

## **Why**

*Why did I make him angry last night?  
He said it was my fault we began to fight*

*Why hadn't I his dinner ready on time?  
I didn't realize it was a crime*

*Why did I have to visit friends and family?  
It upset him terribly*

*Why did he burn my car?  
He said I had pushed him too far*

*Why were you so long doing the shopping he said?  
Then he punched me in the head*

*Why did he destroy things precious to me?  
It made him feel strong, don't you see?*

*Why did he torture me so?  
If only I had the strength to go.*

*V. Malone*

PRODUCED BY  
WATERFORD LOCAL AREA NETWORK  
on violence against women

information for WOMEN  
experiencing DOMESTIC ABUSE

# ENOUGH IS ENOUGH

REVISED EDITION

A safety & empowerment  
guide for women

## Emergency Contact Numbers

### **GARDAI:**

- **Waterford** 051-305300
- **Tramore** 051-381333
- **Dungarvan** 058-48600

**AMBULANCE:** 112/999

**FIRE BRIGADE:** 112/999

**OASIS HOUSE:** (Women's refuge) 051-370367  
24 hour Lo-call Helpline 1890 264 364

**WATERFORD RAPE AND  
SEXUAL ABUSE CENTRE:** 051 873362  
24 hour Freephone Helpline 1800 296 296

**WATERFORD SEXUAL  
ASSAULT TREATMENT UNIT** 051-842157

*Thanks to COSC (the National Office for the Prevention of Domestic, Sexual and Gender based Violence in Ireland) for funding the reprinting of this booklet.*

*This booklet would not be possible without the experiences of the women from whom we learn so much.*

*Thank You.*



Information correct at time of going to print – October 2016.

**IF I EVER LEFT**

He would kill me if I ever left

*I'm still alive*

He would kill himself if I ever left

*He's still alive*

He would take the children away from me if I ever left

*My children are with me and I have sole guardianship of them*

I would never manage without him if I ever left

*I have provided a safe and happy home, where there is no fear*

I am thick and stupid

*I have completed two years in college with distinction and am returning  
for my third year*

No man would ever want me again if I ever left

*I choose who I want now*

I would never be able to provide for my children if I ever left

*I have a good job and I am well able to provide for my children*

*I have proven to myself that if I ever left that I would manage*

*If I can, you can too*

*V. Malone*

This booklet is primarily intended for women who are living with or have left abusive relationships and may be of use to people in other forms of abusive relationships

## INTRODUCTION

The aim of this booklet is to inform you of what options and supports are available to you should you decide to leave an abusive relationship. For many women it can be a difficult decision to make and can take time and planning or it may be a spur of the moment decision. Only you can decide if the time is right, it is your decision. If you feel you are ready to take that step this booklet will inform you of where to go and what supports are available to you.

If you are not yet ready to leave, or the time is not right for you, this book will give you a better perspective on what options are there, where to go to talk to someone should you wish, and a list of numbers for you to contact should you decide to leave.

Living in an abusive relationship can destroy your self-confidence; self esteem and can be very isolating. This can leave a woman feeling that they have in some way caused or are responsible for their partner's actions:

**Remember your partner has made the decision to physically, sexually, verbally, mentally, financially, or emotionally abuse you; it is not your fault.**

Domestic abuse can occur in all walks of life. For some people it can be difficult to accept that they are living with domestic abuse, while for others it is blatantly obvious. Women of all ages, social class, cultures, sexual orientation and ability can experience domestic abuse.

There is help out there for you; it's in your neighbour's handshake, your doctor's touch, your family's concern, your friends' eyes, the gardai's support or a stranger's voice. Don't be afraid to ask for help, there are people just waiting for you to ask.

## **REMEMBER**

- Violence towards women is **totally unacceptable**. There is no excuse for it.
- Every woman deserves to be treated with dignity and respect at all times. So do her children.
- If you are experiencing verbal, emotional, sexual, financial and or physical abuse, control and violence you are not alone.
- What is happening to you is wrong. **It's a crime.**

## CONTENTS

What is domestic abuse? . . . . .	4
Types of abuse your partner may use . . . . .	4
Am I in an abusive relationship? . . . . .	6
Your Safety Plan . . . . .	7
Who can help you? . . . . .	10
Where can you go? . . . . .	11
Legal situation . . . . .	12
Legal Services . . . . .	13
Information for Women attending Family Law Court . . . . .	15
Your children . . . . .	16
Garda Support . . . . .	18
Moving forward with your life . . . . .	19
What can I do about money? . . . . .	19

