



West Cork Whisper

WEST CORK WOMEN AGAINST VIOLENCE PROJECT NEWSLETTER

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16 Days of Action

Opposing Violence Against Women

25th November to
10th December 2015

The 16 Days of Action began in 1991. Since then, over 4,114 organisations in approximately 172 countries have taken part. Participating in 16 Days is a public political statement to local elected representatives and the media that we want positive change and better protection of women and children from violence and abuse.

The 16 Days Campaign provides us all with the opportunity to break the silence around domestic violence. By organising events in our local communities that highlight the issue of domestic violence and promote the services available for women, we make the issue visible, we give hope to women who are suffering and we hold perpetrators of abuse to account.

Brush up on your Hollywood Heroines,
Suffragettes and Unmanageable
Revolutionaries for the

WEST CORK WOMEN AGAINST VIOLENCE

PUB QUIZ

A night of great craic and great company on
Friday 27th November

Ma Murphy's, Bantry - 8pm

Team of four: €20



COURAGE
CONNECT
RIGHTS
GROWTH
SELF
WORTH
HOPE
STRENGTH
WOMAN
respect
FREEDOM

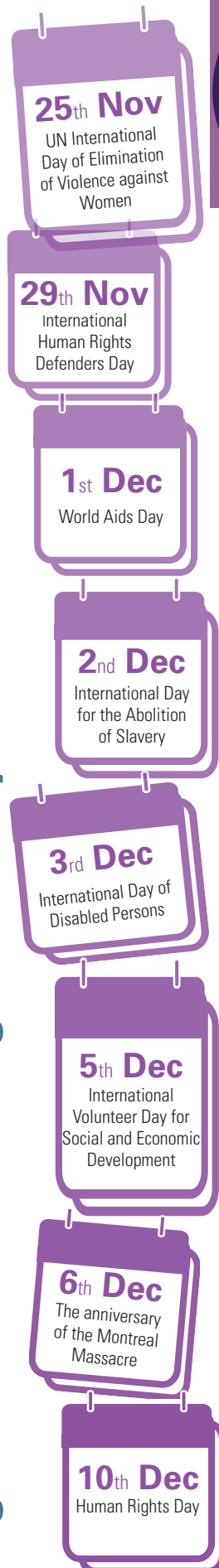
HELPLINE

FREEPHONE: 1800 203 136

Tuesday: from 10am to 4pm

Other weekdays: Helpline is covered 10am to 4pm
whenever possible

Office: 027 53847 - Mon to Fri: 9 am to 5.30 pm



16 Days of Action

25th November to 10th December 2015



aims of the campaign

The 16 Days Campaign is an opportunity for individuals and groups around the world to call for the elimination of all forms of violence against women and increase women's safety by:

- Highlighting the nature and prevalence of violence against women
- Raising awareness of violence against women as a human rights issue
- Showing solidarity among women around the world
- Promoting women's leadership
- Lobbying government
- Strengthening local work to tackle violence against women

6th December The anniversary of the Montreal Massacre

1989 - A lone man walked into an engineering class at *L'École Polytechnique* at the University of Montréal. He separated the men from the women and told the men to leave. After the male students complied, the man declared his hatred of feminists and began to shoot the women with a semi-automatic rifle. While police forces stood outside, Marc Lépine went on a rampage, shooting and stabbing the women at the school. 14 women were killed, 14 other people injured. He then shot himself.

White Ribbon

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls to promote gender equity, healthy relationships and a new vision of masculinity. Since its inception, the movement has spread to over 60 countries around the world. A Canadian non-profit charity, White Ribbon originally came about as a result of the Montreal massacre in 1989.

Vision: A future with no violence against women and girls

Mission: Engaging men and boys in the prevention of gender-based violence by promoting gender equality and working to transform harmful and violent aspects of masculinities.

www.whiteribbon.ie

Purple up Limerick

Limerick Local Area Network on Violence Against Women (LAN) aims to colour Limerick city and county purple during the 16 Days of Action to show solidarity with women and children experiencing abuse and violence, and to show perpetrators that Limerick will not tolerate this hidden crime.

