



“And Just **ANOTHER** Day”

The 4th November 2010

 **safeireland**
Creating safety for women and children

**A National
One Day Count of
Women and Children
Accessing SAFE IRELAND
Domestic Violence Services**

SAFE IRELAND and domestic violence support service provision in Ireland

SAFE IRELAND is a national organisation representing frontline domestic violence support services in Ireland. We have thirty-nine member organisations that provide a range of services and supports to women and their children who experience domestic violence. Our work together focuses on centre staging these women and children to ensure that their needs for safety and support are met. We also work to profile the issue of domestic violence in such a way as to end the silence that surrounds this crime and to encourage a civic response to a crime that takes place in our communities.

We have a leading role in researching and disseminating good practice to our members, other professionals and statutory bodies as well as giving public voice to victims' experiences. We work with services to profile the extent of domestic violence in Ireland and we lobby for government responses to the issues that surround this crime. We work to understand domestic violence and its causes at a deeper level and to create new dialogues on this issue in Ireland and Internationally. We believe that this work will reveal new solutions that will have a greater impact on the issue of domestic violence over the coming years.

We want to see that the needs of women and children experiencing domestic violence are met and that civic society takes responsibility for the eradication of violence against women. We work in collaboration with our members, allies, government departments, state agencies and relevant stakeholders to progress our change agenda.

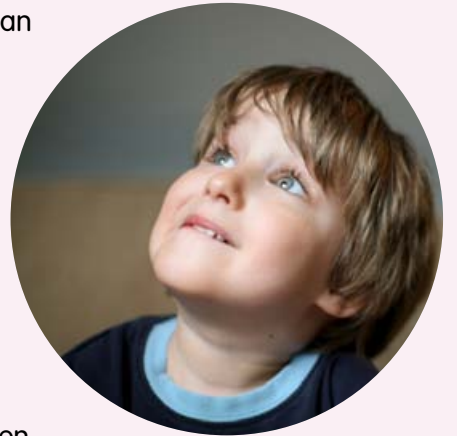
SAFE IRELAND's member organisations provide a range of information, support and advocacy services to women experiencing or at risk from domestic violence, including emotional and practical support, aftercare, support groups, transitional housing, court accompaniment and children's services. Nineteen of these organisations are also dedicated refuges that provide emergency accommodation to women and their children experiencing domestic violence.

Acknowledgements

We would like to acknowledge the courage of all the women and children that we have worked with throughout the year; it is their stories, their journeys, and their experiences that are represented in this census document. We would like to thank the services that have worked with all these women and children and who also took the time to compile the information on Census Day.

In Just One Day...

On the 4th November 2010, 40¹ frontline domestic violence support services in Ireland participated in a national census² co-ordinated by SAFE IRELAND. On census day we counted the number of women and children receiving support and accommodation due to domestic violence within a 24 hour period. The purpose of this census was to obtain a sense of both the magnitude of the problem in Ireland and the amount of support currently being provided. We carried out our first census in 2008 and the release of these figures over the past two years has raised awareness of the issue of domestic violence amongst the general public. It is more important than ever that the extent of domestic violence is publicly acknowledged. In this time of deep recession the needs of victims of violence are greater than ever and we all have a role in society to ensure that the safety of women and their children are prioritised and the perpetrators of this violence are challenged, held accountable and ultimately end the horrendous crimes that they commit.



When presenting the results of the one day census, we also want to give you an understanding of the context of these statistics; in particular we want you to know that these figures represent real women and children experiencing domestic violence on a daily basis.

Every day in Ireland, one in five women face the reality of domestic violence. Home for these women and their children is not a haven of safety or a place to relax. Home for these women and their children is the place where they most experience fear, abuse and violence.

The high number of cases in Ireland, of women and their children seeking help from domestic violence support services continues to be an urgent concern. The numbers of women and their children that have to be turned away from refuge provision because it is full continues to be an urgent concern. Ireland's capacity to help these women is urgently needed so that all cries for help can be answered. We know that helpline calls are the desperate cries from women who feel there is nowhere left to turn. They are the vocalisation of a woman's domestic violence situation, a situation that has been historically one of silence. Such a call takes courage and furthermore presumes some vestige of hope that the call will be answered.

1 SAFE IRELAND currently has 39 members; one service counted in this census is not currently a member of SAFE Ireland.

2 A national census is a well recognised, valuable methodology used internationally. Annual one day counts have been carried out in the US since 2006 and the UK since 2005. SAFE IRELAND carried out the first national census in Ireland in 2008. The data in this document represents a 24 hour snapshot and should not be multiplied by 365 to give a full year picture.

If ever there was a time to act it is now

With the high numbers of women needing help from domestic violence support service provision more action is needed than ever before for us to be able to answer the needs of our women and children at risk of domestic violence in Ireland. We see, hand in hand with the practical help these women need, the vital work of continuing to voice and publicly disclose the crime of domestic violence and the appalling harm it does to our society.

As Alice Miller says:

“The results of any traumatic experience, such as abuse, can only be resolved by experiencing, articulating, and judging every facet of the original experience...”

This report presents and articulates the experience of domestic violence, and the enormity of the fear and repression it imprints in its victims. The legacy of domestic violence must be continually fought against by continued articulation of that violence carried out in secrecy in the family home in order to stop its endemic growth. It must be accepted and acted upon by society, that support for these victims cannot be found within the family home, contrary to what tradition would have us believe and what we would like to believe, the support against this terrible crime lies outside it, particularly in domestic violence support services such as those provided by SAFE IRELAND member organisations.



In Ireland on the 4th November 2010...

555 WOMEN WERE ACCOMMODATED AND/OR RECEIVED SUPPORT FROM A DOMESTIC VIOLENCE SUPPORT SERVICE



555



324

324 CHILDREN WERE ACCOMMODATED AND/OR RECEIVED SUPPORT FROM A DOMESTIC VIOLENCE SUPPORT SERVICE

140 HELPLINE CALLS
WERE RECEIVED FROM WOMEN



140



SEVEN WOMEN AND NINE CHILDREN WERE ADMITTED TO REFUGE ON THIS DAY

18 WOMEN COULD NOT BE ACCOMMODATED IN REFUGE BECAUSE THERE WAS NOT ENOUGH SPACE



18

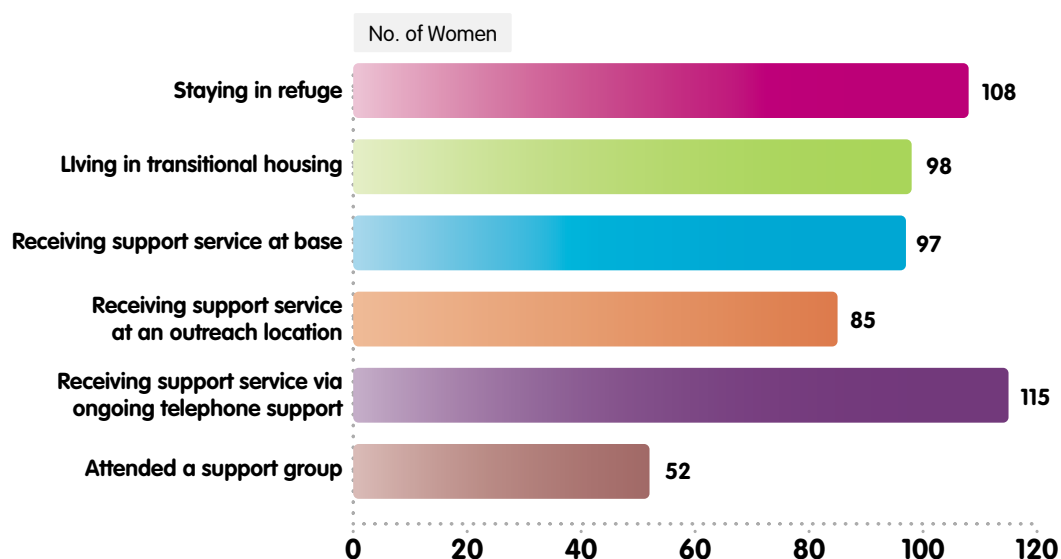
Women accessing domestic violence support services

