

16 days of action

AGAINST
VIOLENCE
AGAINST
WOMEN

You don't need a BRUISE to be ABUSED



LIMERICK LOCAL AREA NETWORK ON VIOLENCE AGAINST WOMEN

1 in 5 women in Ireland experience Domestic Abuse

4 in 10 women have experienced Sexual Abuse

Violence Against Women is a Crime





The 16 days of Action against Violence against Women, runs from November 25th

(International Day against Violence against Women) to December 10th (International Human Rights Day).

It is an international campaign, which started in 1991 and now has over 1000 organisations from over 139 countries participating. The aims of the campaign are to:

- Highlight the prevalence of violence against women.
- Raise awareness of violence against women as a human rights issue at local, national and international level.
- Show the solidarity of women around the world organising against violence against women.
- Work towards the elimination of all forms of violence against women.

If you or someone you know is experiencing Domestic Abuse a free local service is available.

Just phone Freephone 1800 200 504 to make an appointment or just to talk to someone who can help.



Event: LAN Feature in Weekly Observer
Date: Wed 21st Nov
Venue: Shops all over Limerick City & County
Open to: Available to all

LAN 2 Page Spread in Weekly Observer newspaper in County Limerick, featuring ads from services available to women experiencing abuse in their intimate relationships and their children. Funded by COSC



One in five women experience domestic abuse in Ireland.



Event: Art Installation
Venue: St. Munchin's CDP women's group
Open to: Everyone

Installation depicting 1 in 5 women experience domestic abuse. Created by St. Munchin's CDP women's group.



Event: Launch of 16 Days Calendar
Date: Thurs 22nd Nov
Time: 11 a.m.
Venue: Savoy Hotel Limerick City
Open to: Everyone

Launch of 16 Days Calendar of Events hosted by Limerick Area Network on Violence Against Women (LAN) Speaker Patricia Kelleher author of "They Should Not Be Allowed to Get Away With It" and a short drama by Child & Youth Workers from ADAPT Domestic Abuse Services.



Event: LAN Feature in Limerick Post & Vale Star
Date: Thurs 22nd Nov
Venue: Shops all over Limerick City & County
Open to: Available to all

LAN Feature in Limerick Post and the Vale Star newspapers with adverts from member organizations of the Local Area Network on Violence Against Women.



Event: Pampering Gifts & Info Visits

Date: 25th Nov - 10th Dec

Venue: Abbeyfeale

Open to: Everyone

Visits by West Limerick Traveller Health Workers to 70 homes in Abbeyfeale area with pampering gifts and information packs on services available.



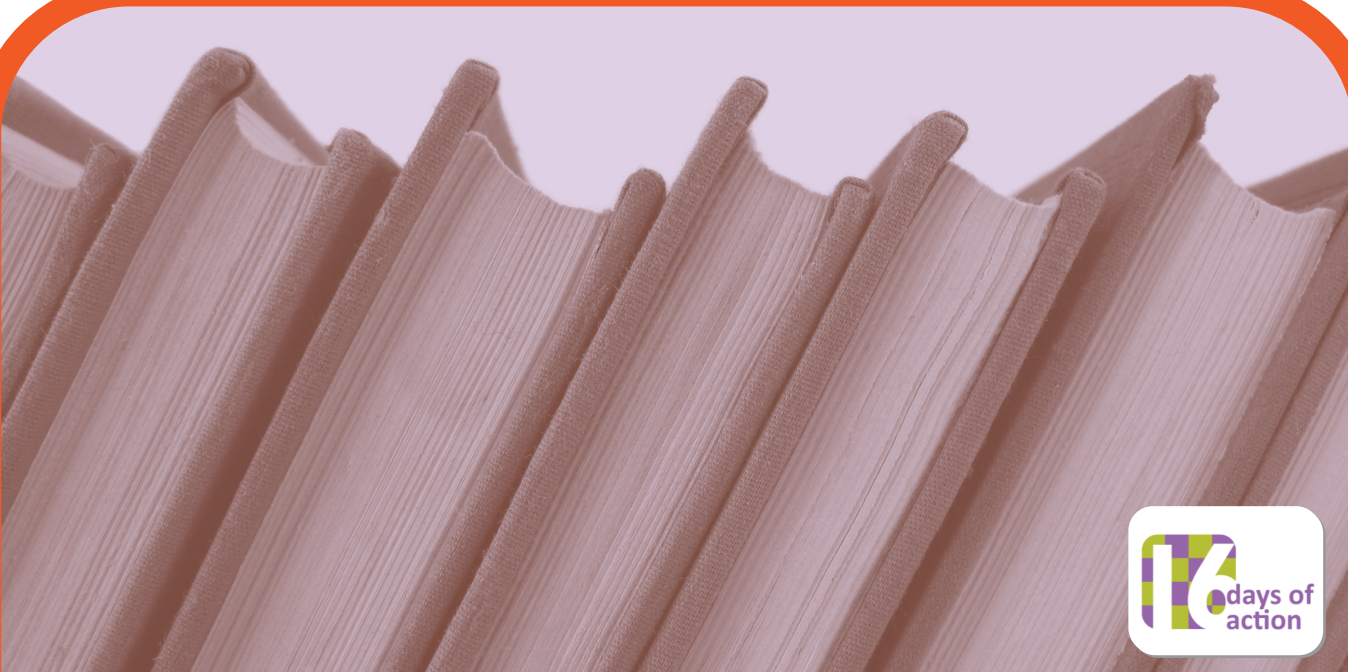
Event: Book and DVD Display

Date: 25th Nov - 10th Dec

Venue: City and County main branch libraries

Open to: Available to all

LAN Feature in Limerick Post and the Vale Star newspapers with adverts from member organizations of the Local Area Network on Violence Against Women.