### Services & Contact Numbers

Refuges / Support services in the South East . . . . .	21
An Garda Síochána . . . . .	22
Family Services . . . . .	23
Counselling Services . . . . .	24
Legal Services . . . . .	24
General Information on Services . . . . .	25

## WHAT IS DOMESTIC ABUSE?

Domestic abuse happens in all kinds of relationships. It can take place between couples whether they are married, dating or living together. It can happen if they have children and if they don't. It can take place between other family members such as mothers, sisters, fathers, brothers, uncles, aunts or friends. It can happen to any woman, from any walk of life and at any age.

It is not easy to accept that someone you love and have trusted is being abusive towards you. Many women blame themselves or make excuses for their partners' behaviour until they recognise the abuse for what it is. It can be a difficult time for women when they do accept that they are in an abusive relationship.

## TYPES OF ABUSE

**Intimidation** – making you feel afraid by using looks, actions, gestures or silence, smashing objects, destroying your property. Abusing/killing pets, displaying weapons, threats to kill you or your children.

**Emotional abuse** – putting you down, making you feel bad about yourself, calling you names, making you think you are crazy, playing mind games, humiliating you, **making** you feel guilty, telling you it's your fault.

**Isolation** – controlling what you do, who you see and who you talk to, or denying you access to the phone and the car, stopping you from visiting your family and friends, limiting your outside involvement, controlling what you read. Using jealousy and concern for you to justify actions.

**Minimising, denial and blame** – making light of the violence/abuse (“it was only a tap”), saying the abuse didn't happen, (“You imagined it. I never touched you”) Shifting the blame for his abusive behaviour to someone else or to you (“It's your fault, you made me do it”)

**Using the children** – making you feel guilty about the children, telling you you're a bad mother, threatening to take the children away, telling you the courts will give him custody, using the children to relay messages, threatening to hurt or kill the children if you leave, using violence on the children, using access and visitation to harass you.

**Male privilege** – treating you like a servant, making all the decisions, acting like the 'master of his domain', being the one who decides what you do and don't do.

**Coercion and threat** – threatening to hurt or kill you or someone/thing that you love, threatening to commit suicide, threatening he’ll report you to an agency or hurt you, saying he’ll get help to make you drop charges/withdraw statements. Using words like “If you really loved me.”

**Financial abuse** – preventing you from getting or keeping a job, making you ask for money, giving you an allowance, taking your money, not letting you know about or have access to family income, making you account for every cent you spend, telling you that what he earns is his.

**Sexual abuse** – forcing you to have sex against your will is rape and it is a crime, making you have sex with men for money, making you look at pornographic material or insisting on you acting out pornography viewed, forcing you to perform any sexual act that you find distasteful.

**Physical abuse** – hitting, slapping, pushing, shoving, kicking, hair pulling, biting, head butting, burning, scratching, pinching, choking, banging your head off a hard object, use of weapons including household implements

**These are examples only and are not exclusive.**

Domestic violence is a **serious crime**. The consequences can, and all too often are fatal for women and their children. If you are a woman in a violent and/or abusive relationship only you can judge what is right for you, you are the expert in your situation. If possible, plan how to leave in a way that maximises yours and your children’s safety. If you think an attack is imminent, leave before it happens.

**REMEMBER** – it is not your fault. Abusers use some or all of these forms of violence to gain power over and control of their partners and ex-partners. You may have become isolated and feel you are all alone. It can be a lonely and scary place to be but remember that there are a lot of good people out there who will listen and support you in whatever you decide.

*“I was too scared to leave, too scared to stay, too scared of what lay ahead if I stayed and too scared of what lay ahead if I left. After sixteen years I learnt, through broken bones, mental torture and a spirit that was battered and crushed that if I stayed, there would one day be no tomorrow for me or my children. I left. Five years later, I’m in my third year of college, my children are doing great, I have a great job and a place to call home. My only regret is that I didn’t leave sooner.”*

## **AM I IN AN ABUSIVE RELATIONSHIP?**

Every woman's situation is different. If you are asking yourself this question or feel that you are being controlled and abused by your partner this booklet might be helpful to you. It might also be helpful to you if you are worried that someone you know is in an abusive relationship. It gives details of what happens within different services and what help and support is available to you.

Does your partner use any of the following in your relationship?

