giving the message that Domestic Violence is definitely not cool.

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We are looking forward to seeing you on Thursday 21st November in the Maritime Hotel, Bantry.

conference **key note speakers**



NATA DUVVURY is Co-Director, Global Women’s Studies and Leader of Gender and Public Policy Cluster in the Whitaker Institute at National University of Ireland, Galway. Dr. Duvvury’s research interests include economic costs of violence against women, dynamics of women’s property ownership and resilience, gendered impacts of austerity, and interaction of gender, precarity and the welfare state. With more than 25 years of experience in international development, she has been a leading voice on violence against women and the need for framing the issue as a development concern. She led the first major study on domestic violence in India comprising a 10,000 household survey between 1996 and 2000. Her most recent publication is Economic Costs of Domestic Violence Against Women in Vietnam. She is in the process of completing a discussion paper for the World Bank on intimate partner violence and its economic costs and consequences for international development.



KYLEE TREVILLION is a post-doctoral research fellow who specialises in research on violence, abuse and mental illness. She worked as a research associate for the Department of Health Victims of Violence and Abuse Prevention Programme (VVAPP) before joining the Institute of Psychiatry in 2008. Kylee currently works in the Section for Women’s Mental Health, headed by Professor Louise M. Howard, and has completed work on two NIHR-funded research projects on domestic violence and mental illness. Kylee recently completed her PhD on the response of psychiatric services to domestic violence.



ANNIE CAMPBELL was appointed Director of Women’s Aid Federation Northern Ireland in March 2006. Women’s Aid Federation Northern Ireland (WAFNI) is the lead voluntary agency tackling domestic and sexual violence in Northern Ireland, with a membership of 9 local Women’s Aid Groups who provide services to women and children across Northern Ireland. WAFNI also directly manages the 24 Hour Domestic & Sexual Violence Helpline. Annie is a member of the cross-departmental and multi-agency Regional Strategy Group on Domestic and Sexual Violence and Abuse and Chair of the Regional Strategy Group’s Protection & Justice sub-group in Northern Ireland. She is a Board member of the Children and Young People’s Strategic Partnership and a member of the Public Protection Arrangements NI (PPANI) Victims Advisory Sub-Group. Annie is also a member of the OFM/DFM Gender Advisory Panel. Annie has also worked as a journalist and as a trade union organiser. She has a background as an activist in the women’s movement, trade union movement and community work.



JANE RUFFINO is CMO of a Dublin-based software startup, after spending many years as an archaeology researcher, then as a journalist and radio documentary maker. She grew up in the Boston area, before moving to Ireland in the 1990s. Despite being a lifelong feminist, she learned the hard way that feminism can’t protect you from violence. She gained insight into the problem of domestic violence and experienced its handling, both by official bodies and in her various communities when she came up against some of its worst repercussions: the loss of credibility that being the victim of violence seems to bring, the approach that focuses on the most visible violence, instead of on understanding and changing the dynamics of power that make it possible. Jane is determined to raise awareness, not just of what a bruised face looks like, but of what can be done to challenge abusers and the culture that enables violence against women. She has written about her experience, and plans further contributions to the discourse.

CONFERENCE PROGRAMME

- 9.15am - 10.00am..... Registration, tea/coffee
- 10.00am - 10.05am..... Welcome: Marie Mulholland
- 10.05am - 10.15am..... Chairperson’s Address: Allison Aldred
- 10.15am - 10.35am..... Annie Campbell, Women’s Aid Federation Northern Ireland
- 10.40am - 11.00am..... Nata Duvvury, NUI Galway
- 11.00am -11.10am..... Tea/Coffee Break
- 11.15am - 11.35am..... Kylee Trevillion, Institute of Psychiatry, King’s College London
- 11.40am - 12.00pm Jane Ruffino, domestic violence survivor
- 12.00pm - 12.45pm Q & A (Audience Discussion)
- 12.50pm - 1.00pm MissElayneous & West Cork Rappers
- 1.00pm - 2.15pm Lunch
- 2.15pm - 3.15pm West Cork Frontline Services Panel
Respondents: Greg Lawlor, Principal Social Worker
Inspector Tony Sugrue, Domestic Liaison Officer, Garda Siochana
Dr Pat Bracken, Clinical Director, Mental Health Services
- 3.15pm - 4.00pm Q & A
- 4.15pm Close & Thanks

CONTACT US

FREEPHONE HELPLINE
1800 203 136

open on tuesdays from 10am to 4pm
and
our office is open from 9am - 5.30pm,
monday - friday
TELEPHONE 027 53847

YOUTH RAP PROJECT

A NEW PARTNERSHIP BETWEEN WEST CORK WOMEN AGAINST VIOLENCE AND DUNMANWAY FAMILY RESOURCE CENTRE

According to research carried out by Women's Aid **Teenage Tolerance - The Hidden Lives of Irish Teenagers, 2001** "95% of young women and 84% of young men reported knowing someone who had experienced abuse, violence and harassment ranging from being forced to have sex, to being followed, to being hit by a partner." This research also highlighted the confusion amongst young people about what is and what is not violence.

Domestic violence is often viewed as an adult issue, something that only happens between adults who are in or have been in intimate relationships. In fact studies show that domestic violence in teenage relationships can mirror the range of abusive behaviours seen in adult relationships including verbal abuse, harassment to sexual assault.¹

The lack of awareness around the issues can be explained to some extent by the following factors:

- Teenage romantic relationships can often be short lived but they are experienced as intensely as adult relationships, unfortunately parents and professionals do not always take these relationships seriously enough
- Adolescents can become susceptible to gender role stereotypes and be confused about what their role is within society
- Due to their lack of experience in constructing healthy relationships and because of their peer group norms it can be difficult for them to judge their partners behaviour as being abusive
- If young people attend the same school, college, youth club as their abuser this can increase their sense of fear and entrapment."²

One of the key objectives of the current National Strategy on Domestic, Sexual and Gender based Violence 2010 - 2014 is "To raise awareness among young people of domestic, sexual and gender based abuse".

West Cork Women Against Violence is pursuing this objective by working in partnership with Dunmanway Family Resource, with funding from COSC. Together, we have commenced an exciting new Youth Project for young people from the local area.

Our new Youth Project takes place every Monday evening in the Youth Café in Bantry and will run until our conference in November. The aims of the project are:

- To help young people to develop their own understanding of what makes a safe, non-abusive relationship
- Be able to identify controlling and abusive behaviours
- Learn about the supports available to individuals living with Domestic abuse and especially services that are available to young people.

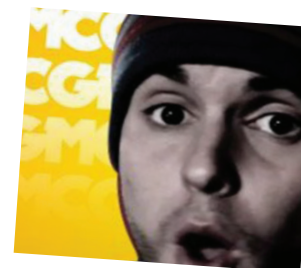
Using their new knowledge the young people have written a RAP on the topic of Domestic Abuse. The teenagers involved will get the opportunity to work with Dublin Hip-Hop artiste, Temperamental MissElayneous and record their work with Cork Rapper and producer, GMC.

There will be a unique opportunity to see the first live performance of Rap Against Violence by West Cork Youth and Temperamental MissElayneous at 'The Personal and Public Cost of Domestic Violence' Conference on the 21st of November in Bantry.



TEMPER-MENTAL MISSELAYNEOUS

Elayne Harrington aka Temper-Mental MissElayneous, from Dublin is an MC, actor and mentor, and much more besides. She is currently appearing in the Hot For Theatre production Break at the Project Arts Centre, Dublin.



GMC

GMC aka Garry McCarthy is an Irish producer and rapper who runs workshops in schools and youth groups, as well as privately for businesses and special occasions. Remaining true to his Corkonian heritage, he never tries to Americanize his music. He gets inspiration from his own life and from things that he sees around him. He is probably best known at the moment for his current song "Do the Jimmy Barry Murphy". Find out more at www.GMCBeats.com.



The National Office for the Prevention of Domestic, Sexual and Gender-based Violence
An Oifig Náisiúnta um Fhoréigean Baile, Gnéisach agus Inscnebhunaithe a Chosc

16
DAYS

OF ACTIVISM

The 16 Days of Activism Against Gender-Based Violence is an international campaign originating from the first Women's Global Leadership Institute coordinated by the Center for Women's Global Leadership in 1991. Participants chose the dates November 25 - *International Day Against Violence Against Women*- and December 10 - *International Human Rights Day* - in order to symbolically link violence against women and human rights and to emphasize that such violence is a violation of human rights. This 16-day period also highlights other significant dates including November 29, *International Women Human Rights Defenders Day*, December 1, *World AIDS Day*, and December 6, which marks the Anniversary of the Montreal Massacre. The 16 Days Campaign has been used as an organizing strategy by individuals and groups around the world to call for the elimination of all forms of violence against women by:

- Raising awareness about gender-based violence as a human rights issue at the local, national, regional and international levels
- Strengthening local work around violence against women
- Establishing a clear link between local and international work to end violence against women
- Providing a forum in which organizers can develop and share new and effective strategies
- Creating tools to pressure governments to implement promises made to eliminate violence against women

The theme of the 2013 16 Days of Action is **From Peace in the Home to Peace in the World: Let's Challenge Militarism and End Violence Against Women!**

From www.wave-network.org

¹ Kelly L. 1988, *Surviving Sexual Violence*, Blackwell Publishing/ Polity Press

² "Independent Domestic Violence Advocates: Policy Briefing May 2009

"Working to end domestic violence in Greater London by supporting direct service providers and promoting joint working."

domestic violence & mental health

The continuous stress of managing to survive within an abusive relationship means that for many women there will be an impact on both physical and mental health.

The psychological trauma that women experience because of violence and abuse is often not as evident or acknowledged as the physical impacts. Many women experience panic attacks, crisis and chronic anxiety, sleep disturbances or depression. A number of studies suggest that clinical depression characterises at least 50% of abused women and between 31% and 84% of battered women show symptoms of Post-Traumatic Stress Disorder.¹

With repeated exposure to traumatic events such as sexual assault, serious injury or the threat of death, individuals may develop Acute Stress Disorder or PTSD - Post Traumatic Stress Disorder. Both disorders involve specific patterns of avoidance and hyper-arousal, and victims begin to organise their lives around the trauma. The actual impact of domestic violence has also been found to have psychological parallels to that of torture and the imprisonment of hostages.²

Women have said to us that they feel they are going mad because of the ongoing abuse. In order to cope in very difficult situations, clients have told us that they use different mechanisms – some people may over-eat or rely on substances (prescription medication, alcohol or

other drugs). Women who had been abused are

- 15 times more likely to abuse alcohol.
- 9 times more likely to abuse drugs.³

Some women “may turn to self-harm as a way of releasing some of the pain of the abuse and the trauma”.⁴ Some of our clients have told us that they have considered or have attempted suicide. Domestic violence is a factor in at least 1 in 4 suicide attempts by women.⁵ Other studies found that women who had been abused were five times more likely to attempt suicide.⁶

When someone experiences mental health difficulties if a diagnosis is made as a result of ongoing abuse, it can sometimes be turned against them by a partner. An abusive partner may use controlling methods by speaking for a woman, deliberately misleading or confusing them, saying “*you are mad*” or “*you know you get confused*”. Women have disclosed to us that they experienced situations where they have disclosed the abuse to professionals and their partner has said: “*You can’t believe her - she’s mad, she’s on medication*”. All of these tactics will almost certainly add to a woman’s emotional distress and prevent her from reaching out.

Seeking help

If you have been diagnosed with anxiety or depression and are experiencing domestic violence, you will be in a particularly vulnerable position and are likely to find it even harder to report than other women. However, it is crucial that you do talk about what is happening in your

life to a supportive person (a professional or a friend) in a safe space as the isolation from not talking means the issue magnifies or worsens. It is even more important when you are receiving treatment, as non-disclosure of domestic violence may mean that the central reasons for your depression or other difficulties may be ignored. Where professionals are not aware of the core issue of abuse, it is possible that you are likely to be offered medication - such as tranquillizers, anti-depressants or sleeping pills - instead of being given an opportunity to talk about what is happening or has happened to you.

It is critical that you **Don’t Blame Yourself!**

Your mental health difficulties are not your fault, and you are not responsible for the abuse: the abuser is. You are entitled to help. It is vital that you do inform safe people about what you are experiencing so that you are offered the appropriate support.

We at West Cork Women Against Violence offer a confidential listening and support service and we can assist you in making your own informed choice about your individual circumstance. We also offer subsidised counselling to women who use the project’s services. We provide ongoing continual support for you whether you choose to remain in the relationship or decide to leave.

Our **SUPPORT WORKERS** can help you to **develop a ‘safety plan’** if you are at risk in your home.



Men are important allies in ending violence against women in Ireland.

The White Ribbon Campaign (WRC) is the largest effort in the world of men working to end men’s violence against women. The WRC was created by a handful of Canadian men in 1991 on the second anniversary of one man’s massacre of 14 women in Montreal. They decided that wearing a white ribbon would be a symbol of men’s opposition to men’s violence against women. After only six weeks preparation, as many as 100,000 men across Canada wore a white ribbon. Many others were drawn into discussion and debate on the issue of men’s violence.

Men can help stop violence against women by educating and raising awareness in other men. What men can do:

- 1 Think about the kind of man you want to be. Be true to yourself
- 2 Be respectful towards women, girls, and other guys. Sexism and homophobia hurts us all
- 3 Never use force, threats, or violence in your relationships with others
- 4 Ask first. Whether it’s holding hands, kissing, or more, it’s important to communicate
- 5 Wear a white ribbon and speak out against violence against women
- 6 Be a good role model and share with those around you the importance of respecting women and girls
- 7 Learn about the impact of violence against women in our communities
- 8 Challenge and speak out against hurtful language, sexist jokes, and bullying
- 9 Accept your role as a guy in helping end violence against women. It affects everyone.
- 10 Start a White Ribbon Club or Campaign in your school, community, place of work, or faith group/place of worship.


www.whiteribbon.ie www.theotherhalf.ie
www.mensdevelopmentnetwork.ie

No woman has to be a victim of physical abuse. Women have to feel like they are not alone.

SALMA HAYEK



1 Campbell, J. (1988) *Empowering Survivors of Abuse: Health Care for Battered Women and their children* Sage: California.
2 Graham, P. (1988) *Survivors of terror : women, hostages and the Stockholm syndrome*. London. Sage.
3 Stark & Flitcraft (1996) *A Woman at risk of domestic violence - Women’s Health*. UK. Sage.
4 Womens Aid Vision Action Change: Pg 17
5 Womens Aid website (www.womensaid.ie).
6 Stark & Flitcraft (1996) *A Woman at risk of domestic violence - Women’s Health*. UK. Sage.



How to be a Friend

If you have a friend who is being abused:

- Learn to be a good listener.
- Reassure your friend that nobody deserves to be abused.
- Don't criticise or blame your friend.
- Encourage her to talk to a support service, helpline, refuge worker or rape and sexual assault crisis centre.
- Insist that nobody deserves to be abused.
- Learn how to mind yourself

It is upsetting to hear of your friend's distress and it is important to recognise this. **If you find the situation hard to cope with, you too can ring a support service/helpline.**

we're here to help

If you - or someone you know - think we could help we're offering you this card to cut out and keep in your wallet for when you get the chance or courage to ring us. We've purposely made it discreet so only you will know what it is about.

Trust us, Trust yourself

Trust Yourself.
You know more than
you think you do.

BENJAMIN SPOCK

1800 203 136

support services for women

cork

West Cork Women Against Violence Freephone 1800 203 136

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

Free Legal Aid Clinic..... Locall 1890 350 259
Information and referral

IRD Duhallow Domestic Violence Support..... Helpline 087 7733 337
from Monday to Saturday 10am - 10 pm or office at 029 60633

Legal 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)

S.A.T.U.....021 492 6100

Sexual Violence Centre..... Freephone 1800 496 496

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

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

kerry

Kerry's Women's refuge and Support Services (Adapt).....066 712 9100

Kerry Rape & Sexual Abuse Centre..... Freephone 1800 633 333

Legal Aid Board066 712 6900

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

national

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

west cork citizens' information service

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.

The Square, Bantry,076 107 8390

South Square, Macroom, 076 107 8430

CIS Outreach, Dunmanway every Wednesday 10am - 1pm

Legal Aid Board - monthly on 3rd Tuesday 10.30am - 4.30am - For an appointment with the Legal Aid Board please phone the Legal Aid Office on 021 455 1685

Free Legal Aid Clinic - monthly on 1st Tuesday 6pm - 7pm - For an appointment please contact West Cork Citizens' Information Service by either dropping in or phoning 076 107 8390.

MABS outreach Clinic - Each Friday 10am - 11.30am - For an appointment please phone MABS on 023 885 5155.

West Cork Women Against Violence Project, Harbour View, Bantry, Co. Cork
www.westcorkwomensproject email: admin@westcorkwomensproject.ie