

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)
24 hour Lo-call Helpline 051-370367
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

THE SAMARITANS 1850 60 90 90
24-hour helpline

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

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

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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



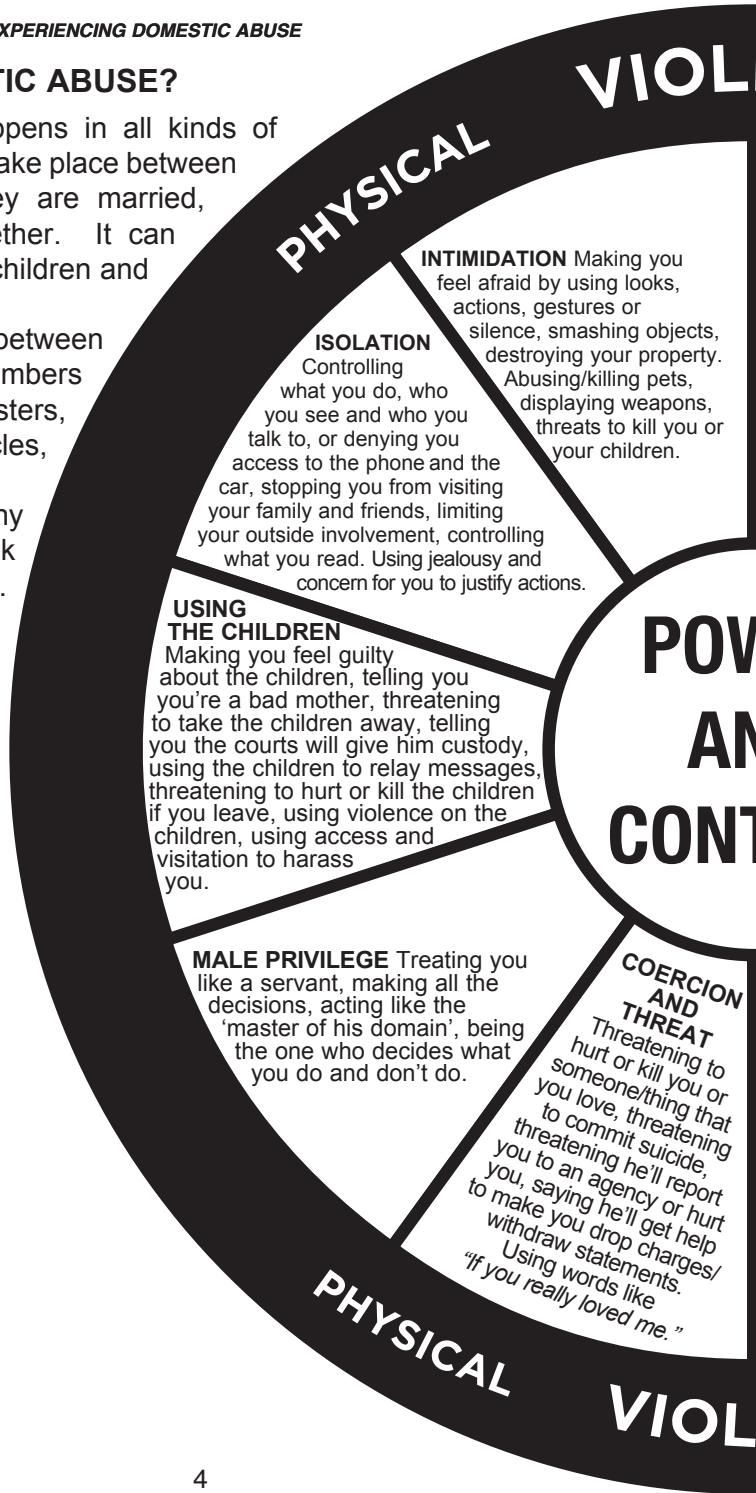
- Violence towards women is totally unacceptable. There is no excuse for it.
- Every woman deserves to be treated with dignity and respect at all times. So do her children.
- If you are experiencing verbal, emotional, sexual, financial and or physical abuse, control and violence you are not alone.
-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