Event: Info at Libraries
Date: 25th Nov - 10th Dec
Time: Usual opening hour for each branch during the 16 Days
Venue: Branch Libraries
Open to: Available to all

Display of books and DVDs relating to intimate relationship abuse at main libraries accompanied by leaflets and information on services available.



Event: Hospital FRC Information Campaign
Date: 25th Nov - 10th Dec
Venue: Hospital Family Resource Centre
Open to: Available to all

Hospital FRC Information Campaign:
Information board highlighting services available for people affected by domestic abuse. Fact sheets distributed to all groups using the Centre.



Event: LINK Workshop
Date: Tues 27th Nov
Time: 10 a.m. – 1 p.m.
Venue: LINK
Open to: Members only

LINK Workshop to celebrate and nurture our creativity



Event: West Limerick Network on VAW
Date: Tues 27th Nov
Time: After the 12 noon news
Venue: 102 FM

West Limerick Network on VAW members speaking on 'The Exchange' programme on 102FM West Limerick Community Radio



Event: Red Ribbon Project Presents SHH!!!
Date: Tues 27th November
Time: 10:00 a.m. to 4:00 p.m.
Venue: Thomond Park Conference Centre
Open to: Woman from all walks of life

Red Ribbon Project presents SHH!!! Sexual Power, HIV and Woman
Guest speakers and workshops. Lunch provided.
BOOKING ESSENTIAL
Contact:
grainne@redribbonproject.com
061 314354



Event: Workshop on Understanding Domestic Abuse
Date: Wed 28th November
Time: 9:30 a.m. to 1 p.m.
Venue: Deebert House, Kilmallock
Open to: Kilmallock Family Support Network member organisations

Workshop on Domestic Abuse Delivered by
ADAPT Domestic Abuse Services.
Contact to book a place:
moconnor@ballyhoura.org



Event: Balloon Release & Launch of 'How You Can Help' Leaflet
Date: Thurs 29th November
Time: 11 a.m. to 1 p.m.
Venue: Community Ed Centre, Mountmahon, Abbeyfeale (old Tech)
Open to: Everyone welcome, no charge

West Limerick Primary Health Care Project for Travellers Coffee Morning, with launch of information leaflet and Balloon release (representing 1 in 5 women who experience domestic abuse in Ireland). Box available to receive donations of baby and personal care products which will be given to women and children using ADAPT Refuge.



Event: Pampering Afternoon
Date: Thurs 29th November
Time: 1 p.m. - 3 p.m.
Venue: VEC Building, Kilmallock
Open to: Everyone welcome, no charge

Pampering day for women.
Organised by Kilmallock Family Support Network.
Contact to book a place:
moconnor@ballyhoura.org



Event: Film Screening
Date: Thurs 29th November
Time: 8 p.m.
Venue: Desmond Complex, Newcastle West
Open to: Everyone welcome, no charge

Free film screening by West Limerick Resources in conjunction with Newcastle West Film Club and ADAPT Domestic Abuse Services.

'Tyrannosaur' Certificate 18 years Winner Special Jury Prize & Best Director Award, Sundance Film Festival 2011.

A short film entitled 'Spiraling' from BDAF will also be shown to shown to raise awareness of how subtle abuse can start in relationships.



Event: Silent Walk
Date: Tues 4th December
Time: 1 p.m.
Venue: The Peoples Park, Limerick
Open to: Everyone Welcome

Silent walk in Peoples Park to show solidarity with the 1 in 5 women in Ireland who suffer domestic abuse. Assemble at Big Cates beside Zest Balloons and placards will be carried. Open to all men and women who wish to show their solidarity towards the 1 in 5 women in Ireland who experience domestic abuse.



Event: Installation and Information stand
Date: Tues 4th & Wed 5th Dec
Time: 10:30 a.m. - 2 p.m.
Venue: City Hall Atrium
Open to: Everyone welcome, no charge

Installation "From Darkness Into Light" created by women survivors on Breaking the Silence Project at ADAPT Services.
Services information stand.



Event: Unveiling of Jigsaw
Date: Wed 5th Dec
Time: 11 a.m. - 1 p.m.
Venue: St. Munchin's FRC Women's Group
Open to: All welcome

Unveiling of Jig Saw put together by St. Munchin's FRC Women's Group to highlight the issues connected to VAW



Event: Hospital Women's Group Morning
Date: Thurs 6th Dec
Time: 10 a.m.—12 p.m.
Venue: Hospital Family Resource Centre
Open to: All welcome

Hospital Women's Group and members of the public will view a DVD highlighting domestic abuse, followed by reflexology, meditation and coffee morning. A Balloon release will take place in solidarity with the 1 in 5 women who experience domestic abuse in Ireland.



Event: Information Stall at 'Winterfest'
Date: Sat 8th Dec
Time: 9 a.m.—7 p.m.
Venue: The Desmond Castle, The Square, Newcastle West
Open to: All welcome

West Limerick Network on Violence Against Women will have an information stall at 'Winterfest', a Christmas Market in the Castle, Newcastle West.



Event: Closing Ceremony
Date: Mon 10th December
Time: 11:30 p.m.—1 p.m.
Venue: Our Lady of Lourdes Community Centre
Open to: Everyone welcome, no charge

Closing Ceremony facilitated by ADAPT Services.
Ceremony includes a short drama, information display, art display.



Event: Laying of Memorial Wreath
Date: Wed 12th Dec
Time: 10 a.m.—12 p.m.
Venue: Hospital Family Resource Centre
Open to: Members only

Kilteely Women's Group will make a wreath and lay it in a prominent place in the community.