In total **555 women** received support or were accommodated by domestic violence support services in Ireland. Of these, **108 women** were accommodated in refuge, **98 women** were in transitional housing and the remaining **349** accessed a range of one-to-one or group support services.

More than ever SAFE IRELAND is providing women who are victims of domestic violence with help and support. We must look at the wider positive implication of this: every single woman who comes to domestic violence support services in Ireland represents an instance of the articulation and possible eradication of this crime. For a woman to seek this help means she is ready to speak, ready to receive help and ready to rid herself, and others, of the violence that has repressed her. Each instance of help given is indicative of the life-saving journey these women are embarking upon.



Chart 1: No. of individual women accessing domestic violence services on 4th November 2010



Eileen came to the service in July 2009. She lived in England for the first years of the marriage.

From the beginning Eileen said that her husband was 'The Boss' in their home. He made all the decisions and insisted that what happens in the home stays in the home.

He undermined everything Eileen said or did.

When Eileen's first child was born her husband insisted she stay at home.

He worked in the bank and would phone Eileen constantly through the day to make sure she was at home.

Her husband did not like Eileen's family who were very supportive of Eileen. He told Eileen not to have them in 'his' house as they were trying to come between Eileen and him and also because they did not like him.

Eileen said he complained about everything when he came home in the evening, the state of the house, how Eileen looked, the dinner that was prepared; he also never took any real interest in the baby.

Eileen had a second child 3 years later. Her husband had changed jobs because Eileen believes he left whenever he was challenged by anyone. Eileen said at this time she felt anxious, lonely and afraid all the time. Her husband insisted she go to the doctor to help her cope with another baby. He accompanied her and spoke for her. She was prescribed antidepressants which she said did not really help as she had a constant feeling of fear and loneliness.

Eileen became pregnant for a 3rd time but her husband insisted on an abortion saying Eileen would never cope with another child and he had decided two children was enough.

Shortly after this Eileen went to see a solicitor to begin divorce proceedings. She spoke of being on auto-pilot and living in a constant state of fear and anxiety.

Her husband refused to leave the house so Eileen moved into another bedroom and got on with the caring of her children. Her husband would refuse to answer her if she spoke to him. He would talk to her through their young children. He then changed tactics completely. He would

be civil and quiet when speaking to her, played with the children and suggested later that they start again by moving to Ireland so Eileen could be close to her parents who had recently moved to a rural area in the west of Ireland.

Eileen hoped that things would improve. Her husband was kind, thoughtful and telling Eileen how much he loved her and the girls. She said he still blamed, Eileen and her 'mental health issues' as being the main reason for the difficulties in the relationship and Eileen believed this.

When they came to Ireland in the early 1990's, things were pretty good. Eileen had access to her family and things seemed to be improving. Eileen was considering coming off her medication. Her husband was against this and kept insisting that Eileen was not as well as she had thought. His behaviour reverted to the way it used to be, controlling Eileen and the girls movements, blaming her parents and family for interfering in their relationship and forbidding Eileen from inviting them into their home. He would not allow the children to bring any friends home or attend any parties of friends.

Eileen became quite concerned for her children and the isolation they were enduring. Her husband demanded 'respect' from his wife and children and would regularly tell them this.

Life continued for Eileen in this way for a number of years with her health and wellbeing deteriorating.

Her youngest daughter Sarah at the age of 14 years took an overdose of tablets she found in the house and was referred to Child and Adolescent Mental Health. The Social Worker assigned to Sarah referred Eileen to her nearest specialist domestic violence service. Eileen's daughter said she couldn't live in this dark place any longer. Eileen asked her husband to move out of the family home but again he refused. Eileen took her two daughters to her parent's house. The shock of her daughter's action impacted on Eileen greatly. Her husband took every opportunity to blame Eileen for Sarah's situation and Eileen also blamed herself.

Because her husband had never physically assaulted her, Eileen had great difficulty identifying him as an abusive man.

All her married life he had blamed her for everything.

Eileen found it difficult to locate a house to rent locally and because of her concerns for her daughter there were regular meetings in CAMHS in which her husband came across as an articulate, caring and doting father and husband. Eileen felt more confused and anxious. Before each session both Eileen and her daughter were warned not to disclose what went on at home. During one of the sessions, Sarah asked if they could go home as she was concerned about poor dad being on his own. Eileen reluctantly agreed.

On returning home things got gradually worse. There was an air of deceit and secrecy on all visits to CAMHS. Eileen was always with her husband and felt she could not say what was happening at home or what she felt. This continued for another year. Her daughter took another overdose and was admitted to hospital. On returning home her daughter said to Eileen one evening that she was afraid of her father and could they please get out.

Eileen once again took her children to her parents and actively looked for a house to rent. Within two weeks she had secured a house with her two children. She met the Social Worker in CAMHS and described how her life and her children's life had been for 18 years.

Today Eileen is living in private rented accommodation with her two daughters. Her eldest daughter is in first year in university her daughter Sarah is attending CAMHS and meets on a one to one with a psychologist and sees her father only when she wants to.

Eileen's medication has been reduced. She meets with a worker from the refuge on a regular basis and is coming to an understanding of domestic violence and the emotional abuse that she has experienced throughout her marriage.

She has started a separation process and believes that her life has hope and she has control of it.

Helpline

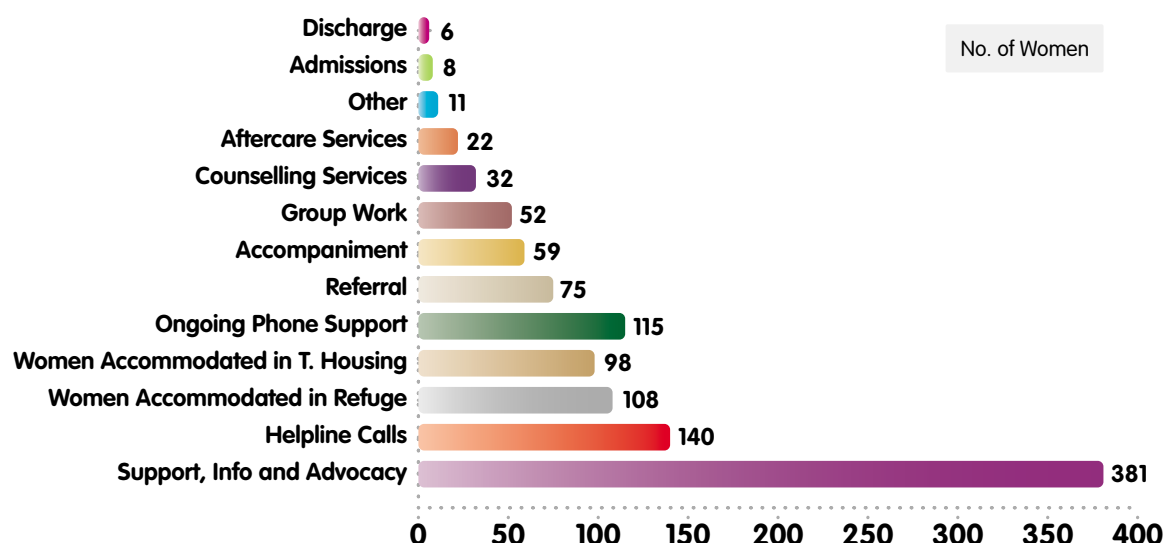
During the count period, **140 helpline calls** were answered by domestic violence support services across the country.