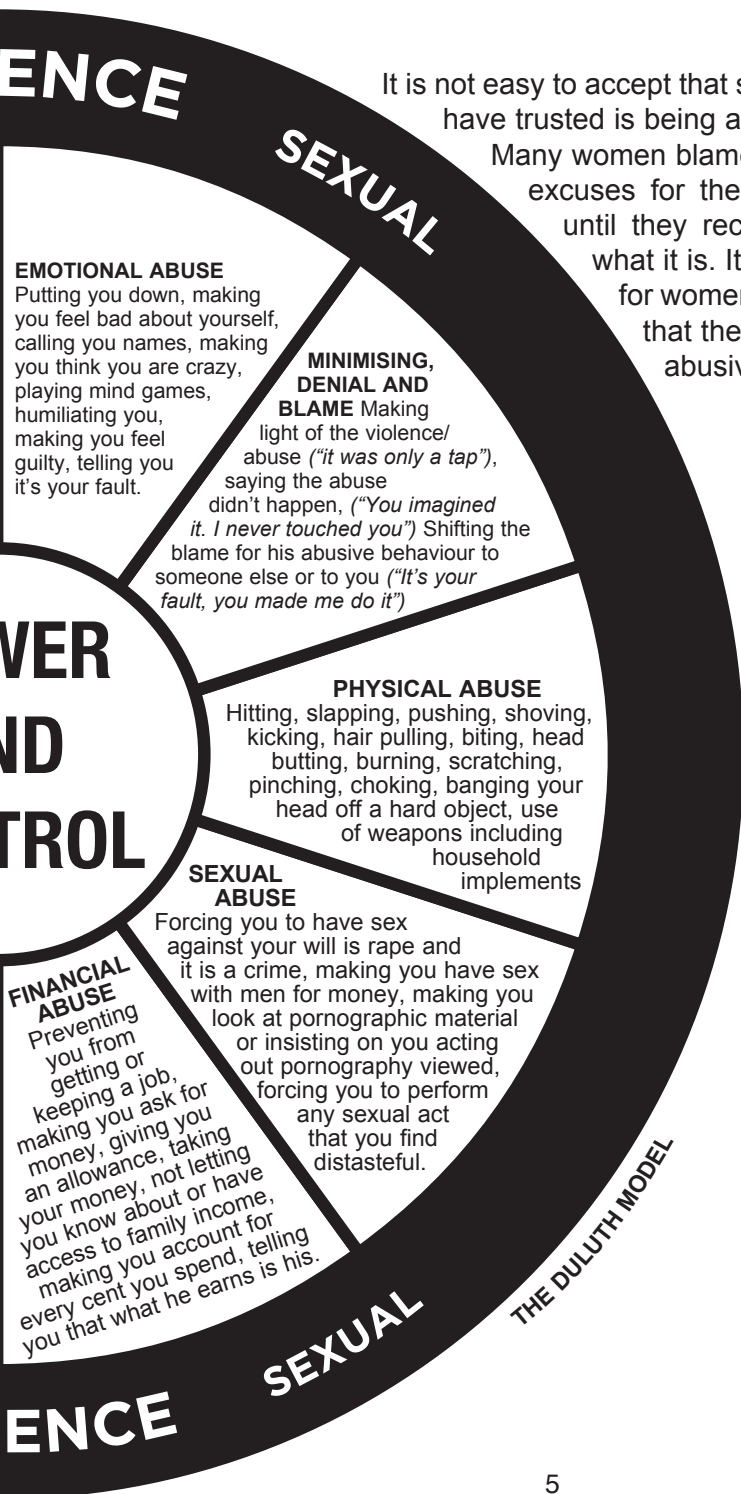
WHAT IS DOMESTIC ABUSE?

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.

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 themselves if you leave or talk about leaving?
- Apologise after hurting you and promise it won't happen again?

ARE YOU?

- Worried about what mood your partner will 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 them?
- 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 your partner?
- 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

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 your partner 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.

LEGAL SITUATION

How can I protect myself and my children?

On 1 January 2019, the Domestic Violence Act 2018 came into effect. It consolidates the law on domestic violence and provides for additional protections for victims of domestic violence.

There are several options available 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 Domestic Violence Act 2018.

- **PROTECTION ORDER** – this is a temporary Safety Order which lasts until the next court hearing. The court can grant this if there are

reasonable grounds to believe you or your dependents safety or welfare is at risk. This prohibits the person from using or threatening violence, following, communicating or putting you or your dependents in fear. It does not prevent the other person from living in the house. If the person is not living with you it prevents them from being near or watching your home.

Protection Orders cease when the application for either a Barring or Safety Order is decided.

- **SAFETY ORDER** – A Safety Order can help prevent the person from hurting, intimidating or threatening you. The Domestic Violence Act 2018 states that all partners in an intimate relationship are eligible for a Protection and Safety Order with no period of cohabitation. This also applies to former partners (e.g. former spouse, cohabitant etc.). If the person is not living with you, the safety order prohibits them from watching or being near your home and following or communicating (including electronically) with you or a dependent person. A Safety Order can be granted for up to 5 years.

Who can apply for an safety order?:

- Spouses and civil partners
- Parents with a child in common
- Cohabitants who live in an intimate relationship and who satisfy the property test (which means that the applicant must have an equal or greater interest in the property than the respondent). No minimum period of cohabitation required.
- Parents of an abusive child if that child is over 18

A new offence of coercive control of a spouse, civil partner or intimate partner also comes into force under the 2018 Act.

Coercive control is a pattern of intimidation, humiliation and controlling behaviour that causes fear of violence or serious distress that has a substantial impact on the victim’s day-to-day activities.

- **BARRING ORDER**

A Barring Order excludes a violent partner or spouse from the home. The order may also prohibit the person from further violence or threats of violence, watching or being near your home or following or communicating (including electronically) with you or a dependent person. A barring order issued by the District Court can last up to three years. There is no time limitation on a barring order when made in the Circuit Court. The requirement for a couple to have been living

together six out of the previous nine months in an intimate relationship has been removed. Now the parties must have simply lived together in an intimate relationship prior to the application with no minimum time period

Who can apply for a Barring Order?

- A spouse
- Civil partners
- Cohabitants who live in an intimate relationship (provided the applicant has a legal interest in the shared home which is equal to or greater than, that of the respondent).
- A parent of an adult child who is a non-dependent (provided the applicant has a legal interest in the shared home which is equal to or greater than, that of the respondent).
- Tusla, Child and Family Agency on behalf of an “aggrieved person”.

• INTERIM BARRING ORDER

An Interim Barring Order is similar to a Barring Order, meaning that the violent person is excluded from the home. It may also prohibit them from watching, or being near your home or following or communicating (including electronically) with you or a dependent person. It is a temporary order, put in place until the full hearing of your barring order takes place.

• EMERGENCY BARRING ORDER

The Court can make an emergency barring order to direct a respondent to either leave a place or to prevent them from entering a place where the applicant or a dependent resides. The granting of an emergency barring order may prohibit the respondent using or threatening the use of violence against, molesting or putting in fear, attending at, or in the vicinity of, or watching or besetting a place where the applicant or a dependent resides, and following or communicating (including electronically) with an applicant or dependent person. Unlike an interim barring order, the applicant does not have to satisfy the property test to get an emergency barring order e.g. women who do not own or co-own their own home or have their name on a lease. The Emergency Barring Order can last a maximum of 8 working days and a new emergency barring order may not be made until a month after the

first one expires, unless there are “exceptional” circumstances which justify the making of a second order in that time.

Who can apply for an emergency barring order?

Partners who live, or have lived, with each other in an “intimate relationship”, who have never been married to each other and who have never been civil partners to each other. Parents of an adult, non-dependent child.

Tusla, Child and Family Agency on behalf of an “aggrieved person”.

What happens if an order is broken?

Any person who breaks a court order is guilty of a criminal offence. If the violent person prevents you or your dependents from entering or remaining in the accommodation to which the order relates, this is also an offence. If this happens you should contact the Gardai immediately.

They will help and support you. When they respond to your call they will take a statement from you. If the perpetrator is found to be in breach of any such order, they can be arrested and charged.

Court Accompaniment

The process of applying for an order can be a very daunting experience. Some women find it very beneficial to have a support person present. Oasis House provides a Court Accompaniment service so a member of staff can accompany you to the courthouse to apply for the order and for the follow up proceedings/post hearing support.

This service is limited so it is always advisable to contact Oasis House to arrange Court Accompaniment.

A member of staff will contact you prior to going to the courthouse to introduce herself and to help prepare you. The hearing for any of the Orders are heard “in camera” (i.e. in private). This means that only the judge, the clerk of court, you, the perpetrator and your respective solicitors are in the courtroom. Sometimes witnesses will be called, and they will give their evidence and leave. If you are applying for an order you have the right to be accompanied in court by a support person, however the court can refuse this but must give reasons as to why. Most applications for Domestic Violence Orders are made in the District Court.

If you live in Waterford it will be in the Waterford City Courthouse, if you live in District 21 (Carrick, Youghal, Dungarvan, Clonmel, Lismore and Cashel) you must come to Waterford City Courthouse to make your initial application and then you may be directed to your local courthouse.

You do not need legal representation to make the initial application, but it is advisable you have legal representation for a full hearing.

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.) 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 maintenance 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”(i.e. 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 your partner 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.

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.*

ABOUT YOUR SAFETY PLAN:



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.

You are not alone.

See overleaf a removable safety plan

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.

STEP

1

SAFETY PLAN

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.
- 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

2

Important telephone numbers...

Taxi	_____
Family/friends	_____
Women's Refuge/ support service	_____
Doctor	_____
Garda Station	_____
Rape & Sexual Abuse Centre	_____
Waterford Sexual Assault Treatment Unit	_____

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 they would expect you to call. Turn off GPS device on your car and or possible sources of tracking your mobile phone, i.e. turn off location on any apps.

STEP**3****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.
- Public Services Card 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

YOUR CHILDREN

The impacts of domestic violence on a child can be quite complex. Children do not have to directly see domestic abuse to know that something bad is happening. Each child responds differently to domestic abuse. Where one child may seem to cope well, another child may be deeply affected.

It is important to recognise how they are 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.

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.

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 need support to keep safe contact Duty Social Work on 051 842927. You will be supported in keeping the children safe. If you need support accessing services for your children contact PP&FS (Prevention, Partnership & Family Support) on 051- 859001.

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

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 the violent person if they have 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 the violent person 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.

Gardaí Emergency: 112/999

Gardaí:	Waterford	051-305300
	Tramore	051-391620
	Dungarvan	058-48600

Gardaí 24 hour, confidential

Freephone service: 1800 666 111

Victims Services Office: 305372 or 305371

Vulnerable Persons Protection Unit: 305372 or 305374

TLC KIDZ PROGRAMME - OASIS HOUSE

TLC Kidz is a 12 week group based programme for children and their mothers who have been exposed to domestic abuse.

The purpose of the group programme is for children to have an opportunity to move beyond what has happened in their family in a safe and therapeutic way. Some core features of the programme include; providing support to mothers as they understand how to best help their children, encouraging mothers to “think through the eyes of children” by engaging in activities that involve cutting, pasting or using craft supplies, teaching children how to develop a safety plan and giving them an opportunity to practice it.

To join the group, refer someone to TLC Kidz or to get more information; call: 0861426300 or email: tlc@oasishouse.ie

MOVING ON 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 Employment and Social Affairs, Cork Road, Waterford. Phone: 051 356000.

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

For financial advice contact:

Money, Advice and Budgeting Service (M.A.B.S) on 076 107 2050.

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

Citizens Information Centre 076 1076580 or 076 1076560

For Housing Advice:

Waterford Integrated Homeless Services,
28. Parnell St.

Phone: 0761 102020

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	112/999
– Waterford.	051 305300
– Tramore.	051 381333
– Dungarvan.	058 42370
Ambulance.	112/999
Fire Brigade.	112/999
Waterford Law Centre/Legal Aid.	051 855814

FAMILY SERVICES

ST BRIGIDS FAMILY AND COMMUNITY CENTRE

St Brigid's 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, afterschool and out of school camps, inner city parent & toddler group, rainbows and play therapy for children, adolescent counselling, information and support for older people, a range of groups and programmes focussing on personal development, health and wellbeing, support groups for individuals experiencing alcohol and gambling issues. 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 designed to meet the needs of the local community including a Women's Group, Parent & Toddler Group, a Men's Shed, Education and Training programmes, One to One support and Parenting programmes. Phone: 056 7734880.

Phone: 051 375261

Website: www.stbrigidsfcc.ie

Email: stbrigidsfcc@eircom.net

Facebook page: Clodaigh House

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

TUSLA

*Tusla Child and Family Agency,
Community Services,
Cork Rd, Waterford.*

Services include; Social workers and child protection team

Phone: 051 842827.

St Joseph's Hospital, Dungarvan: 058 20906

Child and Adolescent Mental Health Service

PREVENTION, PARTNERSHIP AND FAMILY SUPPORT (PPFS)

Tusla Community Services

34 The Mall

Waterford

Phone: 051 859001

Prevention, Partnership and Family Support (PPFS):

PPFS provide support by working in partnership with children, young people and their families to identify and respond to their strengths and needs in a timely way.

This is a voluntary process for engagement.

MEND (MEN ENDING DOMESTIC ABUSE)

MEND is a project of the Men's Development Network based at 49 O'Connell Street, Waterford and is a programme for men who have been violent/abusive in their intimate partner relationships and want to change their behaviour. The programme includes one-to-one and group work and has an integrated partner support service for the partners or ex-partners of the men on the programme.

The programme is currently available in Waterford, Wexford, South Tipperary, Carlow/Kilkenny, Laois/Offaly and Kildare.

Contact: mend@mens-network.net

Phone Mairtin on 087 318 0156

or 051 878866 or see www.mens-network.net

BARNARDOS

In Barnardos we work with children and their families to make real and lasting changes to their family relationships and lives. Our primary objective is to provide support for children, young people and families in need.

Our Services to families are situated in the heart of local communities, providing evidence-informed, outcomes-focused services for children and parents/carers, in their homes, in schools or in our centres; either individually or in groups, depending on each family situation. All of our services work to improve the lives of children and their parents so that they can continue to thrive long after our work with them is completed.

Contact Details

Barnardos Family Support Project
128 Clonard Park, Ballybeg, Waterford

Tel 051 844140

Email: [info @ballybeg.barnardos.ie](mailto:info@ballybeg.barnardos.ie)

Project Leader: Una Conroy

WATERFORD WOMEN'S CENTRE

Waterford Women's Centre provides community education programmes for women and supports their progression onto further education training and employment.

The Women's Centre also offers a support group for women who have left abusive relationships.

For details of programmes please

See website: waterfordwomenscentre.com

or telephone 051 351918

TINTEAN HOUSING ASSOCIATION

Tintean provides transitional accommodation with 24 hours on site support, second stage and long term housing for single homeless women aged 18 years and over, and short term emergency accommodation for homeless families.

Tintean provides support for their clients to seek and secure stable long term accommodation. The overall goal is to support clients to break the cycle of homelessness and achieve long term, secure and independant tenancies.

Tintean Housing Assocoation doesn't accept self-referrals, and all referrals for the service must come through a professional and must be approved by the Homeless Action Team.

Contact:

25 Virginia Crescent,
Hennesseys Road,
Waterford

Telephone: 051 844076

Email: manager@tinteanhousing.eu

COUNSELLING SERVICES

Accord

St Johns College, Waterford

Phone: 051 878333

Comhar, HSE

Adult Counselling Service

Helpline: 1800 234 118

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

St Brigid's Family & Community Centre

37 Lower Yellow Road, Waterford

Phone: 051 375261

Waterford Rape and Sexual Abuse Centre

2A Waterside, Waterford

Phone: 051 873362

Helpline: 1800 296296

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 of the month:
From 7pm - By appointment only.
Citizens Information Centre,
37 Lower Yellow Road,
Waterford.
Telephone: 076-107 6580

GENERAL INFORMATION ON SERVICES

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

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

BRILL FRC, @thecampus, Ballybeg, Waterford.
BRILLFRC, The Community Hub, Manor St John Building, Waterford.
E-mail : community@brillfrc.ie
Phone : 051-350100 or 085-8771772.
Catchment area: Ballybeg/Kilbarry Area,
Larchville/Lisduggan and Manor St John.

Civic Offices,
Dungarvan, County Waterford.
Phone: 076-1102020
Sexual Assault Treatment Unit
Waterford Regional Hospital
Dunmore Road, Waterford
Phone: 051 842157

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

Crime Victim Helpline
Freephone: 1850 211 407

Department of Employment and Social Affairs
Cork Road, Waterford
Phone: 051 356000

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

Waterford Community Based Drugs Initiative
WFTCYS,
Millennium Youth and Community Centre,
Church Road,
Lisduggan, Waterford
Phone: 051 351100 or 087 2024061

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

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

Samaritans
16 Beau Street, Waterford
Phone: 051 872114 Freephone:116 123 National Helpline: 1850 60 90 90

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

St. Paul's Community Project
Manor St John Building
Lisduggan, Waterford
Phone: 051 351205
St Vincent De Paul
Unit 36,
Cross Roads Business Park, Waterford
Phone: 051 350725/26/28

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

Waterford Integrated Homeless Services Centre
28 Parnell Street, Waterford City
9:30-12:30pm. 2-4pm
Phone: 0761 102020

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

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

INFORMATION FOR WOMEN EXPERIENCING DOMESTIC ABUSE

An instant attraction, a correspondent perfection
A beautiful smile, a mirror reflection
He compliments me, and I laugh at his jokes
I never anticipated it was all just a hoax

Too soon the scene darkened as the sun ceased to shine
His short-tempered nature should've been my first sign
My forgiveness was instant, "everyone has bad days"
But the seriousness of the case I had failed to appraise

Deception undetectable, alluring innocence
Shadows hiding in the darkness, evidently effortless
Demanding constant change,
insufferable turmoil deep inside
Unaware it was himself he was so desperate to avoid

Distressing occasions becoming more frequent
Vitriolic insults, a sarcastic accent
"He's had a tough life," I remind myself coolly
"Just keep your mouth shut lest he become
too unruly"

Initial wounds scored tiptoeing on eggshells
My physical pain, his mental - consequential parallels
He clutches me tightly as the dynamic reshapes
I feel love's embrace as he prevents my escape

The morning sun greets us, he's quiet, bowed head
I feel like a queen when it's breakfast in bed
He's good to me...
at least compared to those who came before
It's impressive how he cheers me up
and evens out the score

Storm clouds appear, seemingly out of nowhere
The atmosphere, once fine, suddenly full of hot air
I cannot forecast it, there's no warning sign
Till the ground rushes towards me as
I fall from cloud nine

Daily intoxication, violent sensuality
Demonstrating love through pain, a surreal reality
My sense of safety dwindles
like the rays of light at dusk
From hot to cold, no reason told,
I squandered all my luck

Brief flashes of sanity, fleeting lightning strikes
Submitting to the darkness his energy spikes
On the brink of war, I try restore the lost tranquility
But in this upside-down,
I've just exposed his vulnerability

Retreat inside the place I know,
somewhere that's hard to find
My sacred, secret sanctum in the alcove of my mind
Too much to bear,
I'm threatened with complete dissociation
Fifty shades of black and blue,
without an explanation

Destruction is inevitable living in a known risk zone
Surprisingly, my fate's not
completely out of my control
I cannot fight the weather, but I can build a safe space
To protect me from the elements
of a life lived in disgrace

It takes some time to undo incessant indoctrination
Accusations, confrontations, intimidation, isolation
But in the transformation,
I learned that fire means refinement
Survive the burn, a sombre stone
becomes a shiny diamond

Devastating pain precedes every new birth
The old me dead and buried, a new one to unearth
Liberation from domination,
unleashed from total bondage
Confident having earned newfound experience
and knowledge

It takes a true magician with masterful sleight of hand
To make you gaze in awe and swipe
the world from where you stand
Now I've learned my lesson and can identify true love
I'm no longer just an innocent girl to take
advantage of

They say, "forgiveness frees both parties,"
whether or not it's face-to-face
But it was forgiveness that got me into this mess
in the first place
I know I'd rather save my tears
for each and every victim
After all, he's living in a soundproof
room of narcissism.

By Ann-Marie Butler

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
opposing violence against women