



West Cork Whisper

WEST CORK WOMEN AGAINST VIOLENCE PROJECT NEWSLETTER

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The Global 16 Days of Action runs annually from November 25 (International Day Against Violence Against Women) to December 10 (International Human Rights Day).

The 16 days Action Campaign was launched by the Centre for Women's Global Leadership and feminists from around the world in 1991.

It has become a worldwide call for the elimination of gender-based violence (GBV).

In 2022, the Campaign is continuing its multi-year theme of **ENDING FEMICIDE**.

Femicide is a hate crime. It is the intentional killing of women or girls because they are female.



Learn more about the Global 16 Days Campaign and its areas of work at <https://16dayscampaign.org/the-global-16-days-campaign/>
For more information, please connect with @16DaysCampaign on Facebook, Instagram, and Twitter.



VIOLENCE AGAINST WOMEN & GIRLS IN IRELAND

THE FIGURES DON'T LIE

THE INTERNATIONAL CONTEXT

One in three women worldwide experience physical or sexual violence, mostly by an intimate partner

(UN Women, 2021).

Fewer than 40% of the women who experience violence seek help of any sort

(UN Women, 2015).

42% of women who experience intimate partner violence report an injury as a consequence of this violence (WHO, 2013).



IN IRELAND

DOMESTIC VIOLENCE AND ABUSE

One in four women in Ireland who have been in a relationship have been abused by a current or former partner.

In 2021 there were:

- 28,096 disclosures against women
- 5,735 disclosures against children
- 26,906 contacts with Women's Aid including 21,126 with the Women's Aid 24 hour National Freephone Helpline and 5,780 with our Face-to-Face Support Services.

- 213,206 visits to womensaid.ie
- 33,831 disclosures of abuse

(Women's Aid, 2021).

INTIMATE RELATIONSHIP ABUSE AGAINST YOUNG WOMEN (18-29 YEARS)

The *One in Five Report* by Women's Aid (2020) on intimate relationship abuse against young women shows that:

- one in five young women in Ireland have been subjected to intimate relationship abuse
- 51% of young women affected experienced the abuse under the age of 18
- nine out of ten of the young women who were abused experienced emotional abuse
- In 2021 (up until the 9th of September), there were a total of 24, 686 incidents of domestic abuse reported to an Garda Síochána (Oireachtas.ie, 2021).
- In more than 40% of cases, children who live with domestic violence abuse are also frequently directly abused, physically or sexually (Tusla, 2015).

FEMICIDE IN IRELAND

249 women have died violently between 1996-2022.

(full figures for 2022 not yet concluded)

- 18 children have died alongside their mothers.
- 158 women have been killed in their own homes (63%).
- 196 cases have been resolved.
- 87% of women (where the case has been resolved) were killed by a man known to them.
- 13% of women were killed by a stranger.
- 1 in every 2 femicide victims is killed by a current or former male intimate partner (55% of resolved cases).
- Women of any age can be victims of Femicide. However, women under the age of 35 make up 50% of cases in Ireland.
- In almost all murder-suicide cases (22 out of 23) the killer was the woman's partner.

DIGITAL ABUSE

In the Women's Aid (2020) *One in Five Report* it was found that of the one in five young women who suffered abuse from a partner or ex, 49% suffered online abuse.

- It is estimated that globally, one in 10 women has experienced at least one form of cyber violence since the age of 15 (European Institute for Gender Equality, 2017)
- Women (particularly young women aged 18 - 24) disproportionately experience severe types of cyber harassment, such as cyber stalking and online sexual harassment in many cases at the hands of partners and ex-partners (European Institute for Gender Equality, 2017)
- The Women's Aid Federation of England research (2019) on online domestic violence and abuse found that:

for 85% of respondents the abuse they received online from a partner or ex-partner was part of a pattern of abuse they also experienced offline

nearly a third of respondents (29%) experienced the use of spyware or GPS locators on their phone or computers by a partner or ex-partner

for half (50%) of respondents the online abuse they experienced also involved direct threats to them or someone they knew

nearly a third of those respondents who had received threats stated that where threats had been made online by a partner or ex-partner they were carried out

conviction data for image-based sexual abuse show that out of the 464 prosecutions for this offence recorded in the year ending March 2018, 86% (400) were flagged as being domestic violence and abuse related

Walking on Eggshells:

Watching what you say or do around the perpetrator of abuse because anything might set them off.