LAN is holding a march and rally in Limerick city on Saturday 28th November 2015, and Merchants Quay will be lit up in purple for the occasion. The city will be festooned with flags, balloons and bunting in purple, and they've invited members of the community in Limerick to tie a purple ribbon on bushes, trees, railings, front doors and everywhere they can in their area.

for more: adaptservices.ie/support_adapt/lower/upcoming_events/help-purple-up-limerick

Adapt Conference

The Changing Face of Domestic Abuse

National Conference hosted by ADAPT Domestic Abuse Services.

Venue: Greenhills Hotel, Limerick

Date: Wed, 9th December, 2015.

http://adaptservices.ie/support_adapt/lower/upcoming_events/national-conference

Women's Aid Conference:

Domestic Violence and Cybercrime

On Wednesday 25th November 2015, the UN Day Opposing Violence against women and the start of the 16 Days of Action Campaign, Women's Aid is hosting an international conference in Dublin on the issue Domestic Violence and Cybercrime which will examine the issue of online abuse, stalking and non-consensual pornography (Revenge Porn) in Intimate Relationships

'One in Five Women' National Balloon Action

The annual Women's Aid 'One in Five Women' 16 Days Campaign is a nationwide solidarity campaign to highlight the levels of domestic violence against women in Ireland. One in five women in Ireland experience domestic violence at some point during their lifetime; it can affect any woman and it can happen in any home. The balloons are a message to women who are experiencing abuse that they are not alone and that people in their communities support them.

Women's Aid will launch the 'One in Five Women' national balloon action with a balloon release at 11am on Wednesday 25th November 2015. Groups of five balloons, four purple and a single white balloon, will be released – this visually represents the number of women who will experience domestic violence in Ireland.

for more: www.womensaid.ie/campaigns/16days/nationwideballo.html

a month we cannot forget

In October, two major domestic violence homicides happened in Ireland within 17 days of one another. These murders are linked by the common connection of intimate partner violence. They elicited various responses; from politicians demanding more Gardaí on the streets to talk of the mundanity of domestic violence in the press and a general sense of disbelief.

Below, we reprint the article penned by Safe Ireland, the national association for Domestic Violence organisations about that first terrible incident in Omeath. But just 17 days later, 23 year old Natalie Mc Guinness was murdered by her partner in Co. Sligo. Early reports would indicate that her killer suffered from a severe mental health illness.

These two incidents may at first seem to differ widely, but for those of us in the Domestic Violence sector they exhibit what we know to be indicators of seriously high risk in both households. This knowledge of what constitutes risk of violence in the home is not something which we want to keep to ourselves. It is something we have tried to share with other agencies and to have them take seriously. The deaths of women, the dangers for children, the risks to our Gardaí and other frontline services from domestic violence and its escalation must be taken seriously; priority must be given in how we train Gardaí to understand and deal with the victims and the perpetrators of domestic violence, how we train social workers and health professionals to recognise it, to provide preventative education to our sons and daughters in schools and all of it needs to be resourced properly by our government. A Garda was gunned down, a young woman was brutally murdered and another is still fighting for her life. October is a month we in the DV sector will not forget.

"ON Sunday October 11, in Omeath, Co Louth - all our notions of safety in community, safety at home, and safety within the system, were shattered."

The immediate headlines told us that *"a member of the Gardaí and another man have been killed and a woman has been seriously injured in a domestic incident"*.

As time progressed, the awful facts of the case began to unfold. We heard that the murdered Garda was a heroic and kind young father of three.

We heard that the perpetrator was a dissident who was out on bail and well known to the Gardaí.

But what we didn't hear as clearly in those headlines was that two victims actually walked into that house in Omeath that day. One of those victims was Garda Tony Golden.

But the primary target was a young woman who had reached out to Garda Golden because she had already been beaten black and blue by the father of her two children. Domestic violence - or certainly in this case, domestic terrorism - once again destroyed family lives and left communities grasping for some level of understanding.

This observation is not to take away in any way from the horrific murder of Garda Tony Golden. Our network of services extends its deepest sympathies to his wife Nicola, their three young children, his family and colleagues. We know from our work with the Gardaí that their response to domestic violence is critical to women's safety and

wellbeing. Many, like Garda Golden, carry out brave, compassionate work with women and children in danger as part of their daily work. Most do not have to lay down their lives doing this work, but let us be clear - all are at risk.

