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INFORMATION PACK FOR WOMAN

IMPRINT

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Project workstream 3



SUNIA GEEL – Prevent and combat violence
against children, young people and women and to
protect victims and groups at risk

For further informations please visit:
www.suniageel.eu

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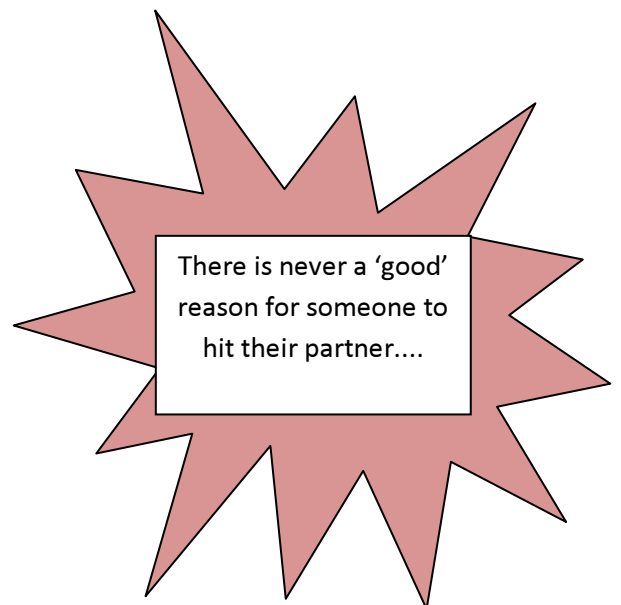


INFORMATION PACK FOR WOMEN



EXCHANGE HOUSE
National Travellers Service

Did You Know...?



Why is it so difficult to leave...?

There are many reasons why it can be very difficult for a woman to leave a violent home situation. It is not just that a woman doesn't know where to go or who to ask for help.

A woman may have fears about some or all of the following factors:

- Fear of isolation from her family/community
- Fear of intimidation from his/her family
- Fear of violence from his/her family
- Fear for personal safety
- Lack of privacy
- Separation from some (boys) of the children
- Partner/children/family members always with her
- Fear that the children will be removed into care
- Fear that her partner may be arrested

A woman may also blame herself for the abuse

A woman may be ashamed or embarrassed

A woman may not feel she will be taken seriously

A woman may fear that she could not cope alone



All these fears are normal in domestic violence situations –

they are real - but they can be addressed.

Protective Orders

1. Safety Order: A safety order prohibits the person against whom the order is made (the respondent) from engaging in violence or threats of violence. It does not oblige that person to leave the family home. If the person does not normally live in the family home, it prohibits them from watching or being in the vicinity of where the person applying for the order (the applicant) and dependent children lives. A safety order can be made for up to five years.

2. Barring Order: This requires a person against whom the order is made, to leave and stay away from the place of residence of the person applying for the order and/or the dependent children. It may also include terms prohibiting the respondent from using or threatening to use violence. The District Court can make a barring order for three years and this can be reviewed. A Barring Order can be sought if the couple has lived together for six months during a nine month period.

Once a summons has been issued for a safety order or a barring order the applicant can apply for a **protection order** or an **interim barring order** while waiting for the application to be heard in court.

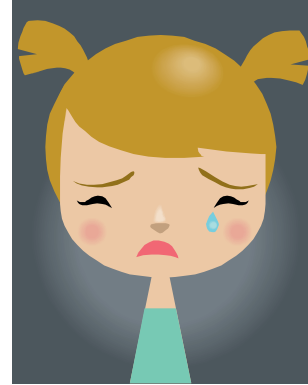
3. Protection Order: This is a temporary safety order. It gives protection to the applicant until the court decides on a safety or barring order application. It is intended to last until the case is heard and a decision made. It does not oblige the respondent to leave the family home.

4. Interim Barring Order: This is a temporary barring order. It is intended to last until the barring order application is heard in court and a decision made. Under the Domestic Violence Act, 2002 a full court hearing must take place within 8 working days of the granting of an interim barring order. The Court must be of the opinion that there are reasonable grounds for believing there is an immediate risk of significant harm to the applicant or any dependent person if the order is not made immediately and the granting of a protection order would not be sufficient to protect the applicant or any dependent person.

What can Domestic Violence do to a woman...?

Physical effects

- ✘ Broken bones and teeth
- ✘ Bruising
- ✘ Scarring
- ✘ Gastrointestinal disorders
- ✘ Asthma
- ✘ Injuries causing blood clots/ strokes
- ✘ Reduced physical functioning
- ✘ Substance misuse
- ✘ Eating disorders
- ✘ Poor sleep patterns



Emotional / Psychological effects

- ✘ Depression
- ✘ Stress related disorders – anxiety, panic attacks, phobias, symptoms of post traumatic stress disorder
- ✘ Dissociation
- ✘ Self Harm
- ✘ Shame and guilt
- ✘ Feelings of identity loss
- ✘ Low or no self esteem/ confidence
- ✘ Difficulty making decisions
- ✘ Hopelessness, apathy, despair
- ✘ Exhaustion
- ✘ Confusion
- ✘ Suicidal ideation/ attempts
- ✘ Loneliness
- ✘ May overcompensate with children
- ✘ May become abusive towards children
- ✘ Psychosomatic problems
- ✘ Trust and judgment effected
- ✘ Difficulty forming appropriate relationships with others
- ✘ Substance misuse



Social effects:

- ✘ Withdrawal and forced isolation from family, friends and social interactions
- ✘ Loss of autonomy
- ✘ Hiding
- ✘ Feelings of disconnection with outside world
- ✘ Homelessness

Financial effects:

- ✘ No choice on financial spending
- ✘ Financial dependence on abuser
- ✘ Abuser uses money to bribe her into behaving in certain ways
- ✘ Difficulty sustaining employment
- ✘ Control of social welfare allowance by abuser.
- ✘ Begging
- ✘ Theft
- ✘ Prostitution





Sexual effects:

- ✘ Rape
- ✘ Unwanted pregnancy
- ✘ Gynaecological injuries
- ✘ S.T.D.'S
- ✘ Loss of sex drive
- ✘ No choice over sexual activity, or contraception
- ✘ Sexual humiliation or degradation
- ✘ Forced to watch pornography
- ✘ Prostitution

Fatal effects:

- ✘ Death by the abuser
- ✘ Death by suicide

Effects of Domestic Violence on children

<p style="text-align: center;">Physical Effects</p> 	<ul style="list-style-type: none"> Fatigue Alopecia Eczema Tummy aches Headaches Obesity Self harm Suicide Bedwetting/soiling Palpitations Asthma Muscle tension
<p style="text-align: center;">Emotional/Psychological effects</p> 	<ul style="list-style-type: none"> Negative emotions - guilt , anger, isolation, shame, fear , self blame Low self esteem Stress related illnesses Depression Isolation Confused loyalties Clingy Self blame Drug or alcohol related problems Over protectiveness of mother Developmental delays Difficulties or over achieving at school Eating disorders Neglect of their own needs due to impact on their mothers' physical and mental state. Suicidal ideation
<p style="text-align: center;">Social Effects</p>	<ul style="list-style-type: none"> Withdrawn Social Incompetence Poor social skills Low empathy Poor interpersonal relationships
 <p style="text-align: center;">Behavioural Effects</p>	<ul style="list-style-type: none"> Delinquency Alcohol/drug misuse ADD Aggression Acting out High level of physical aggression Imitating perpetrator's behaviour

Safety planning in a domestic violence situation

Domestic violence is one of the major issues of concern in Ireland. Exchange House Domestic Violence Support works with women who are experiencing abuse.

When living in an abusive situation, a woman's and her children's safety is the number one priority. The time when a woman leaves an abusive relationship is the most dangerous time for her. The abuser is enraged and may carry out the threat to kill the woman, himself, their children and/or family members. It is vital that a woman in an abusive situation plans for her safety and that of her children in advance on how she might respond in different situations. Therefore it is extremely important to think ahead and have a safety plan before acting. A well thought out safety plan will enable a woman to think clearly and move quickly.

Safety during a violent incident

A woman can not always avoid violent incidents. In order to increase safety, the following strategies can be used:

- Plan how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?
- When you believe that an argument or violence is about to happen, you can minimize the risk of physical injury (by trying to get to a room that has access to an outside door, by avoiding rooms that provide easy weapons for the abuser such as knives in the kitchen or rooms where you might get trapped such as the bathroom)
- Keep purse and car keys ready. If possible leave a set of keys with a trusted friend or a relative. Make sure they know why so they don't accidentally let it slip if your partner talks with them.
- Inform certain neighbours about the situation and request they call the police if they hear suspicious noises coming from the house.
- Teach children how to use the telephone to contact Gardai and medical help by using 999/112.
- Devise a code for the children so they can call for help.
- Use your judgment and if the situation is very serious, agree with your partner or give him what he wants to calm him down. Protect yourself until you are out of danger.

Safety when preparing to leave

If you are preparing to leave your partner plan this carefully as this can be a particularly dangerous time for you. It is important to remember that ending the relationship will not necessarily end the abuse.

- You may have to confide in your children that it may be necessary to leave home at some point in the future. Make sure they are old enough to understand that this must be kept secret and reassure them that you have plans for how to protect them but that you need their co-operation.
- Rehearse an escape plan (and teach it to your children) so that in an emergency you and your children can get away safely
- Agree on a code word to signal to your children that it's time to leave now.
- If you can, open a savings account in your own name to establish and increase your financial independence.
- Identify who will let you and your children stay with them or lend you some money.
- Leave an 'emergency bag' containing money, extra keys, and copies of important documents and clothes with someone you trust.
- Keep change for phone calls or public transport on you at all times.

What to take

- ✓ Money, ATM, credit, debit card
- ✓ Address book
- ✓ Keys – house / car / office
- ✓ Clothing and toiletries
- ✓ Children’s favourite toys and or blanket
- ✓ Identification (driver's license, passport, birth certificates for yourself and your children)
- ✓ Medical records / medication
- ✓ Lease / rental agreement, deeds, mortgage payment statements
- ✓ Important numbers
- ✓ Health insurance information
- ✓ Social welfare documentation
- ✓ School records
- ✓ Housing documents such as a lease, deed, or mortgage payment statements
- ✓ Financial records
- ✓ Marriage / divorce certificate
- ✓ Protective orders
- ✓ Custody papers
- ✓ Items of special sentimental value



Safety after you have left

It might increase your safety to inform some people that you have left your partner so that they do not unintentionally give out any information to your ex-partner. They will be better able to help you in an emergency. You might do any or all of the following to increase your safety:

- Consider informing your boss, secretary, the security and the Gardaí near your office of your situation if you think he might try to contact you there.
- Ask co-workers to help screen your telephone calls at work.
- When leaving work try to leave with other people or have someone pick you up.
- If problems occur when driving around, flag down a law enforcement officer or other public safety official, drive to a local hospital or get to some other public place where your safety will be ensured.
- If you use public transport, get off at a different stop than your abuser might expect, inform the driver that someone might be stalking you, or wait to exit until you see that other people will be exiting also.
- Try to alter your routine as much as possible
- Go to different stores to conduct your business and shop at hours that are different than those when residing with your abuser.
- Keeping copies of all court orders together with dates and times of previous incidents and call-outs for reference if you need to call the police again.

Safety and your children

Personal safety and safety planning are extremely important and necessary for children whose families are experiencing violence. Ensure that the children learn ways to protect themselves.

- Teach your children how to use the telephone to call for help and who to call. Rehearse this with the child in advance.
- Ensure the children know their full name and address.
- Talk to your children about the need to keep your address, phone numbers and location confidential.
- Inform people who take care of your children what has happened and give the names of the persons who have permission to pick them up.
- Stress the importance of being safe, and that it is not the child's responsibility to make sure that his/her mother is safe.

Financial safety and independence

It is important to realize that financial control is one of the biggest factors that could keep a woman tied to an abusive relationship. Not only does lack of a woman's own personal money cause stress and reduce the options for her and the children, but also the lack of privacy around her money can be another way that the abuser monitors her or tries to control her. He might be able to monitor the woman's spending and gain information about her activities and location. A woman can protect her privacy by:

- Using cash and limiting the use of credit cards since he might be able to see your transactions online or might have enough information to access your account by phone.
- Changing any account passwords or restricting online access.
- Stashing enough cash just in case you need it.
- To increase your independence, you can open a savings account in your name only. If you are concerned that he will find out, use an alternative address to keep this account private.

Emotional Safety Plan

Being in an abusive relationship is usually emotionally exhausting. To conserve your emotional energy, and to support yourself in hard emotional times, there are a number of things you can do:

- Become involved in community activities to reduce feeling isolated.
- Take a part-time job/course to reduce isolation
- Join support groups of other women to gain support and to strengthen your relationships with other people.
- Spend time with people who make you feel good and provide support.
- Take part in social activities, e.g. movie, dinner, exercise.
- Take time to prepare yourself emotionally before entering stressful situations like talking with your partner, meeting with lawyers, or attending court.
- Be creative and do whatever makes you feel good. Take care of yourself

Useful Telephone Numbers

<p>Exchange House National Travellers Service 61 Great Strand Street, Dublin 1.</p> <p>Direct provision of family support and social work; education; youth work.</p> <p>Tel: 01 872 1094</p> <p>Email: info@exchangehouse.ie</p> <p>Web: www.exchangehouse.ie</p>	<p>Crosscare Traveller Inclusion Project</p> <p>The Red House Clonliffe College, Dublin 3.</p> <p>Tel: 01 836 0011</p> <p>Email: info@crosscare.ie</p> <p>Web: www.crosscare.ie</p>	<p>National Traveller MABS</p> <p>Unit 2, North Park, North Road, Finglas, Dublin 11.</p> <p>Tel: 01 864 8510</p> <p>Email: nationaltraveller@mabs.ie</p> <p>Web: www.nattraveller-mabs.org</p>	<p>National Traveller Women's Forum</p> <p>First Floor, unit 4, Tuam Road Retail Centre, Tuam Road, Galway.</p> <p>Tel: 091 771 509</p> <p>Email: ntwf@iol.ie</p> <p>Web: www.ntwf.ie</p>
<p>Pavee Point</p> <p>46 North Great Charles St, Dublin 1.</p> <p>Tel: 01 878 0257</p> <p>Email: info@pavee.ie</p> <p>Web: www.paveepoint.ie</p>	<p>For details on where your local Traveller organisation is please contact:</p> <p>The Irish Traveller Movement,</p> <p>4/5 Eustace St, Dublin 2.</p> <p>Tel: 01 679 6577</p> <p>Email: itmtrav@indigo.ie</p> <p>Web: www.itmtrav.com</p>	<p>The Parish for Travelling People</p> <p>New Cabra Road, Phibsboro, Dublin 7.</p> <p>Tel: 01 838 8874</p>	<p>Traveller Counselling Service</p> <p>6 New Cabra Road Phibsboro, Dublin 7.</p> <p>Tel: 086 308 1476</p> <p>Email: travcounselling@hotmail.com</p>

Gardaí

In case of emergency ring: 112 or 999.

Legal Aid Centres, by County

<p>Cavan Law Centre Newcourt Shopping Centre Church Street Cavan Tel: 049 433 1110</p>	<p>Clare Law Centre Unit 6A Merchants Square Ennis Co Clare Tel: 065 682 1929</p>	<p>(Cork) Popes Quay Law Centre Northquay House Popes Quay Cork Tel: 021 4551 686</p>	<p>(Cork) South Mall Law Centre 1A South Mall Cork Tel: 021 4275 998</p>
<p>Donegal Law Centre Unit B9, Letterkenny Town Centre Justice Walsh Road,</p>	<p>(Dublin) Blanchardstown Law Centre Units 6-8 Blanchardstown Business Centre, Clonsilla</p>	<p>(Dublin) Brunswick Street Law Centre 48/49 Nth Brunswick Street/Georges Lane</p>	<p>(Dublin) Clondalkin Law Centre Tower Shopping Centre Clondalkin</p>

SUNIA GEEL DOMESTIC VIOLENCE PROJECT

The *Daphne* project is an EU funded project. Out of hundreds of applications made to the EU Commission's Justice section, Exchange House National Travellers Service was selected as the only Irish organisation to lead this project under the Daphne III Programme. The Sunia Geel Domestic Violence Project will run for 24 months

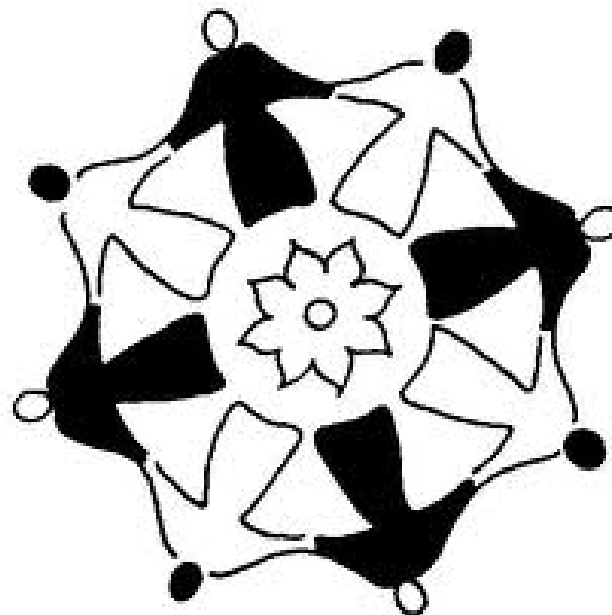
"Sunia Geel" derives from the Traveller language, Cant. It translates "take care of yourself", and is viewed as an apt name for what the project aims to achieve - families being valued and supported.

The prevalence of domestic violence within minority groups and barriers to resolving this is Sunia Geel's focus.

The goal of the Sunia Geel Domestic Violence Project is to prevent and reduce the extent and impact of Domestic Violence within marginalised communities in Europe by:

- Providing Support to Women, Children and Young People
- Generating Education & Community Awareness
- It will also expand knowledge of effective domestic violence interventions with these minority groups (Travellers in Ireland) amongst service providers

This will promote positive attitudes and behavioural changes within disadvantaged communities



DOMESTIC VIOLENCE RESPONSE

- Counselling
- Family Support
- Group work with women
- Group work with men
- Group work with children
- Community awareness
- Research
- Seminars
- Training on Best Practice when working with Travellers experiencing domestic violence

WOMEN'S SUPPORT GROUP

In line with Sunia Geel's main objective, Exchange House provides open Support Groups for Traveller Women.

The purpose of the groups is to raise awareness around domestic violence, clarify issues, address issues women might have and to explore interventions.

This group is facilitated by Social Workers and Family Support Workers and is 2 hours long.

To date, the groups have been facilitated in the Dochas Women's Prison, Ballymun Resource Centre and with the Blanchardstown Traveller Development Group.

**For enquiries please contact Exchange House at
01872 094**



EXCHANGE HOUSE National Travellers Service

Exchange House National Travellers Service is the leading provider of front line services to some of the most marginalised Travellers in Ireland since 1980.

We are a multi-disciplinary frontline service provider offering Family Support Services, Youth Services, Addiction Services, Prison Services and Education Services to members of the Traveller community based in the greater Dublin area.

In addition, we deliver a national service through training, provision of expertise and partnerships with other organisations providing services to Travellers in Ireland.

Exchange House has been providing a professional standard of practice that has been shown to produce good results with our client group, particularly as it relates to domestic violence.

Exchange House utilises a distinctive multi-disciplinary approach. Clients are facilitated to address their individual situation and needs under one roof; from crisis intervention through to long term education and employment.

OTHER EXCHANGE HOUSE SERVICES

Family Support Service

Addiction Service

Youth Service

Education Service

Research & Policy

Training Programmes

Conference Facilities

Visit our website

www.exchangehouse.ie

for more information



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EXCHANGE HOUSE National Travellers Service



Sunia Geel Domestic Violence
Project



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Kildare Law Centre Canning Place Newbridge Co Kildare Tel: 045 435 777	Kilkenny Law Centre 87 Maudlin Street Kilkenny Tel: 056 776 1611	Laois Law Centre Unit 6A Bridge Street Portlaoise Co Laois. Tel: 057 866 1366	Limerick Law Centre Lock Quay Limerick Tel: 061 314 599
Longford Law Centre Credit Union Courtyard 50A Main Street, Longford. Tel: 043 475 90	Louth Law Centre Condiul House Roden Place Dundalk, Co Louth Tel: 042 9330448	Mayo Law Centre Humbert Mall Main Street Castlebar, Co Mayo Tel: 094 902 4334	Meath Law Centre Kennedy Road Navan Co Meath Tel: 046 907 2515
Monaghan Law Centre Alma House The Diamond Monaghan Tel: 047 848 88	Offaly Law Centre Harbour Street Tullamore Co Offaly Tel: 057 935 1177	Sligo Law Centre Bridgewater House, Rockwood Parade, Thomas Street, Sligo. Tel: 071 916 1670	Tipperary Law Centre Friars Court Abbey Street Nenagh, Co Tipperary Tel: 067 341 81
Waterford Law Centre Canada House Canada Street Waterford Tel: 051 855 814	Westmeath Law Centre Paynes Lane Irishtown, Athlone Co Westmeath Tel: 090 647 4694	Wexford Law Centre Unit 8 Redmond Square Wexford Tel: 053 912 2622	Wicklow Law Centre Bridge Street Wicklow Tel: 0404 661 66

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