#MentalHealthAwarenessWeek

Dosing:

Where the perpetrator gives the victim "doses" of attention and affection (love bombing) to keep them in, or suck them back into, the relationship.

#MentalHealthAwarenessWeek

SEXUAL VIOLENCE IN IRELAND

RAPE CRISIS NETWORK IRELAND 2021 STATS

11,414 Helpline contacts were made to the network of rape crisis centres in 2021 – an increase of 7% from pre pandemic levels

92% of survivors contacting RCC Helplines are women and girls. 9% are men and boys.

27% increase in time spent on Helpline calls from pre-pandemic

18% increase in Appointments from pre-pandemic

6% increase in Accompaniments from pre-pandemic

<https://www.rcni.ie/rcni-rape-crisis-report-2021/>

DUBLIN RAPE CRISIS CENTRE 2021 STATS

14,000 contacts to the National Helpline

Breakdown by type of abuse

- 43.5% Adult rape
- 30% Child sexual abuse
- 13.4% Adult sexual assault
- 12% Details undisclosed
- 1% Sexual harassment

<https://www.drcc.ie/news-resources/resources/drcc-statistical-supplement-2021/>

RCNI 2021 research: **STORM AND STRESS: AN EXPLORATION OF SEXUAL HARASSMENT AMONGST ADOLESCENT**

In a 12 month period: 80% of adolescents disclosed being subjected to some form of sexual harassment of adolescents. 24% disclosed that they were subjected to physical or extreme forms of sexual harassment

<https://www.rcni.ie/publications/research-and-reports/>

MAYNOOTH UNIVERSITY & TRINITY COLLEGE DUBLIN

2020 RESEARCH: First study on the prevalence of sexual violence since 2002 SAVI report.

Key findings:

- 15% of Irish adults have been raped at some point in their life
- 1-in-3 adults have experienced some form of sexual violence
- 1-in-5 women have been raped in their lifetime, compared to 1-in-10 men
- 1-in-2 women have experienced any form of sexual violence compared to approximately 1-in-5 men.

<https://www.maynoothuniversity.ie/news-events/study-co-lead-dr-philip-hyland-finds-one-five-women-have-been-raped-their-lifetime>

CSO - Recorded Crime Victims Statistics that there were 2,892 victims of sexual violence in 2021. Of this, 2,357 victims were female and 535 were male. This equates to a ratio of about four to one between females and males and this has been the case over the period since 2018.

<https://www.cso.ie/en/releasesandpublications/ep/p-rcvo/recordedcrimevictims2021andsuspectedoffenders2020/recordedvictims2021/#:~:text=There%20were%202%2C892%20victims%20of,over%20the%20period%20since%202018.>

SAVI – The SAVI (Sexual Abuse and Violence in Ireland) Report 2002 found that: more than 42% of women and over 28% of men had been subjected to some form of sexual abuse or assault in their lifetime



SISTERS IN STRUGGLE

Violence against women activists and leaders continues unabated

Already a global crisis before the pandemic, the level of gender-based violence against women is increasing. One in three women worldwide experience physical or sexual abuse, violence perpetrated mostly by their current or previous intimate partner (UN Women, 2021). Violence against women leaders and activists acting in the context of a global push back against human rights and gender equality is also on the rise. Women and girls protesting and campaigning for human rights, democracy and social justice increasingly face routine harassment, attacks and beatings, persecution, torture and imprisonment.

Very often, violence against women activists and human rights defenders involves sexual violence in an effort to degrade, humiliate and repress.

Women in MYANMAR who play a prominent role in leading the civil resistance movement against the military coup and the ongoing struggle for democracy have reported the infliction of torture, sexual abuse, harassment; threats of rape and the denial of maternal healthcare whilst held in detention.

In NICARAGUA, women leaders and activists working to advance women's rights and to address gender-based violence and government corruption are regularly subjected to sexual harassment, assault and rape by state forces. There has been large scale closure of feminist and women's rights organisations in the country and criminalisation of their staff and associates.