- Control whom you see and what you do?
- Put you down and humiliate you?
- Hurt you physically e.g. pushing, slapping, punching, kicking, biting you?
- Make you have sex when you don't want to?
- Control how money is spent?
- Isolate you from your family and your friends?
- Turn into a nicer person outside the home?
- Threaten to kill you or himself if you leave or talk about leaving?
- Apologise after hurting you and promise it won't happen again?

Are you?

- Worried about what mood he'll come home in?
- Afraid to express an opinion when your partner is around?
- Lonely with no one to talk to?
- Hiding cuts, bruises, black eyes or broken bones etc that your partner has caused and making excuses for him?
- Hiding emotional pain and suffering?
- Always watching what you do & say so your partner won't get angry?



- Trying to make sure the children don't upset or disturb him?
- Feeling ashamed about what is happening in your home?
- Afraid for yourself &/ or your children?

If the answer is yes to any of these questions then you are experiencing abuse

**REMEMBER YOU ARE NOT ALONE.**

## **YOUR SAFETY PLAN**

**The most important part of a safety plan is your safety.** If you feel in danger or an incident is imminent leave immediately but only if you feel you can safely do so.

Listed below is a list of items you may have time to store away in a safe place. These items are not essential; your safety is, so if you do not have time to collect them they can be collected at another time or copies can be obtained of most paper items.

**If possible** keep an up to date record of the violence/abuse and ask your G.P. to document your injuries.

### **Safety Plan.**

#### **Step One.**

#### **Think about...**

- ◆ where you can go to make a telephone call
- ◆ a safe place where you can go to stay in an emergency. This could be with a relative, a friend, a women's refuge, a B&B or a hotel.
- ◆ The telephone number/s of a safe place
- ◆ how to get to your safe place. Plan a route and think about how to get there at different times of the day or night.
- ◆ Get a copy of your car/house keys cut and keep them in a safe place
- ◆ the number of a local taxi firm.

**INFORMATION FOR WOMEN EXPERIENCING DOMESTIC ABUSE**

- ◆ what to tell the children. How and when to tell them.
- ◆ if you can discuss your safety plan with someone you really trust, so that they can support you if you need to use it.
- ◆ How to get out of each room in the house.

**Step Two.**

**Important telephone numbers...**

- Taxi \_\_\_\_\_
- Family/friends \_\_\_\_\_
- Women’s Refuge/ support service \_\_\_\_\_
- Doctor \_\_\_\_\_
- Garda Station \_\_\_\_\_
- Rape & Sexual Abuse Centre \_\_\_\_\_
- Waterford Sexual Assault Treatment Unit \_\_\_\_\_

**Step Three.**

If possible collect the following items. Hide them in a safe place where you can get to them in a hurry.

- An extra set of keys for your home and car.
- Your PPS and your children’s PPS numbers.
- Bank/Credit Union/Building Society details.
- Social Welfare claim books and/or claim numbers
- Essential medication or a recent prescription and medical card
- Enough money to get to a safe place by bus or taxi.

**Don't let a lack of money prevent you from leaving if you have made that decision.**

There are various financial sources open to you to meet your basic needs if you don't have the means to support yourself or your family. You are entitled to a Health Service Executive payment or Social Welfare Assistance. In some cases, if you chose to go to a Refuge they will pay the costs of the taxi fare, or the Gardai will bring you to where you want to go.

It is possible to return to collect anything you need with Gardai protection once you have left. Everything listed can be replaced or obtained.

If someone you are close to is being abusive, controlling and/or violent towards you it is **NOT** your fault.

Help is available from many different places. **You have a right to be safe.** Please phone or call into your nearest Refuge or Support and Information Service to find out what is available to you.

**YOUR SAFETY COMES FIRST!!!!**

## WHO CAN HELP YOU?

As a woman experiencing abuse you're probably scared and frightened. It might seem hard to make decisions. You might be worried about where you can go and how you'll get by. You might be worried about what your partner will do to you if he finds you.

If you want to talk to someone about your situation and / or your options you can call a helpline. All Help lines listed here offer a confidential service.

### Help lines.

OASIS House (24 hour service) 24 hour lo-call helpline	051-370367 1890 264 364
Waterford Rape and Sexual Abuse Centre (24 hour service). 24 hour helpline	051-873362 1800 296 296
Waterford Sexual Assault Treatment Unit	051-842157
The Samaritans 24-hour helpline	1850 60 90 90

### ***IMPORTANT***

*Remember to dial a different number after you have called any helpline or support service. This stops your abuser from knowing who you have contacted if he uses the redial button. Use a number he would expect you to call.*

## WHERE CAN YOU GO

It's always best to stay with people that you love and trust and where you will be safe. If this isn't possible for any reason then you can contact a women's refuge that can offer you accommodation or support you in getting housing.

**OASIS HOUSE** is the Waterford based women's refuge service. It's a safe house for women and their children fleeing abuse in the home.

Every family/woman gets their own room. There is a variety of accommodation available, ranging from single units with communal facilities which can accommodate a single woman, to family units which are self-contained, some of which can accommodate boys up to the age of 18.

OASIS House is staffed 24 hours a day, 7 days a week. Staff will **NOT** tell your partner where you are, and they will not let him in to the Refuge. Staff will work with you and support you in keeping yourself and your children safe. The service, and your use of it, is confidential.

While in OASIS House you will get time and space to work out what you want to do without pressure. Staff will support you as you make your decisions and give you all the help you need. You can access the counselling service and your under five's can access crèche facilities. The Childcare Worker will help you with any concerns you have about your children.

If staying in Waterford is not safe, staff at OASIS House can help you to find another safe place or refuge.

### I've won

*The sky is grey there is no light  
I have given up the fight  
I can't go on living this life  
With all the pain, the woes, the strife.*

*I've left at last; He's in my past  
No more to ruin my day  
My life's begun, its so much fun  
And I realise that I have won.*

## LEGAL SITUATION

### How can I protect myself and my children?

There are several options open to you when it comes to being protected which staff in any agency will help you with. These include obtaining a Protection, Interim Barring, Safety or Barring Order under the 1996 Domestic Violence Act and the Domestic Violence (amendment) Act 2002. If you want to return to your own home there are different levels of legal protection available to you.

**Protection Orders** – these are temporary safety orders, which last until the next court hearing. This is a temporary order prohibiting the person from using violence against, molesting or putting you or your dependants in fear. It does not prevent the other person from living in the house. Protection orders cease when the application for either a Barring or Safety Order is decided.

**Safety Orders** – A safety order can help prevent your partner from hurting, intimidating or threatening you. Amendments to the Domestic Violence Act 1996 mean that Parents with a child in common are now able to apply for Safety Orders regardless of cohabitation. Cohabiting partners can now apply for Safety Orders without any specific duration of cohabitation required. Same sex cohabitants are now eligible for orders under the Domestic Violence Act in the same way as opposite sex cohabitants.

**Interim Barring Order** – this is also a temporary Order but unlike the Protection Order above, it does require that the abuser leaves the house/home. An Interim Barring Order lasts until the application for a Barring Order has been decided but cannot last for a period longer than eight days.

**Barring Order** – this is heard in court and your spouse or partner is asked to attend. You can apply for this if you are married or if you have been living with your partner for 6 out of the last 9 months. This order puts the abuser out of the house and forbids him to harass, threaten or hurt you. You can obtain a Barring Order for a maximum of 3 years.

All the above Orders can apply to women and their children. Let your solicitor know if you think he is a risk to your children.

The hearing, for any of the above Orders, is heard ‘in camera’. This means that only the Judge, the clerk of court, you, your partner and your respective solicitors

are in the courtroom. Sometimes witnesses will be called and they will give their evidence and leave. Court accompaniment is available from OASIS House and from Court Support Service. This person will go with you into the Courthouse and with permission from the Court and from the other party may actually accompany you into the Courtroom.

Your partner/spouse will be served with a copy of any of the above Orders that you apply for. If he has difficulty reading make sure your solicitor knows this and s/he will ask the Gardai to read the Order to him.

Staff at Oasis House can provide support and information on the legal options available, and will provide court accompaniment by arrangement.

### What if he doesn't pay any attention to the Order?

If your partner breaks a court order this is regarded by the court as a serious criminal offence. The Gardai will help and support you. When they respond to your call they will take a statement from you. If your partner is found to be in breach of any such order he can be arrested and charged.

## **LEGAL SERVICES**

The Legal Aid Board through the Law Centres, makes the service of Solicitors and, if necessary Barristers available.

Law Centres and Legal Aid dedicate most of their time to Family Law cases. This includes Domestic Abuse, Custody, Maintenance and much more. They will welcome you and give you advice.

This is a means tested service. There will be a minimal cost. The amount the person will pay will depend on the level of "disposable" income.

Your Community Welfare Officer may help you with payment for this service.

(See contact numbers at the back of this booklet for your local legal service.)

## **INFORMATION ON EMPLOYING A SOLICITOR**

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

**Questions you may find helpful when employing a solicitor:**

- Have you experience in Family Law?
- How much will it cost by the hour?
- What is your minimum fee?
- What is covered in this fee?
- How many negotiation sessions are included?
- What is your rate for appearance in court?

**Also, having outlined your situation:**

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

**Remember**

- Your solicitor is there to represent you.
- If you do not understand what is happening, do not be afraid to ask.
- Keep in regular contact with your solicitor and ask how long each stage takes.



## **INFORMATION FOR WOMEN ATTENDING THE FAMILY LAW COURT:**

On the Day of the hearing, attend at the time stated by your solicitor but expect to wait some time before the case is called. Bring a friend to keep you company while you wait or contact Oasis House Refuge about their court accompaniment service.

Your husband, partner or abuser may be waiting close by. Keep your solicitor informed if you feel nervous or if any intimidation occurs.

Family courts are held “in camera”(ie in private) and witnesses are only in the court for as long as it takes them to give their evidence. If you want someone to accompany you into the courtroom, the permission of the Court and the other party is needed. This then may allow him to bring someone in to the courtroom also. Ask your solicitors advice about your options.

All the court cases are based on you giving evidence and your husband/partner or abuser disputing that evidence. It is important that you give clear and relevant evidence to support you in your application. In the courtroom, your solicitor will guide you into giving the right information by asking you appropriate questions. It is important that you listen to your solicitor carefully and that you answer the questions that your solicitor puts to you clearly. If you do not understand anything that is going on in the courtroom, you can ask the judge to explain what is going on before you agree to anything.

### **Remember:**

**At all stages of the legal process you have the choice to proceed or not to proceed.**

### **Barring and Safety Orders:**

Under the Domestic Violence Act 1996 you can apply for a Barring or Safety Order at the District Court. If you live in the Waterford Area you must go to the Waterford District Court Office on Catherine Street, Waterford. Phone number: 051-874657. When you get to the District Court Office, the District Court Clerk will help you to fill out the correct form. Staff at Oasis House can provide court accompaniment and support to women who are going through the court and/or legal system.

*In 2012 there were 12,655 applications under the Domestic Violence Act (1996). 2,789 Barring orders were applied for and 1,165 were granted; 5,026 Safety orders were applied for and 2,255 were granted; 4,192 Protection orders were applied for and 3,849 were granted and 648 Interim Barring orders were applied for and 520 granted. (Court Services Annual Report 2012).*

## YOUR CHILDREN

Domestic abuse and change can be quite difficult for children. It's important to recognise how they're affected and to let them know what's happening. Try to make time for your children to talk about their feelings. They will be as worried for you as you are for them. Each child responds differently to domestic abuse. Where one child may seem to cope well, another child may be deeply affected. Your child may have experienced one of the following;

- Fear
- Distress
- Anxiety
- Worry
- Concern
- Fretfulness

These are all symptoms of living in an abusive environment. If you notice changes in behaviour, for example

- ◆ increased aggression & violent outbursts
- ◆ more temper tantrums
- ◆ bed wetting/ soiling
- ◆ not wanting to let you out of their sight
- ◆ absence from school
- ◆ drop in standard of schoolwork
- ◆ nightmares
- ◆ poor concentration
- ◆ sleep disturbance

discuss these changes with your doctor and ask for support.

★ *86% of children are either present or in the next room when domestic abuse happens. Being aware of or seeing this abuse can cause deep distress to children when domestic abuse happens.*

Once you leave an abusive relationship the effects of the abuse on the children can be short term or long term. Each child is different and while some cope very well and improve when they have been removed from the situation others may be very upset.

If you think your children might need some help you can contact the Duty Social Worker on 051 842927. You will be supported in keeping the children safe.

It is **really** important that you inform your children's schools and/or crèches if you have a Protection, Safety or Barring Order. Give the principal / manager a copy of the order. Let the teacher or the staff know who is collecting your child every day. Your children will be safe and happy **if** you are safe and happy **wherever** you are.

**Childline** is a support service for children up to the age of 18. This service is available to (your) children should they wish to talk if they are affected by domestic abuse. Childline can be contacted on Freephone **1800 66 66 66** or text **“Talk”** to **50101**.

★ *1 in 5 women in Ireland who have been in a relationship have been abused by a current or former partner. (O'Connor, M & Kelleher Associates, Making the Links, Women's Aid, 1995).*

## GARDA SUPPORT

The Gardaí can provide a lot of support and information to you. They are responsible for protecting you and your children and for enforcing the law. The Gardaí have a policy on Domestic Abuse which includes:

- ... talking to you and your partner in different rooms so he can't hear what you're saying.
- ... having a woman Garda available to help and support you, if you want.
- ... arresting your abuser if he has broken a court order or seriously assaulted you.
- ... giving you information on your legal options and where to go.
- ... telling you about services in the area that might be able to help you.
- ... giving you their name in writing and the station number.
- ... recommending that your abuser is NOT granted station bail.
- ... calling back to you at least once in the next month to give you information and check that you're okay.

<b>Gardaí emergency</b>	<b>112/999</b>
<b>Gardaí – Waterford</b>	<b>051-305300</b>
<b>Tramore</b>	<b>051-391620</b>
<b>Dungarvan</b>	<b>058-48600</b>
<b>Gardaí 24 hour, confidential</b>	
<b>Freephone service</b>	<b>1800 666 111</b>
<b>Victims Services Office:</b>	<b>305372 or 305371</b>
<b>Vulnerable Persons Protection Unit:</b>	<b>305372 or 305374</b>

**For your local station, see contact numbers on page 22.**

### **He loves me, He loves me not**

*He brings me flowers, presents and gifts  
He does nice things, can't you see  
He loves me*

*He breaks me, shakes me, disables me  
I feel the strength of his hand, it's hot  
He loves me not*

*He's so sorry, it was all my fault  
If I do things differently, he'll be nice you'll see  
He loves me*

*What's wrong with me, didn't I do it right  
His rage is great, I've lost the plot  
He loves me not*

## **MOVING FORWARD WITH YOUR LIFE**

When you choose to go home or to find a new home for you and your children to live in it is important to make a new safety plan. Staff at OASIS House can help you with this.

OASIS House provides aftercare and on-going support & information services and you don't need to have stayed in the refuge to have access to them. You can drop in to get information, or you may **telephone the helpline 1890 264 364**. If you have the opportunity to make an appointment before **calling to the Refuge**, please do so. **Telephone** 051 370367 or lo-call 1890264 364 for more information.

If you move to a new area you might want to consider letting a neighbour know how they can help if you are worried that your abuser might turn up.

## **WHAT CAN I DO ABOUT MONEY?**

The single point of contact for all income and employment supports in Waterford and surrounding areas is: INTREO, Department of Social Protection, Cork Road, Waterford. Phone: 051 356000.

Medical Card applications should be sent to Client Registration Unit, PO Box 11745, Finglas, Dublin 11.

### **And for financial advice contact :**

Money, Advice and Budgeting Service (M.A.B.S) on 051 857929.

### **For information on your rights, entitlements and local services contact:**

Citizens Information Centre 076-1046580 / 076-1076562

Housing Advice & Information Centre  
10A Waterside, Waterford.  
Phone: 086 4171160

**REMEMBER** – you have an absolute right to be safe in your home and everywhere else.

Telling someone that you are in an abusive relationship can be very difficult.

If possible ask your family doctor to record any injuries. Talk to someone you really trust or call one of the Helpline numbers. You **WILL** be believed. You will **NOT** be judged. Help is available and you **can** live a life free from fear and abuse.

**Remember** you will not be judged by services ...

... for what's happened to you,

... for being who you are,

... for asking for help,

... for needing support. (We all do!)

You are **NOT** alone.

**REFUGES / SUPPORT SERVICES IN THE SOUTH EAST**

**\* Indicates Women's refuges. These are staffed 24 hours a day.**

*OASIS House .....	.051 370367
Waterford. ....	.1890 264 364
*Amber, Kilkenny Women's Refuge .....	.056 7771404
Kilkenny .....	.1850 42 42 44
*Cuan Saor .....	.052 27557
Co. Tipperary .....	.1800 57 67 57
*Wexford Women's Refuge .....	.053 9152182
Carlow Women's Aid, Support and Information Service .....	.059 9173552
.....	.1800 444 944
Waterford Rape & Sexual Abuse Centre .....	.051 873362
Counselling service in Dungarvan on Thursdays	
24 hour freephone helpline .....	.1800 296 296
Waterford Sexual Assault Treatment Unit .....	.051 - 842157
Gardaí 24 hour, confidential Freephone service .....	.1800 666 111
Gardaí .....	.112
– Waterford .....	.051 305300
– Tramore .....	.051 381333
– Dungarvan .....	.058 42370
For all local Garda stations, see page 22.	
Ambulance .....	.112
Fire Brigade .....	.999
Waterford Law Centre/Legal Aid .....	.051 855814

## AN GARDA SIOCHANA

Station	Telephone
Aglish	.024-96122
Ardmore	.024-94222
Ballyduff	.058-60202
Ballymacarbery	.061-36100
Cappoquin	.058-54244
Dungarvan	.058-48600
Dunmore East	.051-383112
Ferrybank	.051-830250
Kill	.051-292211
Kilmacthomas	.051-295630
Kilmeaden	.051-384105
Leamybrien	.051-291182
Lismore	.058-54222
Passage East	.051-382211
Portlaw	.051-387105
Rathgormack	.051-646002
Ring	.058-46111
Stradbally	.051-293102
Tallow	.058-56222
Tramore	.051-391620
Waterford	.051-305300

*Since 1996 there have been 194 women murdered in the Republic of Ireland. 117 women (61%) were killed in their own homes. A total of 125 women (89%) were killed by someone known to them. (Women's Aid Female Homicide Media Watch, September 2013).*



## **FAMILY SERVICES**

St Brigids Family and Community Centre  
37 Lower Yellow Road  
Waterford

Services include: personal and relationship counselling, parenting support on a one to one or group basis, quality and affordable preschool and afterschool service, rainbows and play therapy for children and teen between counselling for adolescents, information and support for older people, a range of groups and programmes focusing on personal development and health and wellbeing, support groups for individuals experiencing alcohol, gambling, depression and/or mental health issues. Phone: 051 375261.

St Brigid's FCC in conjunction with Tusla are also involved in the development of a family support hub in Clodiagh House, Lower Queen St., Portlaw – services are currently being developed to meet the needs of the local community including a Women's Group, Parent & Toddler Group and a Men's Shed. Phone: 056 7734880

Sacred Heart FRC  
Sacred Heart Family Resource Centre  
Richardson's Meadow  
Old Tramore Road  
Waterford.

Services include: Information on rights and entitlements, money advice & budgeting, Waterford City Council Neighbourhood Officer Advice, men's group, women's group, traveller women's support, youth group, gardening club, health & wellbeing initiatives, parenting courses, quality affordable childcare services, after school service, pre-employment skills courses, educational Programmes. Contact Joan/Heather on 051 306728, E-mail: [admin@sacredheartfrc.ie](mailto:admin@sacredheartfrc.ie)

Tusla  
Child and Family Agency,  
Waterford Community Services,  
Cork Road, Waterford  
Services include; Social workers and child protection team  
Phone: 051 842827  
St Joseph's Hospital, Dungarvan: 058 20906

**INFORMATION FOR WOMEN EXPERIENCING DOMESTIC ABUSE**

Child and Adolescent Mental Health Service  
Waterford Regional Hospital  
Dunmore Road, Waterford  
Phone: 051 842146

**MEND (Men Ending Domestic Abuse)**

The South East Domestic Violence Intervention Programme (S.E.D.V.I.P.)  
Men's Development Network, 30 O'Connell Street, Waterford.

A group programme for men who have been violent/abusive to their partners or ex-partners and want to change their behaviour. One-to-one support is offered to the partners or ex-partners of the men who attend the programme. The programme is available in Waterford, Wexford, Carlow/Kilkenny and South Tipperary. Contact: John Doyle at 051 878866 or 086 8167798

**Barnardo's**

Barnardos Family support Project offers information, help and support to children, young people and their parents/ carers in Ballybeg and Kilcohan. Our focus is on supporting and promoting children's development and helping parents with their parenting. When you come to our service, a staff member will meet with you, talk with you and see how we can help.

**Contact Details**

Barnardos Family Support Project  
128 Clonard Park, Ballybeg, Waterford  
Tel 051 844140/ Fax 051 844141  
Email: info @ballybeg.barnardos.ie  
Project Leader: Úna Conroy

South East Regional Office, Ground Floor, Office Block B,  
Confederation House, Waterford Business Park, Cork Road, Waterford  
Tel : 051 370978

(NCCWN) Waterford Women's Centre supports women through the delivery of community education programmes and access to relevant supports and services. The Domestic Abuse Support Service (DASS) provides a confidential one to one needs assessment and referral for women experiencing domestic abuse. This is a confidential, informal, non-judgemental service by appointment only. Telephone: 051-351918 or 085 8544941

## **COUNSELLING SERVICES**

Comhar, HSE  
Adult Counselling Service  
Helpline: 1800 234 118

Waterford Rape and Sexual Abuse Centre  
2A Waterside, Waterford  
Phone: 051 873362 Helpline: 1800 296296

Accord  
St Johns College, Waterford  
Phone: 051 878333

St Brigid's Family & Community Centre  
37 Lower Yellow Road, Waterford  
Phone: 051 375261

Cura Crisis Pregnancy  
St. John's Pastoral Centre, John's Hill, Waterford  
Phone: 051 876452  
Low Cost Call: 1850 622 626

Irish Family Planning Association  
Pregnancy counselling service in Waterford 1 day per week  
Helpline: 1850 49 50 51

## **LEGAL SERVICES**

Waterford Law Centre  
Canada House, Canada Street, Waterford.  
Phone: 051 855814 and 051 871236

Probation and Welfare Services  
3 Catherine Street, Waterford  
Phone: 051 872548

Waterford District Court  
Phone: 051 874657

Legal Advice FLAC, 1st and 3rd Wednesday evening each month by appointment  
at Citizens Information Centre, 37 Lower Yellow Road, Waterford 0761-07-6580

**GENERAL INFORMATION ON SERVICES**

Domestic Abuse Support Service  
Waterford Women's Centre  
74 Manor Street, Waterford  
Phone: 051 351918 085 8544941 Website: [waterfordwomenscentre.com](http://waterfordwomenscentre.com)

Crime Victim Helpline  
Freephone: 1850 211 407

Samaritans  
16 Beau Street  
Waterford  
Phone: 051 872114 National Helpline: 1850 60 90 90

Money Advice & Budgeting Service  
6B Wallace House  
Mariatana Gate  
Canada Street  
Waterford  
Phone: 076 1072050

Money Advice & Budgeting Service  
Davitts Quay  
Dungarvan, Co Waterford  
Phone: 076 1072770

Department of Social Protection  
Cork Road, Waterford  
Phone: 051 356000

Citizens Information Centre  
St Brigids Family and Community Centre  
37 Lower Yellow Road, Waterford  
Phone: 076-1076580

Citizens Information Centre  
41 Merchants Quay, Waterford  
Phone: 076 1076560

Irish Country Womens Association  
Helpline: 1850 652 652

Waterford Women's Centre  
74 Manor Street, Waterford  
Phone: 051 351918

Barnardos Waterford Student Mothers Group,  
130 Clonard Park, Parish Church Road  
Ballybeg, Waterford  
Phone: 051 844140 / 087 6472019

Drugs Initiative  
St Pauls Parish  
Millennium Buildings  
Lisduggan, Waterford  
Phone: 051 351100

St Vincent De Paul  
Unit 36,  
Cross Roads Business Park, Waterford  
Phone: 051 350725/26/28

Sexually Transmitted Infections Clinic  
Waterford Regional Hospital  
Dunmore Road, Waterford  
Phone: 051 848000 Extn: 2646

Waterford City and County Council  
Housing Department  
Baileys New Street,  
Waterford  
Phone: 051 849972

Civic Offices,  
Dungarvan,  
County Waterford.  
Phone: 076-1102020

**INFORMATION FOR WOMEN EXPERIENCING DOMESTIC ABUSE**

Sexual Assault Treatment Unit  
Waterford Regional Hospital  
Dunmore Road  
Waterford  
Phone: 051 842157

Waterford Travellers C.D.P.  
C/o Ballybeg Parish Centre  
Ballybeg  
Waterford  
Phone: 051 357016

Ballybeg Women's Group  
Ballybeg Parish Centre  
Ballybeg, Waterford  
Phone: 051 357917

St. Paul's Community Project  
Manor St John Building  
Lisduggan, Waterford  
Phone: 051 351205

Gerry Devine  
Community Mental Health Nurse / Homelessness  
Adult Homeless Persons Office  
32 The Mall, Waterford  
Tel: (087) 1320013  
Fax 051 873921

Dungarvan Citizens Information Centre,  
Unit 2 Scanlon's Yard,  
Dungarvan, Co Waterford  
Phone: 0761-07-6550

Integration and Support Unit  
Edmund Rice Centre, Mount Sion,  
Barrack Street, Waterford  
Phone: 051 874390