For 140 women, the 4th November 2010 was the day they were able to act against the domestic violence being done to them, the day they were able to act against the silence that protects domestic violence. For 140 women, the 4th November 2010 was the day they took the courageous step towards a new life.

Phone message left at 3.42 pm while support worker on other call:

“Thank You for being helpful this morning, I needed someone to talk to and you were just the person.”

Chart 2: Range and type of services women received on 4th November 2010



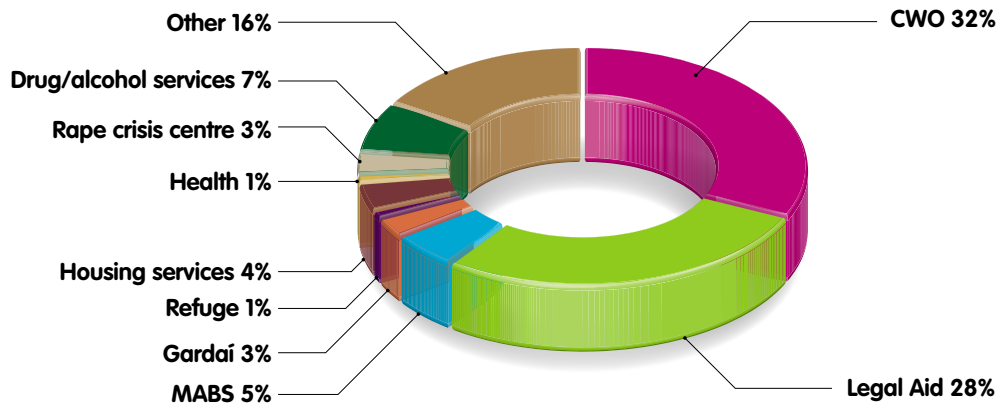
(The above chart shows the range of services received by women. Some women will have received more than one type of service on the day)

Over the 24 hour period **381 women** received support, information and advocacy services, **eight women** were admitted to refuge. **Fifty-two women** participated in support groups and **32 women** availed of counselling services provided by SAFE Ireland members. **Six women** left the refuge they were staying in on the census day and **18 women** could not be accommodated because the refuge was full. **Seventy-five women** were referred to a range of other services including Community Welfare Officers, Legal Aid, MABs, Gardaí, Housing Services, Rape Crisis Centres and other refuges.

We know that victims of domestic violence have wide-ranging support needs and SAFE IRELAND members work with all their local partner agencies in order to get this support to the women that

desperately need it. It is vital that the victims of domestic violence have this access to other agencies and that support, since national evaluations show that barriers to women seeking help are often to do with fear of the system and lack of knowledge of the help available and how they should go about getting it.

Chart 3: Range of referrals of women on 4th November 2010

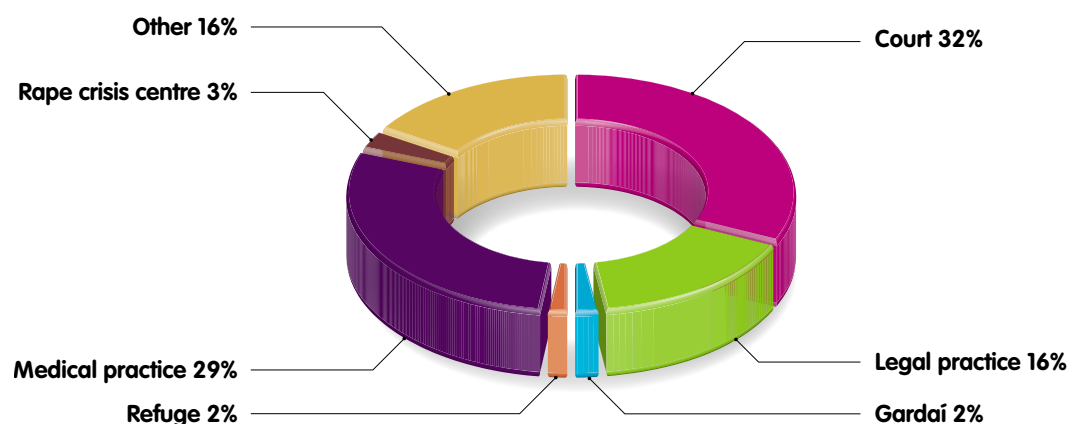


On one day in November 2010 members accompanied **59 women** to court, medical practices, legal practices, rape crisis centres, refuges, drug and alcohol services and a range of other services including social workers, community welfare officers and housing services.

During these accompaniments workers provided women with emotional and practical support as well as information and advocacy as required. The services provide a 'one stop' gateway to these women who may not otherwise know where to go for the help these services offer. Often being the first organisation/person these women call, means that they have opened the gateway for themselves and found the person who can lead them to other vital services that can help them.

One woman accessing services said of her worker, "the support is immense. She was always there when I needed her. The help in court was well-informed, supportive and she intuitively knew what I needed to better my situation. Was able to put into words things I could only feel".

A very supportive Garda came to the family law court and provided a huge amount of support to a woman. He was well informed on the case and had a copy of her file. He sat with the woman before the court proceedings. The case resulted in an Isaac Wunder order placed on the man. He had made an application for access on 3 occasions and had never shown for the hearing on each occasion.

Chart 4: Range of accompaniments of women on 4th November 2010

What we know about women who accessed domestic violence support services on the 4th November 2010

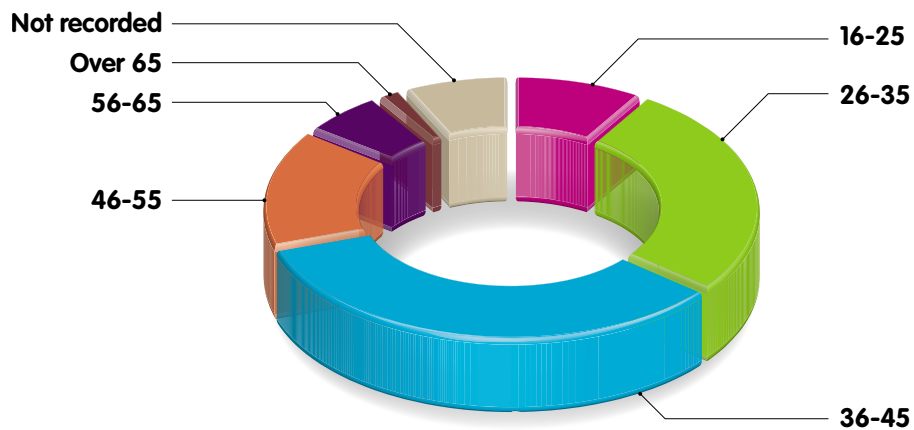
Of the 555 women who accessed domestic violence support services on the 4th November 2010, 189 of them, or 34%, were between 36 and 45 years of age, and another 200, or 36%, were between 16 and 35 years of age. The percentages of women of later age ranges who accessed domestic violence support services on this day are significantly less but by no means insignificant. Women in the 45 to 55 age range make up 15% of the 555 women, that's 83, and 44 women accessed services who were in the age range of 56 to 65. These lessening figures may reveal how older women experience barriers to accessing support because of their age.