In the DEMOCRATIC REPUBLIC OF CONGO, women human rights defenders are routinely

targeted by armed groups and former rebels for sexual assault because of their public denouncement of the sexual violence perpetrated during the civil war.

Women acting to promote gender equality are often targeted with particular violence including attacks on their honour and public standing and threats against their children and other loved ones, as they work to challenge traditional gender norms and patriarchal systems. Those working to protect sexual and reproductive human rights are often the first to be attacked, including by the media, religious groups, communities and their own families.

In POLAND, the reproductive rights movement which blossomed following the governments' introduction of a near total abortion ban in 2020, has met with repression and violent crackdown by government forces. Police responded to the peaceful protest rallies organised across Poland with baton charges, tear gas and pepper spray. Prominent pro-abortion activists have been harassed, criminalised and threatened. Women rights groups have been raided, defunded, subjected to bomb and death threats and public smear campaigns by government officials and religious groups which castigated them as dangerous to family and traditional values.

Pro-choice demonstrations against the US Supreme Court's decision to overturn Roe V Wade were met by large scale police presence; with incidents of police violence in some US states, including the use of tear gas. Reproductive health experts and rights activists in the US fear increasing levels of abuse at the hands of both the police and the anti-abortion movement, of prosecution and being sued.



Brainwashing:

A process of manipulating and modifying a person's emotions, attitudes and beliefs.

MentalHealthAwarenessWeek

Gaslighting:

A form of abuse in which information is twisted or spun, selectively omitted to favour the abuser, or false information is presented with the intent of making victims doubt their own memory, perception, and sanity.

MentalHealthAwarenessWeek

Intimidation, threats and attacks against reproductive rights defenders in the DOMINICA REPUBLIC and EL SALVADOR continue to rise.

Girls and young women involved in grassroots activism and political movements are reporting escalating levels of violence directed at them, their families and friends, including sexual assaults, strip searches, forced nudity and threats of rape by government agents. Girls and young women also face gender based violence from their families and communities and ostracization as a punishment and to silence and suppress any further activism.

The personal risks are immense. Yet girls and young women continue to show incredible bravery, resilience and power.

Schoolgirls and students have been at the forefront of protests against the Iranian government following the recent death in police custody of Masha Amini, arrested by morality

police for allegedly breaching the ISLAMIC REPUBLIC OF IRAN'S strict dress code for women. Their actions, including the boycotting of classes, confronting security forces on the streets and removing and burning their headscarves, have been met by violent government crackdowns, including the use of tear gas, shootings, arbitrary arrests and torture. Hundreds are estimated to have been killed including children.

In AFGHANISTAN girls and young women seeking to claim their right to education and other basic rights have been physical assaulted, attacked with chemicals, detained and abducted. Following the recent suicide bombing of a school in which 35 young Hazara women and girls were killed, young women continue to protest despite being beaten and shot at by the Taliban.

Women are often at the vanguard of First Nations and Indigenous communities defence of their native lands and waters against illegal fossil fuel extraction, mining, and pipeline construction. Women from the Wet'suwet'en in CANADA, leading their people's

SISTERS IN STRUGGLE continued

resistance to the construction of a gas pipeline which threatens to cut through their territory and pollute their river, face ongoing police intimidation, militarised raids and attacks on their homes; assaults and arrests. Leaders from Indigenous groups and environmental defenders in HONDURAS continue to face intimidation, persecution and criminalisation for their opposition to mining and the building of dams on their ancestral territories. They are also at risk of forced disappearance and assassination. Indigenous leader and feminist, Berta Cáceres was murdered on the orders of executives of the multinational planning to construct a large-scale hydroelectric dam on the lands of the Lenca community. Despite convictions of some of those responsible, threats and attacks on the community organisation she founded and against her daughters and other environmental activists continue, including at the hands of extractive companies acting with impunity.

Whilst online spaces have proved to be an invaluable tool in women's struggles for equality and social justice, they have been also used to threaten and harm. Online harassment, stalking, threats of assault and rape, deepfakes (computer generated replica of a person saying and doing things they have not done), doxing (releasing someone's personal information without their

consent) smear campaigns, trolling and digital surveillance; are alarming and evolving trends in the violence perpetrated against activists. Girls and young women are particularly vulnerable given their dependency on social media and Indigenous women are also targeted by online disinformation and defamation campaigns that seek to undermine their reputation, spreading rumours that they are disrespecting Indigenous traditions in efforts to suppress activism and undermine solidarity. Hacking of women's rights organisations' social media accounts is increasingly used by state and non-state actors as a tactic to control, silence and repress.

The level of online and offline violence and reprisals against women activists continues unabated across the globe. Yet women will not be silenced. Effective legislation and enforcement, adequate funding from public and private institutions, visible public support, networking spaces, access to individual financial, legal and therapeutic supports are amongst the measures called for to help protect women at the forefront of the ongoing struggle for human rights, social and climate justice.

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THE THIRD NATIONAL STRATEGY ON DOMESTIC, SEXUAL AND GENDER-BASED VIOLENCE (DSGBV)

The Third National Strategy on Domestic, Sexual and Gender-Based Violence (DSGBV) launched in June of this year was spearheaded by Minister for Justice, Helen McEntee who was commended by the DV sector for her

"SUSTAINED COMMITMENT TO CONFRONTING VIOLENCE AGAINST WOMEN, AND HER ENDEAVOURS TO IMPLEMENT MEANINGFUL LEGISLATIVE AND STRUCTURAL CHANGE".

The Plan recognises and responds to many of the issues which DV services and survivors have campaigned and lobbied for over the years:

A comprehensive National Services Delivery Plan with a move towards a multi-annual funding model for Domestic Violence Services; (For decades DV services have had to apply for funding every year just to keep their operations open with little if any possibility for long term planning or security. Funding has been a patchwork of different departments, local authorities and philanthropic funding just to provide the fundamentals). The new Service Delivery Plan aims to centralise resources for the sector and provide longer term funding. From 2024, DV and Sexual Violence services will be funded by the Department of Justice.

The National Strategy has set targets to redress inadequate numbers of refuge places in the country and has prioritised certain areas for immediate refuge support- West Cork is one of those identified areas. Importantly a range of other types of accommodation such as safe houses (already introduced by WCWAV) and sanctuary schemes are also identified recognising that victims need a range of options to help them stay safe

There is much needed comprehensive provision for training of a range of professionals including court assessors

Measures to enhance community engagement in responding to violence against women (which WCWAV has been promoting for some time now through our SV community project)

The Department of Justice also commits to co-design future initiatives in partnership with the Domestic Violence Sector and specialist experts.

One of the most centrally important elements of the Plan is the recognition of children as victims of domestic violence in their own right. We at WCWAV have been working to support children who experience DV for the last 4 years through our Children & Young People's Therapy Programme.

Here at West Cork Women Against Violence, we fully endorse the measures in the National Plan and will be monitoring government commitment to providing adequate resourcing of all of the measures to ensure full and complete implementation over the next five years. It finally feels like we have a government plan that reflects the work we have been doing, the needs of survivors and understands the importance of all of that if we are to effect real change.



Claiming our Space

Women in Rural Ireland Leading Change

A National Women's Council conference on rural women took place in Monaghan in October.

Networks of diverse, articulate, activist rural women from Kerry to Cavan and all points in between had the opportunity to discuss, explore and learn from one another. Unsurprisingly, common themes of how rural life can impact most adversely on women through lack of transport, access to services and the remoteness which often exacerbates domestic abuse experienced by women in rural areas. However, the extent of organisations, activism and talent present on the day also showed that rural women are not just accepting how things are but are key to solutions and improving rural living for everyone.

Marie Mulholland of WCWAV was an invited speaker on the Violence Against Women panel. Marie is still recovering from the almost 1000km return trip- because public transport between rural counties is still not a viable option!

Photo: Minister Heather Humphries who opened the conference with NWC Chairperson, Margaret Martin and speakers from the conference panels.



How Abusers Use the Court System to Continue their Abuse: A Support Worker's Reflections

I recently came across an article in Psychology Today by Lisa Aronson Forbes, author of 'Invisible Chains'. The article, entitled 'It's post separation legal abuse, not high conflict divorce' refers to how Domestic Abusers often seek to exert control over their ex-partners through the legal system, how post- separation legal abuse takes a tremendous psychological toll on victim-survivors and children, and how the legal system often mistakes legal abuse for 'high conflict divorce'. The author also refers to how the abuser often wants the case to drag on, relishing opportunities to continue to make the ex-partner suffer and speaks of abusers using access as a means to maintain a continuous route for harassing their ex-partners.

Post-Traumatic Stress Disorder (PTSD):

According to the mental health charity Mind, PTSD is a type of anxiety disorder which you may develop after being involved in, or witnessing, a traumatic event.

If you experience high levels of stress or fear over a long period of time, it is also possible to develop PTSD. The feelings can be so severe they interfere with your daily functioning.

#MentalHealthAwarenessWeek

As a support worker who often does court accompaniment with women, I am acutely aware of the impact of the post separation court process on many of the women I support. I have also witnessed the many ways that abusers use the court process to maintain their intimidation and control over their victims:

- 1 It may be through maintenance promised but not paid, or paid just before the court date, or paid in piecemeal fashion, leaving the woman in a precarious financial situation, with the resultant emotional impact this has on her.
- 2 It may be women building themselves up psychologically for the court date- not eating or sleeping in the build up to it, only to find, that on the day their ex doesn't show up, is supposedly 'sick' or 'out of the country', leading to the case being adjourned to a later date- an enormous drain on her emotional energy, often then understandably leading to a slump in her energy once the adrenaline has subsided.
- 3 It may be women going to a lot of expense to secure good legal representation or going through reams of paperwork to secure Legal Aid to then find that he has decided to represent himself. I have seen this result in his then having the opportunity to cross- examine her in the witness box with the profound impact this has.
- 4 Or it maybe that he represents himself, forcing her solicitor to have to negotiate directly with him, and dragging this out over a long number of hours on the day of court, perhaps without agreement being reached, compelling an adjournment, because it is too late in the day for the case to be heard. I have seen the emotional impact of this toing and froing over an extended period on women I support, and even in some instances on her solicitor!
- 5 At times, it may be the exact opposite, he has barrister representation at enormous expense with extensive pre court meetings while she secures a solicitor through Legal Aid, who she meets for the first time on the steps of the court on the day of the hearing. I am not suggesting for a minute that Legal Aid solicitors are not proficient, in fact the very opposite in my experience, but there is something about the power imbalance in this scenario that is about intimidation and the exercise of power over her.
- 6 The emotional impact is often in relation to access. For example, I see women worrying about the impact of children spending time with the abusive partner, worrying about him favouring one child over another, worrying about how he does not know nor much care about each child's needs and sensitivities.

Normalising:
A tactic used to desensitise an individual to abusive, coercive or inappropriate behaviours. Once the behaviour is seen as normal, then the victim is more prone to accepting it.

#MentalHealthAwarenessWeek

Triangulation:

The perpetrator brings in a third person (often an ex-partner or rival), manipulating the victim into a conflict with them.

This is done to create insecurity, shift the power balance and deflect accountability from themselves.

#MentalHealthAwarenessWeek



I don't think that Lisa Aronson Forbes (in the article referred to), is saying anything that we or the women we support don't already know, but there is something very important about women's lived experience being acknowledged and written about that gives it weight and makes it harder to ignore.

For those interested in the article see reference below:

<https://www.psychologytoday.com/gb/blog/invisible-chains/202201/its-post-separation-legal-abuse-not-high-conflict-divorce>



WCWAV Sexual Violence Project



The need for a specific project in West Cork to provide a specialised response to survivors of sexual violence has long been identified by WCWAV. Sexual violence is often prevalent in situations of domestic violence and WCWAV staff continue to support women experiencing sexual abuse at the hands of current or past intimate partners. Increasingly, however WCWAV staff were being asked to respond to incidents of rape and sexual assault outside of intimate partner relationships.

A 2018 Tusla needs analysis conducted in Cork City and County, followed by research commissioned by WCWAV and carried out by Dr Caroline Crowley, highlighted the gaps in service provision and the

barriers for survivors of sexual violence to accessing appropriate and timely supports in West Cork. In her most recent research, *Listening to Survivors of Sexual Violence and their Supporters in West Cork*, Dr Caroline Crowley provides direct accounts from survivors on the impacts of sexual violence on their lives and how the lack of access to information, medical attention and therapeutic supports added to the harm and negatively impacted on their recovery (see <https://www.westcorkwomensproject.ie/publications>). The research called for the establishment of a dedicated sexual violence support service in West Cork and training for key professionals, services and community organisations to ensure a trauma informed and survivor led approach by frontline responders. Over 75 survivors

and representatives from community organisations, health, social work and support services, child and family networks, local businesses and media, An Garda Síochána and academia joined WCWAV for the launch of the research in May and participated in discussions on some of the main challenges in developing a sexual violence project for West Cork.

The work has already begun... a Steering Committee for the Sexual Violence Project (which includes Dr Crowley along with representatives from the Sexual Assault Treatment Unit South Infirmary Cork, West Cork Child and Family Support Network, Marino Primary Care Centre, Kerry Rape and Sexual Abuse Centre, the UCC Bystander Intervention Programme and WCWAV) has

been set up to guide the development of an action plan based on the various research recommendations. Funding from Tusla has been secured for a Development Worker who is in post since February of this year. Specialisation training on sexual violence for therapists is currently running in the beautiful surrounds of Myross Wood and facilitated by Rape Crisis Midwest. Further training to increase capacity of staff and volunteers in local community and youth organisations to provide a trauma informed response is being planned for 2023. And we hope to have a dedicated Sexual Violence Support and Advocacy Worker in place by April of next year.

Key to the work is ensuring that the supports that will be offered are accessible.

This will be challenging given the particularly geographically dispersed population of West Cork but outreach to locally based services and community groups will work to ensure availability and encourage and support uptake. We will work to ensure the project recognises the needs and life experiences of diverse groups that make up our community including diversity based on age, ethnicity, disability, gender and sexual orientation.

The Sexual Violence Project will also work to develop community awareness and support education provision around the issues and to address the gender inequality and social norms that are at the root of sexual violence.

Watch this space!



Our Safe House is now a special kind of safe space



Last year we told you about the amazing work done to get this long-awaited resource, a Safe House, up and running which finally became a reality. We are delighted to let you know that we have been able to welcome several different women and their families into this facility. The house has been beautifully and thoughtfully furnished and equipped to meet the needs of a family leaving their home and seeking a safe and secure environment.

The Safe House is for those women who have left or want to leave a domestic violent relationship, and are able to live independently in the Safe House, as it does

not have access to 24 hour support. A woman can stay in the house for up to 12 weeks and to protect the occupants, the location of the house must always be kept anonymous.

It is difficult to put into words the importance of this resource. We have witnessed the huge benefits it has provided for the women and children who have used it. The Safe House offers a choice, at a time of crisis and trauma in a woman's life, when she is feeling that no choice is available to her. One woman described the wonderful feeling of being able to shut the door and feel safe,

knowing that each time she returns to the house, she is returning to this safe and secure space where she does not have to feel frightened or constantly fearful as to what might happen next.

A recently appointed worker is now in post, and part of her remit is to look specifically at supporting women and families during their stay in the safe house. Providing regular support to help rebuild confidence to make choices as to how best to move forward. Exploring alternative housing options is a key part of this role. This is a process which needs time. Feeling comfortable and secure is the first stage and because the stay in the house is time

limited, it is important to begin the work of looking for alternative housing as soon as possible. Multi agency working is key to addressing this and most of the other identified concerns.

We know that one of the most significant barriers to a woman leaving or remaining in an abusive relationship is the lack of safe and suitable alternative housing. The fear of homelessness is a very real one. The current housing crises represents a massive barrier in facilitating a woman and her family from moving on from the Safe House and the situation in West Cork is as difficult as any other county in the country.

But it is true to say that each small step and every bit of support given can go some way to ameliorate the housing issues which are faced by so many women, and we continue to work with agencies and officers in housing to raise this as an issue at every opportunity. The recent government strategy plan (discussed in a separate article in this issue) and funding towards building refuge, and alternative safe housing capacity across West Cork does provide hope and optimism for the near future. We hope to be able to highlight work being done in this area in forthcoming editions of West Cork Whisper.

Know Your Worth Schools Programme



This year we were delighted to be able to return to West Cork secondary schools to deliver our Know Your Worth. The programme began in 2018 and has been delivered to over 380 students in seven local schools. The program focuses on creating the message that everyone has worth, and no one deserves to be mistreated or abused.

The program involves an interactive, victim centred approach to understanding domestic abuse in dating relationships. Through the programme we hope to discuss young people's rights in dating but also their responsibilities - that every person has a responsibility not to perpetrate abuse and the changing of behaviour should start with abusers, not victims.



Our programme has continuously been reviewed since its inception, incorporating students' feedback on content/material and what they want to know about dating abuse. This has helped create a programme that is reflective of student's needs.



Key elements of our programme include:

- 1 Building students' knowledge of their own attitudes and beliefs towards domestic abuse.
- 2 Types of dating abuse
- 3 Warning signs of domestic abuse
- 4 Rights & responsibilities in dating relationships
- 5 Consent
- 6 Where do we get our information on dating relationships
- 7 Supporting a friend experiencing domestic abuse

If your school is based in West Cork and would be interested in our programme please contact: admin@westcorkwomensproject.ie



Word Salad:

Circular conversations with repetition, lack of logic, sweeping generalisations, out of context points, and contradictions.
 It is all about winning and losing.
 The strategy is to demonstrate that the victim is always wrong - they are the problem. The victim is eventually worn out and gives up in exhaustion.

#MentalHealthAwarenessWeek

Stonewalling:

A refusal to communicate or cooperate. It is often accompanied by the "silent treatment".

The act of stonewalling is emotionally exhausting for the victim - they are the left to do all the work (emotionally and/or physically).

Cork

West Cork Women Against Violence
 Freephone 1800 203 136

Cork Sexual Violence Centre, 5 Camden Place, Cork
 city Freephone: 1800 496496
 email: info@sexualviolence.ie

Cuanlee Refuge, Cork
 021 427 7698

Domestic Violence Social Work CORK
 021 492 1728

Free Legal Aid Clinic
 Locall 1890 350 259
 Information and referral

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

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



WE ARE OPEN FOR PHONE & E-MAIL QUERIES

for the most up-to-date information log on to:
www.citizensinformation.ie
www.gov.ie www.hse

PHONE (West Cork)

0818 07 8390

Email: bantry@citinfo.ie

10am – 5pm. Mon - Fri
National Phone Service:

0818 07 4000

9am – 8pm, Mon - Fri

We are open for a limited number of appointments

BY PRIOR ARRANGEMENT

Vickery's Complex,
 New Street, Bantry, P75 TV77

Ph: 0818 07 8390

CONFIDENTIALITY

West Cork Women's Project assures all women contacting us that four core values underpin our service:

- Confidentiality
- To be listened to
- To be believed
- Respect for her choice

Speaking to someone, perhaps for the first time, about experiencing violence or abuse in the home is never easy. Placing your trust in a stranger on the end of a phone or meeting someone for the first time face to face takes courage. These first stages of seeking support can be a time of stress and fear for women.

It is important that women understand that they have the right to remain anonymous when contacting the service. If a woman is comfortable with giving identifying details, these details are not passed on to any other agency except at her request.

There are two exceptions to confidentiality:

- If a disclosure raises concerns with regard to Child Protection issues
- If a woman discloses that she intends to harm another person.

West Cork Women Against Violence Project at Wolfe Tone Square, Bantry Co. Cork P75 TN96

www.westcorkwomensproject.ie

Helpline: 1800 203 136 during office hours

Bantry Office: 027 53847 Mon to Friday: 9.00 am to 5.00 pm

email: admin@westcorkwomensproject.ie

www.facebook.com/westcorkwomenagainstviolence

twitter: @West_Cork_Women