Yes, the reality is that this risk is always there. Domestic violence is a very serious crime. But it is rarely categorised as such in this country in a system that fails to properly describe the very real danger for women and children and those who reach out to support them without the full backing of a system that understands the risks.

From the first reports from Omeath, the situation was described as just a domestic, a 'bread-and-butter-type call'.

A leading Sunday newspaper, in an article about criminality in the 'bandit country' of the border counties, stated: *"Siobhan Phillips' case seemed more mundane, a case of prolonged domestic abuse that had culminated in a savage beating by her partner."*

I have to ask, on behalf of the thousands of women who suffer and are tortured in their own homes, at what point does prolonged domestic abuse and savage beatings move from the arena of the mundane? At what point do they move beyond bread-and-butter calls?

Domestic violence is a cluster of serious crimes. Those crimes may include murder, attempted murder, assault causing serious harm, assault causing harm, rape, sexual assault, threats to kill, stalking, harassment,

child abuse, false imprisonment, theft of property and animal cruelty.

Our criminal code does not cover coercive control and psychological violence, nor does it treat the 'breach of trust' in an intimate relationship as an aggravating factor. In fact, we have a justice system and a corresponding societal attitude which regards such violence as 'a domestic'.

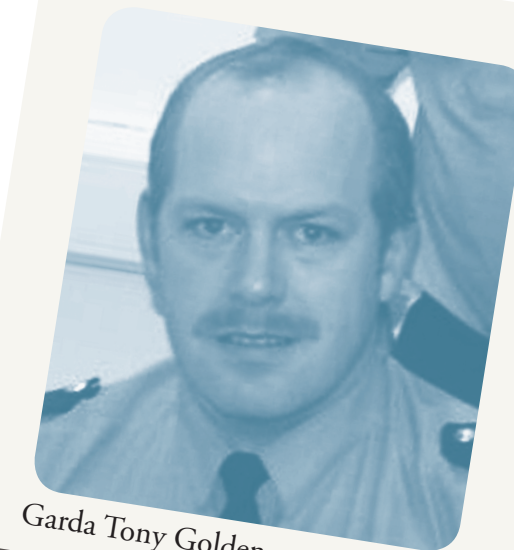
Today, SAFE Ireland is launching our one-day census - a snapshot of the number of women and children who were accommodated and/or received support from one of our member domestic violence services on just one day. This census tells us that on just one Tuesday - November 4, 2014 - 475 women and 301 children, nearly 800 people in total, were looking for safety from 'a domestic'.

This one-day figure is always shocking. But it is the tip of the iceberg. We also know that 79pc of women never tell anyone about serious physical or sexual violence committed by a partner. Eight out of every 10 women in Ireland who have been raped or beaten by their partner have told no one.

Siobhan Phillips did tell somebody. She reached out for help after years of abuse because Adrian Crevan Mackin had threatened to kill her family. She knew he was capable of it. She had reported the violence. She was leaving him.

She was going to be safe. She was going to make sure that her children were safe.

But neither she nor Garda Golden were safe. They were in more danger than ever. Women



Garda Tony Golden



Siobhan Phillips

are at greatest risk of violence when they are trying to escape.

This raises another question - and perhaps the hardest one to ask - why did Garda Golden and Siobhan return to a place where there was a violent perpetrator?

Perhaps because it was a domestic - a bread-and-butter call - it wasn't seen as being as being particularly dangerous.

In what other crime in this country, and one particularly of assault and battery, would the victim have to run the risk of encountering the perpetrator? Why was this man not arrested for these crimes? How did it come down to a simple matter of her retrieving her clothes in such dangerous circumstances?

There are questions to be answered - and they are hard questions in the light of such a family tragedy - but nonetheless they must be addressed to prevent this happening again.

... SAFE Ireland is also presenting to the Oireachtas Joint Committee on Justice, Defence and Equality on the Criminal Justice (Victims of Crime) Bill 2015, which will allow for Ireland to opt into the EU Victims' Directive.