One woman who accessed services said, "I felt because I was older I had no right to be feeling like a victim. With your service I felt respected and assured of my need and entitlement to healing³".

Another woman said, "Only for the support that I got here, I would not be where I am now in my home, safe and my children are starting to relax and become children again. Thanks to the wonderful people who work here⁴".

3 Taken from Lifelines to Safety (SAFE Ireland, 2011)

4 Taken from Lifelines to Safety (SAFE Ireland, 2011)

Chart 5: Age range of women accessing domestic violence support services on 4th November 2010

The majority of women accessing domestic violence support services on the 4th November 2010 are of Irish nationality and white ethnicity, though the two are not mutually exclusive. Of the 555 women, 402 are Irish with the second largest demographic being British women, with a figure of 20. And of the 555 women, 78% of them are white. What also strikes us about the nationalities of the 555 women accessing services is the large range of nationalities represented. A total of 35 nationality categories feature one or more women who accessed services on this day, which shows that domestic violence knows no particular cultural boundaries. Services continue to develop their capacity to respond to the needs of all women..

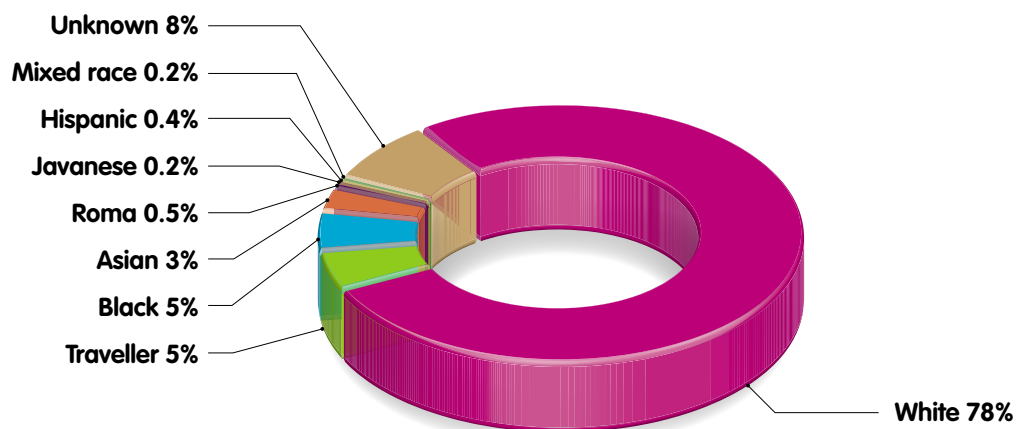
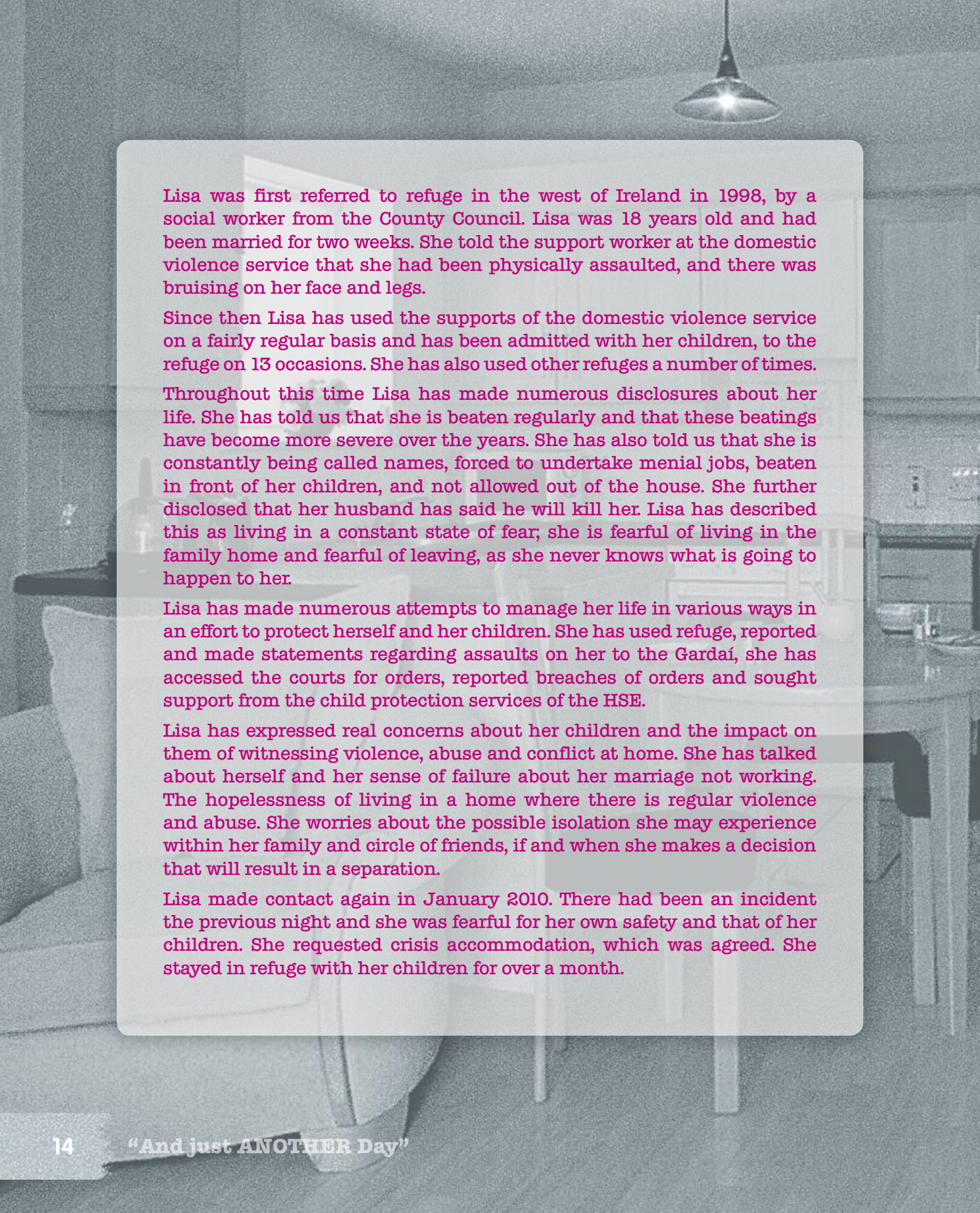
Chart 6: Range of accompaniments of women on 4th November 2010

Table 1: Nationality of women accessing domestic violence support services on 4th November 2010

Nationality	No of Women	%	Nationality	No of Women	%
Irish	402	72	Bangladeshi	2	0.36
Romanian	3	0.5	Polish	12	2.16
Nigerian	12	2	Moroccan	3	0.5
Congolese	1	0.18	Iraqi	1	0.18
Thai/Filipino	3	0.5	Macedonian	1	0.18
Pakistan/Indian	7	1.3	Spanish	3	0.5
American	1	0.18	Georgian	1	0.18
Ukrainian	1	0.18	Chilean	1	0.18
Russian	3	0.5	Australian	1	0.18
South African	6	1.08	South American	1	0.18
German	1	0.18	Italian	1	0.18
Latvian	6	1.08	French	1	0.18
Lithuanian	3	0.5	Scottish	1	0.18
Chinese	4	0.7	Maldivian	1	0.18
Moldavian	2	0.36	Angolan	3	0.5
Czech	1	0.18	Dual nationality	2	0.36
British	20	3.6	Not recorded	44	8.8



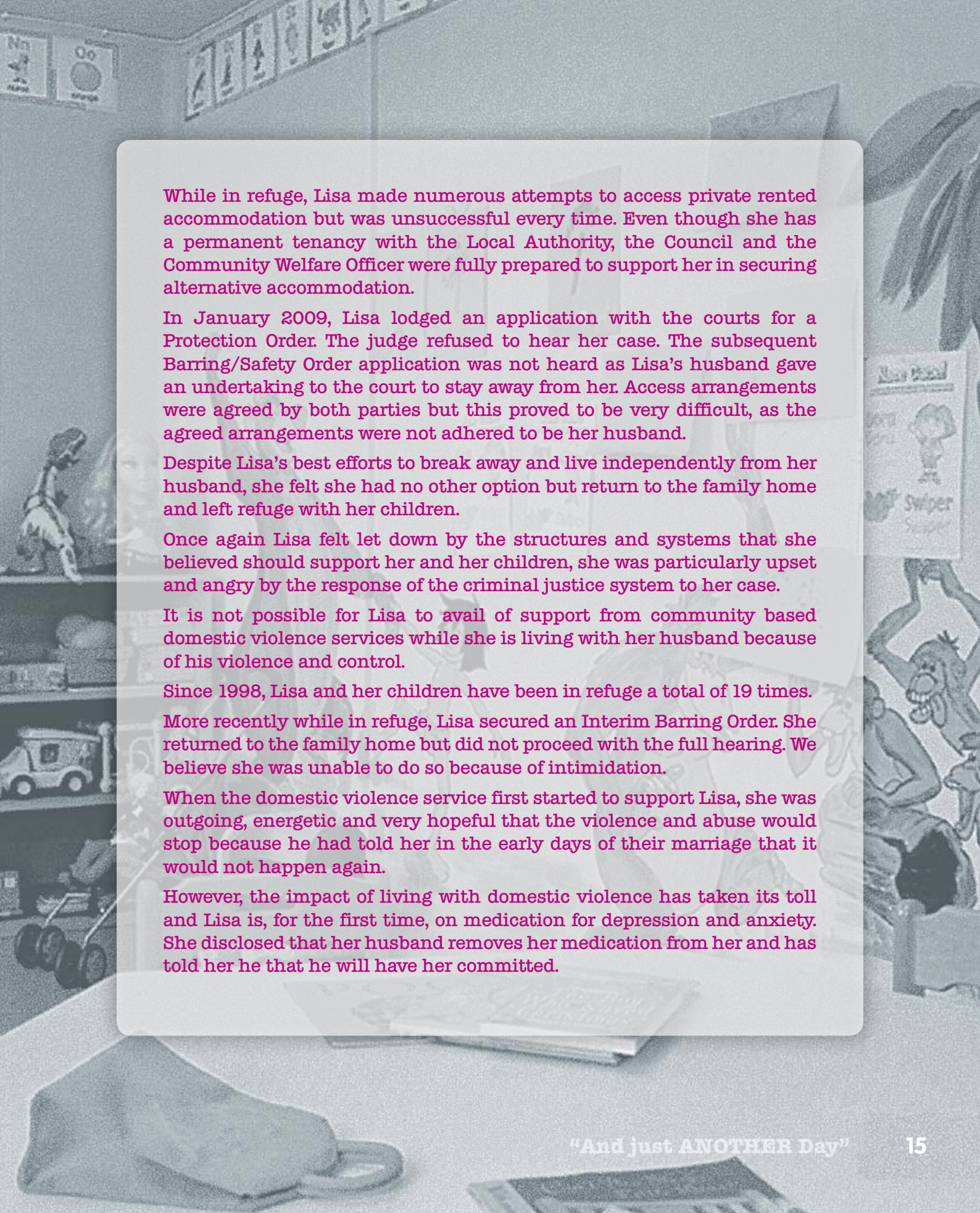
Lisa was first referred to refuge in the west of Ireland in 1998, by a social worker from the County Council. Lisa was 18 years old and had been married for two weeks. She told the support worker at the domestic violence service that she had been physically assaulted, and there was bruising on her face and legs.

Since then Lisa has used the supports of the domestic violence service on a fairly regular basis and has been admitted with her children, to the refuge on 13 occasions. She has also used other refuges a number of times. Throughout this time Lisa has made numerous disclosures about her life. She has told us that she is beaten regularly and that these beatings have become more severe over the years. She has also told us that she is constantly being called names, forced to undertake menial jobs, beaten in front of her children, and not allowed out of the house. She further disclosed that her husband has said he will kill her. Lisa has described this as living in a constant state of fear; she is fearful of living in the family home and fearful of leaving, as she never knows what is going to happen to her.

Lisa has made numerous attempts to manage her life in various ways in an effort to protect herself and her children. She has used refuge, reported and made statements regarding assaults on her to the Gardaí, she has accessed the courts for orders, reported breaches of orders and sought support from the child protection services of the HSE.

Lisa has expressed real concerns about her children and the impact on them of witnessing violence, abuse and conflict at home. She has talked about herself and her sense of failure about her marriage not working. The hopelessness of living in a home where there is regular violence and abuse. She worries about the possible isolation she may experience within her family and circle of friends, if and when she makes a decision that will result in a separation.

Lisa made contact again in January 2010. There had been an incident the previous night and she was fearful for her own safety and that of her children. She requested crisis accommodation, which was agreed. She stayed in refuge with her children for over a month.



While in refuge, Lisa made numerous attempts to access private rented accommodation but was unsuccessful every time. Even though she has a permanent tenancy with the Local Authority, the Council and the Community Welfare Officer were fully prepared to support her in securing alternative accommodation.

In January 2009, Lisa lodged an application with the courts for a Protection Order. The judge refused to hear her case. The subsequent Barring/Safety Order application was not heard as Lisa's husband gave an undertaking to the court to stay away from her. Access arrangements were agreed by both parties but this proved to be very difficult, as the agreed arrangements were not adhered to by her husband.

Despite Lisa's best efforts to break away and live independently from her husband, she felt she had no other option but return to the family home and left refuge with her children.

Once again Lisa felt let down by the structures and systems that she believed should support her and her children, she was particularly upset and angry by the response of the criminal justice system to her case.

It is not possible for Lisa to avail of support from community based domestic violence services while she is living with her husband because of his violence and control.

Since 1998, Lisa and her children have been in refuge a total of 19 times.

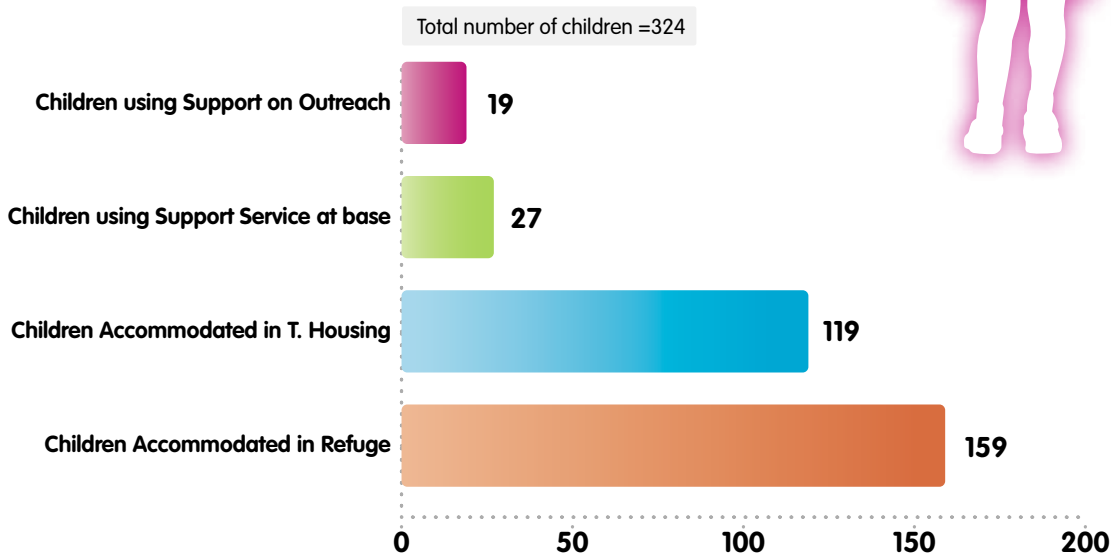
More recently while in refuge, Lisa secured an Interim Barring Order. She returned to the family home but did not proceed with the full hearing. We believe she was unable to do so because of intimidation.

When the domestic violence service first started to support Lisa, she was outgoing, energetic and very hopeful that the violence and abuse would stop because he had told her in the early days of their marriage that it would not happen again.

However, the impact of living with domestic violence has taken its toll and Lisa is, for the first time, on medication for depression and anxiety. She disclosed that her husband removes her medication from her and has told her he that he will have her committed.

Children accessing domestic violence services

Chart 7: No. of Individual children accessing domestic violence support services on 4th November 2010



On 4th November 2010, **324 children** received support or accommodation from domestic violence support services in Ireland. Of these **159 children** were accommodated in refuge with their mothers, **119 children** were living in transitional housing and **46 children** received one to one or group support.

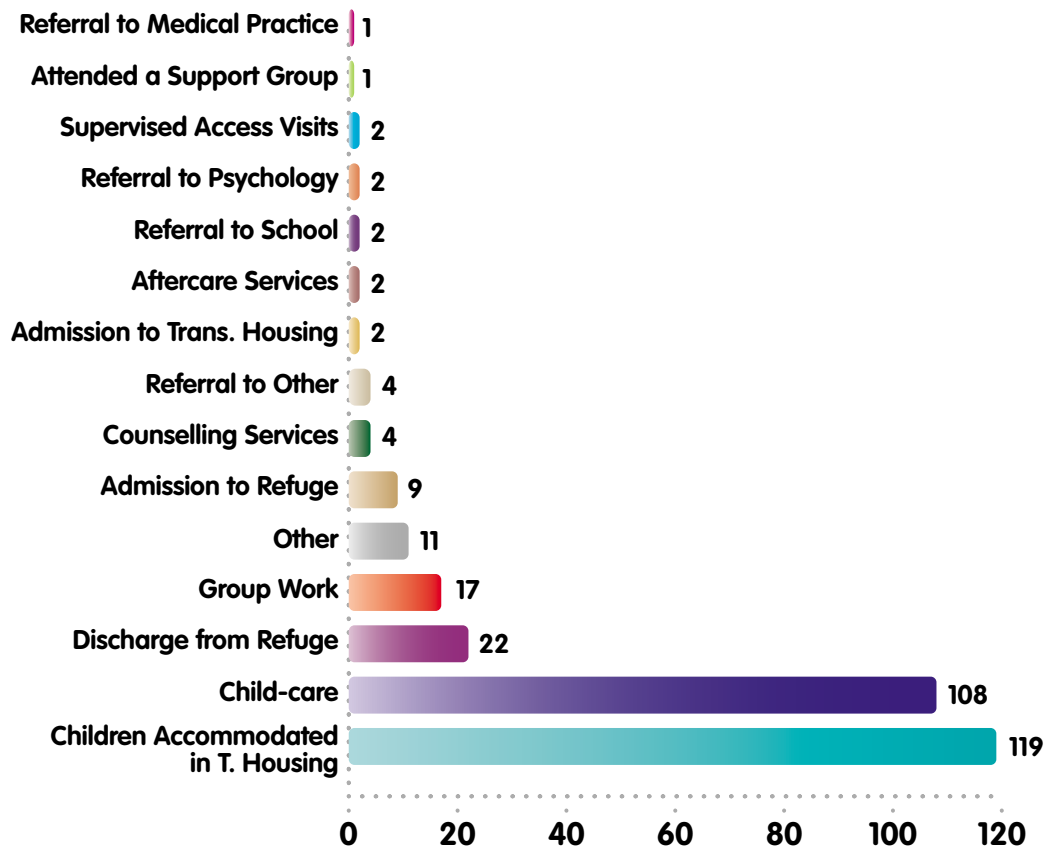
On the day this census was carried out, **324 children** needed support because of domestic violence.

We know that children exposed to domestic violence have a vast range of support needs. Not least of these being a place to live that is safe and secure, where conflict is not resolved by violence, where adults care for them and where there is a sense of routine and normality; all children need this. But children who have experienced domestic violence live in a world that has been turned upside down, their social and learning development devastatingly impacted upon. The routine of living in a refuge or transitional housing with other children who have experienced similar experiences can provide them with not only the essential normality and routine of going to school together or playing in the yard together, but a safe space in which the articulation and possible healing from their experiences can begin.

All children are different and articulate their suffering from domestic violence in many different ways. Many children need counselling or other such intervention to start to recover from their experiences. Research shows that children who have suffered domestic violence exposure are in danger of being unable to learn as easily non-repressive, peaceful modes of behaviour and are more likely to fail at school and suffer forms of delinquency. It is vital that these children continue to access the range of services that accessing domestic violence provision provides, so that the internalisation and learning of the violence they have suffered can stop.

One woman accessing services said, “My life and my children’s lives have changed immeasurably”.

Chart 8: Range of services children received on 4th November 2010



Joan made contact with a refuge helpline on the 30th April 2010; she was referred to the service by a friend who had previously used the service.

Joan (not her real name) had to leave her home in the west of Ireland in an emergency. Joan has and had experienced huge physical, emotional, financial and sexual abuse over a twenty year period. Joan has six children, four of whom were with her when admitted to the refuge, she had experienced two miscarriages due to severe beatings while pregnant, her husband used to deny that he was the father of the children justifying why he beat her to a point of miscarrying. Two children remained with dad (boys) as they did not wish to upset dad, both boys were over 18yrs. Joan spoke about huge sexual abuse during their marriage.

The Gardaí were called many time to Joan's home and when she left they made contact with the refuge to inform us how dangerous this man was and to be careful with staff safety. They told us they feared for Joan's life if she returned to live with him.

While Joan was in the refuge her husband presented to the refuge on many occasions looking for her, the local Gardaí were informed and kept the surveillance cameras on the refuge when they were aware he was in town. On one occasion he threatened to harm her two sons who remained with him if she didn't return home, this again was reported to the Gardaí.

Joan settled very well in the refuge and engaged with all the services that supported her to care for her children. The children went to a local school and got on very well. The childcare worker supported the children, two of the children disclosed physical abuse of themselves perpetrated by their father, one of the daughters disclosed that dad beat her with the iron bar of the Hoover, another of the daughters stated that he beat her with a bar from her bunk bed. One of the children told the childcare worker that her older brother is missing a piece of his ear after a beating from their father.

Joan found it very difficult to secure rented accommodation in the local area; she decided to return to the west of Ireland and left the refuge in August 2010. Joan continues to live apart from her husband and makes regular contact with the service.

If ever there was a time to act

Our 2010 census shows that on the 4th November, 555 women of varying ages, nationalities and ethnicities, and their 324 children needed and were accommodated with support against domestic violence. 555 women and their 324 children accessed a vital lifeline in their struggle against domestic violence. We use the word ‘lifeline’ purposefully, in full knowledge of its meaning. We know that without the support services, such as those offered by SAFE IRELAND members, domestic violence would have claimed the lives of more women and their children.

One woman accessing domestic violence support services said, “Please continue the good work because there are a lot of people like me who you can save from killing themselves thinking nobody cares or helps⁵”.

Another woman accessing services said, “It’s too hard to do this on your own. You need the help. Too dangerous – you could be killed trying to get out. Staff know the dangers and were there for me at every stage⁶”.

If ever there was a time to act on this knowledge it is now. Knowledge of domestic violence and its devastating effects on our society needs to permeate Ireland’s social consciousness so that every person is aware. Only by recognising domestic violence, understanding why it happens, where to find help, and above all knowing how to talk about domestic violence, can we free our society and families from the secret tradition of violence that affects at least one in every five families’ lives in Ireland.

The women in the case studies featured here have helped Ireland in its journey of the articulation of domestic violence. They have helped to bring not only themselves into the light, but some of the darkness of the abuse that women and their children suffer. Their stories are shocking, surprising and horrifying to read. Furthermore, in the very essence of that horror is the realisation of what would have happened to them had they not had services available to them, and had they not found the courage to approach them.

5 Taken from Lifelines to Safety (SAFE Ireland, 2011)

6 Taken from Lifelines to Safety (SAFE Ireland, 2011)

In full knowledge of what this one day census provides us with we must also think of the countless numbers of women who suffer domestic violence and have not yet approached a service for help.

In full knowledge of what any one day census can provide we must also think of the numbers of women and children requiring help from domestic violence support services and remember that this was only one day out of a 365 day year.

If ever there was a time to act on the knowledge we gratefully have, it is now.

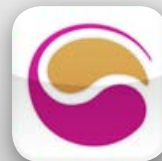
One in five women in Ireland will experience domestic violence in their lifetime

There are domestic violence support services throughout the country

These free and confidential services are available to all women

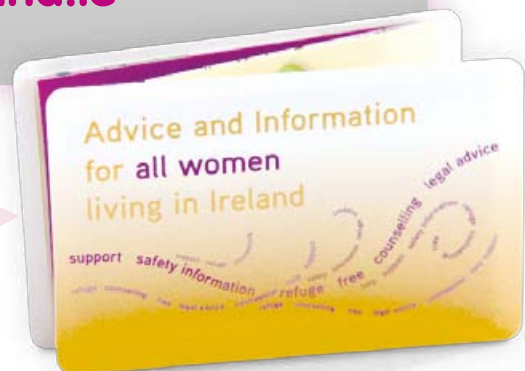
**For more details about domestic violence services in Ireland
Download SAFE IRELAND iPhone App**

or go to www.safeireland.ie



Help spread awareness

Contact SAFE Ireland for cartons of wallet cards to display in local public places in your area



Safety planning for women experiencing domestic violence

You are not responsible for the abusive behaviour of others. However, if you are in an abusive relationship, having a safety plan worked out in advance can help you, if necessary, to get out of the home safely. It may be helpful to look at the suggestions below even if things are going smoothly at the moment.

You may want to think about:

- ✓ **A safe place where you can go to make a telephone call**
- ✓ **A safe place where you can stay in an emergency – this could be with a friend, relative or refuge**
- ✓ **How you might get to the safe place**
- ✓ **Having the number of a local taxi firm**
- ✓ **Having important numbers and documents/copies of documents kept in a safe place or places**
- ✓ **Having some emergency money**
- ✓ **Having an extra set of keys for your car and home**

Think through all the practical steps you may need to take if you or your children are at risk. You may also want to talk to a friend or relative about your safety plan. You can also contact your local domestic violence support service for practical and emotional support.

YOU CAN CONTACT A DOMESTIC VIOLENCE SUPPORT SERVICE FOR PRACTICAL AND EMOTIONAL SUPPORT

How can I help someone who is in an abusive relationship?

- ✓ Approach her in an understanding, non-blaming way. Explain that she is not alone. Give her time to talk; don't push her to go into too much detail if she doesn't want to.
- ✓ Tell her that no one deserves to be threatened or beaten, despite what her abuser has told her. Nothing she can do or say can justify the abuser's behaviour.
- ✓ Support her as a friend. Be a good listener. Allow her to make her own decisions, even if it means she isn't ready to leave the relationship. This is her decision. "I want to help. What can I do to support you?"
- ✓ If she has injuries or needs medical help offer to go with her to the hospital or GP.
- ✓ Help her to report the assault to the Gardaí (police) if she wants to.
- ✓ Help her find her nearest domestic violence refuge or support service.
- ✓ If she has children, talk to her about their safety. Encourage her to seek support from a domestic violence support service.
- ✓ Help her to make a safety plan (see www.safeireland.ie).
- ✓ Look after yourself while you are supporting someone through such a difficult and emotional time. Do not put yourself or your friend into a dangerous situation; do not offer to talk to the abuser about your friend, etc.

There are domestic violence services throughout the country...

Contact Details of SAFE IRELAND Domestic Violence Services

County	Name of Service	Contact Number
Carlow	Carlow Women's Aid	1800 444 944
Clare	Clare Haven Services, Ennis (includes 24 hour refuge)	065 6822435
Cork	Cuanlee Refuge, Cork City (includes 24 hour refuge)	021 4277698
Cork	Mna Feasa, Women's Domestic Violence Project, Knocknaheeny, Cork City	021 4211757
Cork	OSS, Cork City	1800 497 497
Cork	West Cork Women Against Violence Project, Bantry	1800 203 136
Cork	Yana, North Cork Domestic Violence Project, Mallow	022 53915
Donegal	Donegal Women's Domestic Violence Service (includes 24 hour refuge)	1800 262 677
Donegal	Inishowen Women's Outreach	074 9373232
Donegal	Letterkenny Women's Centre (Counselling Service Only)	074 9124985
Dublin	Aoibhneas Women's Refuge, Dublin 5 (includes 24 hour refuge)	01 8670701
Dublin	Dublin 12 Domestic Violence Service	01 400 2080
Dublin	Inchicore Outreach Violence Against Women Centre	01 4545239
Dublin	Rathmines Women's Refuge (includes 24 hour refuge)	01 496 1002
Dublin	Saoirse Women's Refuge, Tallaght (includes 24 hour refuge)	01 4630000
Dublin	Women's Aid, Dublin (including National Freephone Helpline 10am-10pm)	1800 341 900
Galway	Cope Waterside House Women's Refuge, Galway (includes 24 hour refuge)	091 565985
Galway	Domestic Violence Response, Oughterard, Co Galway	091 866740
Kerry	Adapt Kerry Women's Refuge and Support Service, Tralee (includes 24 hour refuge)	066 7129100

These free & confidential services are available to all women.

Contact Details of SAFE IRELAND Domestic Violence Services

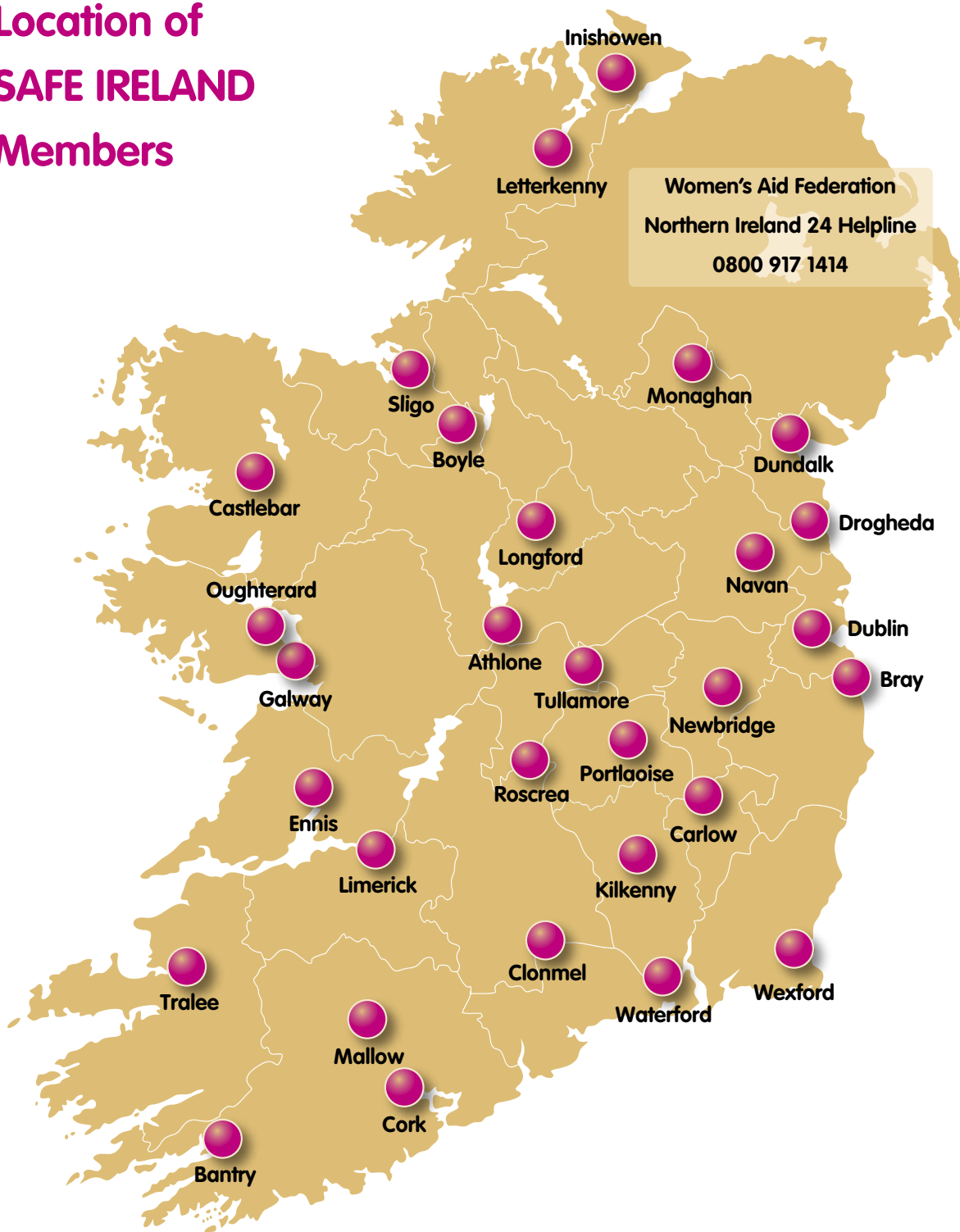
County	Name of Service	Contact Number
Kildare	Teach Tearmainn, Newbridge	045 438461
Kilkenny	Amber Women's Refuge, Kilkenny (includes 24 hour refuge)	056 7771404
Laois	Laois Domestic Abuse Service	05786 71100
Limerick	ADAPT Services (includes 24 hour refuge)	1800 200 504
Limerick	Southill Domestic Abuse Project	061 313025
Longford	Longford Women's Link	043 3341511
Louth	Drogheda Women and Children's Refuge (includes 24 hour refuge)	041 9844550
Louth	Women's Aid, Dundalk (includes 24 hour refuge)	042 9333244
Mayo	Mayo Women's Support Services (includes refuge)	094 9025409
Meath	Meath Women's Refuge & Support Service (includes 24 hour refuge)	046 9022393
Monaghan & Cavan	Tearmann Domestic Violence Services (Monaghan & Cavan)	047 72311
Offaly	Offaly Domestic Violence Support Service, Tullamore	057 9351886
Roscommon	Roscommon SAFE Link	071 9664200
Sligo/Leitrim/ West Cavan	Domestic Violence Advocacy Service, Sligo, Leitrim & West Cavan	071 9141515
Tipperary	Ascend Women's Support Services, Roscrea	0505 23999
Tipperary	Cuan Saor Refuge & Support Service, Clonmel (includes 24 hour refuge)	1800 576 757
Waterford	Oasis House, Waterford City (includes 24 hour refuge)	1890 264 364
Westmeath	Esker House, Athlone (includes 24 hour refuge)	090 6474122
Wexford	Wexford Women's Refuge, Wexford Town (includes 24 hour refuge)	053 912 1876

For more info visit our website at: www.safeireland.ie

or download our iPhone App



Location of SAFE IRELAND Members



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Athlone

Co Westmeath

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Download the SAFE Ireland App



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Environment, Community and Local Government



Féidhmeannacht na Seirbhíse Sláinte
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