This Directive will be the first time that the provision of training for professionals interacting with partner violence will be

included in a legally binding document.

We cannot stress how important it is that this provision for training is acted on and, above all, resourced properly.

It is critical that every garda is trained and fully informed in her/his job when they are responding to the daily occurrences of violence in their communities.

It is also critical that women are believed and that the violence they are living with is treated as seriously as other crimes.

If domestic violence is to shift from the mundane to serious, we need political leadership, investment and, above all, a cultural realisation and understanding that there is no such thing as 'just a domestic'.

Sharon O' Halloran is CEO of Safe Ireland

First printed in Irish Independent 21/10/15

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 your 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

Other useful numbers

West Cork Women Against Violence Project
Freephone: 1800 203 136
Office: 027 53847

Women's Aid Helpline: 1800 341 900

What is Domestic Violence

Domestic violence is not a single incident, but is a pattern of behaviour over a period of time. Abuse can happen at the beginning of a relationship or it may start later on, but it usually builds over a period of time as the abuser gains more control and the victim's autonomy and self esteem is eroded.

It can be frequent or occasional, and is often unpredictable, so the victim never knows how to avoid being abused. In common with many other forms of abuse, the perpetrator will work at making the victim think she is responsible for his abuse of her. For some women, the perpetrator's physical and sexual violence becomes more severe and life threatening as time passes. For others the physical violence may decrease, but the emotional and verbal abuse and intimidation gets worse. Problems of alcohol or drug misuse cannot cause, or justify domestic violence, although their use may make the violence worse.

Domestic violence occurs within relationships regardless of social class, race, religion, cultural identity or education and it occurs in both urban and rural areas. In the majority of cases it is perpetrated by men and experienced by women. Any woman can be affected and it can happen in any home.

Domestic violence (Domestic Abuse) is an abuse of power where one person uses a variety of tactics to gain, assert and maintain control and power over their partner in an intimate relationship. Domestic violence takes many forms, including physical violence and coercion, sexual abuse, emotional abuse, intimidation, economic deprivation and threats of violence.

What is emotional abuse?

Emotional abuse is a highly effective means of establishing a power imbalance within a relationship. It is often unseen or intangible to those outside the relationship. Emotional abuse is as harmful as physical violence. It often involves CONTEMPT AND DISRESPECT threats of and actual physical or sexual abuse.

It includes:

- being put down
- being constantly criticised
- being constantly controlled and monitored by the use of technology: including their phone use being checked and recorded; their mobile phone logs being checked and having all text messages read; abusers using spyware to read emails and secretly installing cameras in the house.
- threats by the abuser to kill women, the children, members of women's family, or himself, including details of how and when he will do it.
- property being destroyed including their cars, furniture, clothes, and home.
- being referred to using derogatory language including calling women 'it', 'bitch'.
- being trapped as the abuser takes their car keys, empties the petrol from their cars, and steals or smashes phones so women cannot seek assistance.
- never being left on their own; women being followed room to room; being accompanied to all outside activities.

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

*Stand up for yourself
and your rights as a human being.*

**You are strong.
You are beautiful.**

*And there is more to life
than walking on eggshells*

**DOMESTIC VIOLENCE
SURVIVOR**

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 Board	066 712 6900
Tralee Women's Resource Centre.....	066 712 0622

National

Women's Aid	Freephone 1800 341 900
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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 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.

2014 Annual Report

WCWAV held our 2014 AGM on 17th September where we launched our 2014 Annual Report. If you would like a copy of this Annual Report phone the office on 027 53847 and we will send it on to you.

*Many thanks to Dunmanway
Family Resource Centre
for the use of their space.*



Training

A two day DVRIM Domestic Violence Risk Assessment Training was held in late October in Bantry. Training given by Maddie Bell of Barnardo's Northern Ireland, hosted by West Cork Women Against Violence, attended by Gardaí, Child Protection Social Workers, Public Health Nurses, Family Resource Centre staff, Citizens Information Service staff, Domestic Violence workers.



*We are here to
support you*

1800 203 136

published by West Cork Women Against Violence Project
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email: admin@westcorkwomensproject.ie

TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency