



ADAPT News

Winter 2012



days of
action

Domestic Abuse
Immigration Status

You Don't Need a
Bruise to be Abused

Play Therapy

Mini Marathon 2012

ADAPT Gets a New
Partner!

Celebrity Survivors
of Domestic Abuse

ADAPT Domestic Abuse Services

Rosbrien, Limerick • Tel: 061-412354

24 Hour Helpline Number: 1800 200 504 • Web: www.adaptservices.ie

Emergency Refuge Accommodation • 24 Hour Free-phone Helpline • One-to-one Support
Support Groups • Court Accompaniment • Awareness-raising and Campaigning
Child and Youth Services • Play Therapy

Editorial

In this issue you will see the calendar of events taking place during the 16 Days of Action which starts on 25th November and ends on 10th December. There is something for everyone. For example, you could choose to participate in the Silent Walk of Solidarity at lunchtime on 2nd December or you could choose to read one of the books listed inside at your leisure or as part of a book club. Whatever you choose, you are helping to open the door on this crime and shed light on what goes on behind closed doors.

As you will see from the clips from well-known celebrities inside, the crime that is domestic abuse is pervasive. It doesn't matter whether you are rich or poor, famous or not, black or white, young or old, it knows no barriers. Through it all domestic abuse is often not acknowledged. Even Justin Lee Collins, having been convicted of domestic abuse, denies that he is an abuser.

This could leave us feeling despondent. However, sometimes it is when we are really challenged that we dig deeper and come up with truly imaginative and creative responses. In reviewing some of the varied activities during the 16 Days it may trigger for you something else that could be done. If it does we would love to hear about it. There is always a danger with a concentrated campaign that energies are invested wholeheartedly for that period and then everyone goes back to their usual activities.

Limerick has a long rugby tradition which makes it even more special that Munster Rugby has chosen ADAPT as one of its charities for the forthcoming season. Rugby is a tough sport but it has definite rules. One of the core rules of Munster Rugby is that while physically tackling the opponent is part of the game on the pitch, there is no place for physically assaulting someone off the pitch. Through choosing ADAPT as one of its charities the men of Munster Rugby are saying no to domestic abuse and standing in solidarity with women to demonstrate that this issue is a societal issue, not just a women's issue. Keep an eye on our website for upcoming events where you too can join us and even meet some of the players.

We are now nearly into December and Christmas is quickly approaching. Some of our service users will have an opportunity to go and see the Christmas Panto, Cinderella, in UCH and ADAPT will be the beneficiary of a raffle and can have a bucket collection at some of the performances.

Celebrations such as Christmas come around every year whatever the economic climate. The Limerick Post has launched its ADAPT Christmas Appeal. You can bring a little bit of Christmas magic to the women and children who use our services by dropping toys for children and/or gifts for the women into the offices of the Limerick Post.

If you are purchasing Christmas cards this year, do consider buying some of our cards which are available in ADAPT and in a number of locations around the city. These beautiful cards have been drawn by children to reflect their experience of Christmas. Do look up our website and see the creative artists in our midst.

Sometimes it is in tough times when things are stripped back that we see the best of human nature, generosity, compassion and kindness.

The true magic of Christmas seems to be touching ADAPT in a very significant way this year.

Wishing all our readers a very peaceful Christmas.

Majella Foley-Friel

"If we did all the things we are capable of, we would literally astound ourselves." – Thomas A. Edison



ADAPT Fun Day!



On Friday 14th September ADAPT celebrated its annual fun day. A great time was had by all—residents and staff. Games included a treasure hunt, sack race, 3-legged race, basketball hoops, wellie throwing, giant jenga, egg race and water balloon throwing.

There was a Best Cake Competition with lots of very tasty creations. Certs were awarded for the best cake and the winning team in the exciting Treasure Hunt around the

garden. Many thanks also to Anna Gibson-Steel of the Holistic Centre for Excellence for the wonderful treatments available during the day.

Women's Mini Marathon 2012

On 16th October, ADAPT took part in the Limerick Women's Mini Marathon with many other charities. Over 2500 women finished the 8k course – all were in great spirits and enjoyed the beautiful weather. Irish Athlete Linda Byrne from Dublin came through in first place, followed by Siobhan Doherty from Tipperary in second and Claire McCarthy in third place. ADAPT would like to thank all those who helped us by raising funds or taking part in the Marathon.

Channel 4 Star gets 140 Hours Community Service for Psychological Domestic Abuse

Channel 4 TV presenter Justin Lee Collins was convicted of psychological abuse and given 140 hours community service. The comedian abused his girlfriend, video games public relations worker Anna Larke, regularly through verbal and psychological abuse. Collins says he will not appeal against his conviction for harassing his ex-girlfriend – but has refused to accept he is "violent or an abuser".

Following his conviction, Collins released a statement, which said: "I deeply regret the distress and anguish I have caused by my behaviour in what was a very troubled and difficult relationship with Anna Larke. After careful reflection in the last 24 hours I have decided not to proceed with an appeal against my conviction. I would like to reiterate what I made clear in court, that I have never used or threatened violence against Anna Larke or anybody in my life. I accept that the jury have found elements of my conduct amounted to harassment, which I apologise for unreservedly, but I will never accept the allegation that I am violent or an abuser." Collins had insisted he only ever gently slapped Ms Larke twice, when she was hysterical.



A jury at St Albans Crown Court heard that, during their seven-month relationship last year, the 38-year-old entertainer made Anna Larke, also 38, sleep facing him, made her write down her previous sexual experiences and assaulted her. After he was convicted Ms Larke's family released a statement describing Collins as an "abuser".

INDEPENDENT IMMIGRATION STATUS FOR NON-EEA NATIONALS EXPERIENCING DOMESTIC VIOLENCE

In August 2012, the Irish Naturalisation and Immigration Service (INIS) published information on its website (www.inis.gov.ie) in relation to non-EEA nationals experiencing domestic violence. This explained the approach that is being taken by the immigration authorities in situations where a non-EEA national is experiencing domestic violence and has an immigration status that is dependent on their relationship with their abuser.

In short, the INIS have set out the process whereby a person may seek an immigration status that is independent of the relationship with their abuser. This allows them the option for seeking help with their situation without fear of removal from the State, or of negative implications for their immigration status and that of any children that may be dependent on them.

The INIS points out that:

'No one should have to suffer domestic violence and it is a matter that is taken seriously by the authorities. Migrants may have additional vulnerability in this area in that the person committing domestic violence may say "if you report this you will lose your immigration status". This is not true. Domestic violence should always be reported and you do not have to remain in an abusive relationship in order to preserve your entitlement to remain in Ireland'.

How to Apply for Independent Status (Please note that clarifications have been added by the Immigrant Council of Ireland).

1) Applications must be made from inside the State and the person making the application should have some form of current immigration status e.g. as the dependent of an Irish national or of a foreign national who has immigration permission to live in Ireland.

2) If their immigration status has lapsed (i.e. if their Garda National Immigration Bureau (GNIB) certificate of registration has not been renewed) an application can still be made, but it will have to be clearly explained in the application as to the circumstances in which the permission was not renewed. This may occur in instances where the renewal was not possible due to medical issues; where the applicant is in hospital as a result of the abuse; or where the abuser retained control of the person's documents and did not allow them to register.

3) Applications should be made in writing to the General Immigration Division, 13/14, Burgh Quay, Dublin 2. There is no application fee. However, in the event of the application being successful, INIS have stated that the GNIB registration fee of €150 will be applied.

4) The application, which can be made through a solicitor or directly by the person herself, should set out details of the domestic violence suffered and make a request for independent immigration status. This request should be clearly detailed at the start of the correspondence.

5) Any relevant family circumstances, especially whether there are any children involved, should be disclosed. This should include information on whether the applicant or the perpetrator has left the family home.

The INIS has stated that in order for the application for independent status to be fully considered, it will be necessary to supply as much information as possible to support and document the situation. The sort of documents that would be helpful in establishing this would include the following (original documents required).

Please note that the following list is of **suggested** documents. It is not expected that applicants will be in a position to supply all of the documents listed.

Supporting documentation may include:

Protection Order, Safety Order or Barring Order from the Courts

Legal

- Medical reports indicating injuries consistent with domestic violence. Details of doctor and dates of consultation should be supplied.
- A Garda report of incidents of domestic violence.
- A letter from a State body (such as the Health Service Executive (HSE)) indicating that it is dealing with your case as an issue of domestic violence.
- A letter of support from a domestic violence support organization or other similar support organizations - (for example a refuge, Women's Aid, local domestic violence support groups, a Citizens Information Centre, the Immigrant Council of Ireland (ICI) etc.
- Any other evidence indicating that the applicant is experiencing domestic violence.
- If there are children involved in the relationship, details of access and maintenance agreements (either formally agreed through the Family Court or informally arranged) should also be included.

The INIS had initially stated that it is their position that independent immigration status is only appropriate where the parties are no longer living together as a family unit. This requirement has since been removed by the INIS. Therefore the application for independent status can be made when the applicant is still residing with the abuser, and can equally be made after the cohabitation has ended.

ADAPT Support Workers are familiar with the process and will support women in safety planning, making contact with Doras Luimní and other services that will support the process.

ADAPT Domestic Abuse Services
Rosbrien, Limerick
1800 200 504
www.adaptservices.ie

Doras Luimní,
Mount St. Vincent, O'Connell Avenue,
Limerick. Telephone: 061 310 328 Fax: 061 609 960
www.dorasluimni.org Email: info@dorasluimni.org

Other Useful Contacts
Immigrant Council of Ireland
Information and Referral Service
Phone: +353 1 674 0200

Irish Naturalisation and Immigration Service (INIS),
13/14 Burgh Quay, Dublin 2
Lo Call: 1890 551 500 (Please refer to INIS website for phone line opening hours)
Website: www.inis.gov.ie



Domestic violence is a crime that has plagued our society for a long time. Anyone can fall prey to domestic violence whether it is a star or someone down the street you see every day. More than 3 women every day are killed by their male partners. Women who have been victims of domestic abuse are 9 times more likely to die by suicide (charlesayoub.com).

We all know humiliating or degrading behaviour is not what anyone expects to experience when they find who they think is their special someone, then why is its occurrence so widespread? The thing about domestic abuse is that it can be mental, physical, sexual, financial or social. People are often ashamed of what has been done to them so they don't talk about it and live in the unspoken world of domestic abuse.

See below some stories of stars who fell victim to domestic abuse and survived it. They have moved on and created a better life for themselves whilst nevertheless carrying some of the scars. These stories are rarely highlighted in the media and need to be so that the silence of domestic abuse is broken.

Jaslene Gonzalez, America's Next Top Model is a survivor of domestic abuse. She signed on as the spokesperson for the "Love is Not Abuse" campaign created by Liz Claiborne (2007).



In 2004, Halle Berry suffered domestic abuse by her ex-boyfriend which left her 80% deaf in one ear. This did not stop her from living her life. She now supports women who go through the same thing and want to make a change. "I want women to stand up and break the silence and get rid of the shame and the fear and find a way to stand up for themselves."

Tina Turner, actress and singer, was in an abusive marriage with Ike Turner for sixteen years. In a film based on her life *What's Love Got To Do With It* the story of her abuse became known to the public. It took her a long time to gather the courage to get a divorce in 1978, but she took the step. Now she has found the love of her life and is living happily with him.



Jessica Simpson has issued a plea to women suffering domestic abuse to leave their violent partners and to build new lives for themselves. Jessica suffered abuse at the hands of a former partner.

Mary Jane Blige, the 41 year old singer and song writer, was sexually abused by a friend of the family at the age of five. During her childhood she witnessed domestic violence in her own house. To this day she claims that she can not give herself fully to a man; even now when she is happily married.



The beloved talk show host, Oprah Winfrey, was sexually abused from the age of 9 by her uncle, a family friend and a cousin, until she ran away at the age of 13. Now with her story of courage she has set about creating awareness of domestic abuse.

Reality television star, Sharon Osbourne, suffered abuse at the hands of her father. He used to beat her and confine her in the basement; she now suffers from claustrophobia because of it. but look at her today, she shows women that life does go on if we let it.



R&B star Rihanna has spoken publicly about the abuse she suffered from her ex-boyfriend. The singer has spoken about being assaulted by Chris Brown and had visible bruises on her face. Brown handed himself in to police and issued a statement saying he was "sorry and saddened" and was seeking counselling.

The Original Rudeboys Say No to Domestic Abuse



Up and coming Irish hip hop act The Original Rudeboys made headlines last week when they said 'Thanks but No Thanks' to Chris Brown.

The trio were offered the opportunity to support Chris Brown in the O2 in Dublin next month, but turned it down. They stated that they could not overlook Chris Brown's attack in 2009 on his then girlfriend, Rihanna.

Speaking to *RTE Ten*, Sean Walsh of The Original Rudeboys said that although this would have been a great opportunity and a substantial fee was involved, the band declined the offer. "With our latest single *Blue Eyes* being about domestic violence, it goes against everything we are about as a band and supporting Chris Brown would send out the wrong message to our fans".

Chris Brown was convicted of assault and making criminal threats against Rihanna. He was sentenced to 5 years' probation and community service. The Irish band has sent out a strong message by turning down this gig: domestic abuse in any form is not acceptable. The band's album *This Life*, including the latest single *Blue Eyes*, is out now.

How do children play out their experiences of witnessing domestic abuse in the home? Although every child is an individual and therefore the details of every play scene will be different, there are certain themes that re-appear in the children's play. I would like to highlight some of those themes.

One theme is **containment**. I have noticed that some children like to put things into boxes, jars, folders - any thing that can hold things. They also like to move things from one box to another. I watch as the children sometimes hide the boxes and say that they want them to be left there until the next session. Others ask me to put them somewhere safe until the next time.

Children put lots of different items into these containers including smaller toys. Sometimes they use paint and the messy corner materials - shower creams, shampoo, body lotion and flour, to make up the "stuff" to be contained in the boxes. I often watch in wonder as child after child is enthralled with this play during their process.

So let's play with the idea of containment and why it may be important for a child in therapy. Containment: making stuff manageable, making it real in the room but also being able to put it away and leave it here - that may be some of it, maybe all of it or maybe none of it. Play with it and see what comes up for you.

At times I have seen children make their own containment in the room but for others it is the job of the therapist to see that the "stuff" is too large, too big for the child to manage alone, and so the therapist offers containment and always has boxes and jars available.

How does the therapist know when the child needs to play with the mess and when to contain it? The child's behaviour before, during and after this type of play will guide this decision. "Messy" or embodiment play facilitates the child to get in touch with her emotional self. If the emotions experienced are too overpowering for her to manage, it may only remind her how frightening the abuse was and how powerless she was in it. A child does not have to leave the session calm. However, if a child is agitated, frightened or hyper-alert at the end of a session, this is an indication that the material needs containing and for the moment the child needs assistance in doing so.

Another theme that can be played out by children is **power over the abuse** whether the abuse has been witnessed or experienced. Play lets the child explore the twin ideas of being powerful and powerless. If a child feels powerless, he can play at being the powerful person in the room.

I have seen this theme manifest itself in many forms in the therapeutic play: a child dressing up as a super hero and saving toys that are in trouble; a child hiding a toy in the ball pool and spending forty minutes looking for it and finding it; a child jumping into the ball pool and say he is stuck or drowning and then managing to get himself out —he may ask for help or may get himself out of the sea, the fire or whatever he has named the ball pool to be. I have witnessed children at the beginning of their process unable to get themselves or the toy out of the situation they have cast themselves in, and over time this has changed and they have saved the toy or themselves.

One child liked to hit a ball off the wall with the baseball bat. She did this over many weeks. One day she said that it made her feel big and strong and not afraid because she could hit it hard and she liked the noise as it hit the wall. One day a child went through the doctor's kit and put a plaster on Superman after he had been saving people in the session. The child put Superman to bed and said, **"Even Superman needs rest"**

Another theme that appears in the child's play is the **unpredictability of the abuse witnessed**. I have often sat with a child while he is engaged in one form of play, for example, caring for the doll or doing a piece of art work in a quiet manner and then all of a sudden the doll or the painting may be thrown across the room or ripped up and thrown away. I often wonder about the suddenness of what is a violent interruption to the child's play. Is this how the child experienced the violence towards their mother: sudden and frightening?

How does the play therapist work with these themes in the therapy room? The child-centred play therapist learns to track what the child is doing physically and also track the emotional content of the child's play. Tracking the emotional content can be challenging, because if the therapist gets the emotion wrong or comes in too early and interrupts the child's play, the child can withdraw from the play.

If a child starts by mixing paint, I say what she has done. If she puts more into it, I say that and highlight the colours used. If the child stirs it, I acknowledge this by saying something like "There is a lot of paint in there and now you are mixing it all up".

So begins the therapeutic dialogue. Some children respond and talk about the paint, agreeing or disagreeing with the therapist.



Some children say nothing. The therapeutic value is contained within the metaphor of the play. The therapist might comment that the paint is all mixed up and what it looks like - is it spreading out over the space. The therapist tracks what is happening in the moment to the "stuff".

Another way to work with what the child shows the therapist is to reflect back to the child what is going on for the therapist. For example, where a child is playing quietly with something like a doll or is engrossed in some art work and then suddenly the doll is thrown across the room or the art work is ripped into pieces. I would not only describe physically what I see happening, but also describe emotionally what the change in play did to me. Words like: "I didn't see that coming, I was scared when that doll was thrown or I jumped when the paper was suddenly ripped to pieces. I did not like that - it frightened me."

By reflecting back feelings of fear and uncertainty, the therapist is voicing feelings that may be too powerful for the child to name. Acknowledgement of surprise or fear in the face of the unpredictability of domestic abuse can be empowering for the child. By acknowledging that it is frightening even for adults, it lets the child know that it is ok to be afraid and scared. The response of the child to this type of the play can be "Well it did not scare me". Another response may be to re-play this over and over to scare the therapist and let the therapist acknowledge how frightening it is to live with violence or the threat of violence. The containment is happening in the movement from big to small and small to big.

This gives you a window into the world of the child and how play therapy can help.



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. To raise awareness of violence against women as a human rights issue at local, national and international level. To show the solidarity of women around the world organising against violence against women. To work towards the elimination of all forms of violence against women. If you, or someone you know, is experiencing domestic abuse, Freephone ADAPT @ 1800 200 504 to make an appointment or to talk to someone who can help.

Date	Event	Venue	Time
21 st Nov	LAN 2 page spread in Weekly Observer and Vale Star newspapers in County Limerick, featuring ads from services available to women experiencing abuse in their intimate relationships and their children.	Shops all over County Limerick	
22 nd Nov	LAN Feature in Limerick Post newspaper with adverts from member organizations of the Local Area Network on Violence Against Women.	Shops all over Limerick City & County	
22 nd Nov	Launch of 16 Days and 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. Open to all.	Savoy Hotel, Limerick City Centre	Coffee & scones at 11:00 a.m.
25 th Nov to 10 th Dec	Visits by West Limerick Resources Traveller Health Workers to 70 homes in Abbeyfeale with pampering gifts and information packs on services available.	Abbeyfeale area	During the 16 Days
25 th Nov to 10 th Dec	Display of books and DVDs relating to intimate relationship abuse at main libraries accompanied by leaflets and information on services available. Available to all.	Limerick City & County main branch libraries	
25 th Nov to 10 th Dec	Hospital FRC Information Campaign: Information board highlighting services available for people affected by domestic abuse. Fact sheets distributed to all groups using the Centre. Available to all.	Hospital Family Resource Centre	During the 16 Days
27 th Nov	LINK Workshop to celebrate and nurture creativity. LINK members only.	LINK	10 a.m.- 1 p.m.
27 th Nov	West Limerick Network on VAW members speaking on 'The Exchange' programme on 102fm West Limerick Community Radio.	102fm can be picked up all over Limerick and beyond	After the 12 noon news
27 th Nov	Red Ribbon Project Presents SHH!!!. Sexual Power, HIV and Women. Guest speakers and workshops. Lunch provided. Women from all walks of life. BOOKING ESSENTIAL. grainne@redribbonproject.com. 061 314354.	Thomond Park Conference Centre	10:00 a.m. - 4:00 p.m.
28 th Nov	Kilmallock Family Support Network workshop on Understanding Domestic Abuse. Contact moconnor@ballyhoura.org to book a place.	Deebert House Hotel Kilmallock	9:30 a.m. - 1:00 a.m.
28 th Nov	ADAPT is hosting a workshop on the global challenge of combating violence against women. Gender and Social Protection Advisors from Irish Embassies in Irish Aid partner countries will be in attendance.	ADAPT House	7:00 p.m. - 8:30 p.m.
29 th Nov	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). Open to all - no charge. Box available to receive donations of baby and personal care products which will be given to women and children using ADAPT Refuge.	Community Education Centre Mountmahon, Abbeyfeale (old Tech)	11:00 a.m. - 1:00 p.m.
29 th Nov	Pampering day for women at Kilmallock Family Support Network. Open to all - free of charge.	VEC building Kilmallock	1:00 p.m. - 3:00 p.m.
4th Dec	Silent Walk in the Peoples Park to show solidarity with the 1 in 5 women in Ireland who experience domestic abuse. Open to all – men and women who wish to show their solidarity towards the 1 in 5 women in Ireland who experience domestic abuse. Assemble at big gates beside Zest. Balloons and placards will be carried	Peoples Park, Perry Square, Limerick City.	1:00 p.m.
4 th & 5 th Dec	Installation "From Darkness into Light" created by women survivors on the Breaking the Silence Project at ADAPT Domestic Abuse Services. Information on the services of ADAPT available. Open to all - free of charge.	City Hall Atrium, Limerick	10:00 a.m. - 2:00 p.m.
5 th Dec	Unveiling of Jigsaw put together by St. Munchin's FRC Women's Group to highlight issues connected to VAW. Open to all.	St. Munchin's FRC Ballynanty	11:00 a.m. - 1:00 p.m.
6 th Dec	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 in Ireland who experience abuse. Open to all.	Hospital Family Resource Centre	10:00 a.m. - 12 noon
8 th Dec	West Limerick Network on Violence Against Women will have an information stall at 'Winterfest', a Christmas Market in the Castle, Newcastle West. Open to all.	The Desmond Castle, The Square, Newcastle West	9:00 a.m. - 7:00 p.m.
10 th Dec	Closing Ceremony facilitated by ADAPT Domestic Abuse Services. Short drama, information display, and art display. Open to all.	Our Lady of Lourdes Community Centre	11:30 a.m. - 1 p.m.
12 th Dec	Kilteely Women's Group will make a wreath and lay it in a prominent place in the community. Members only.	Hospital Family Resource Centre	10 a.m.- 12 noon

BLACKBERRY PICKING—AG PIOCADH SMÉARA DUBHA

Many of you may have picked blackberries this Autumn and did you use a “Ponnie”? While reading through some old recipes, I was amused to read about “THE ESSENTIAL PONNIE”. The ponnie went everywhere with you and a bigger can was placed on a safe spot on the ground. You picked blackberries into the ponnie by holding it directly under the branch and experienced pickers managed to use both hands for picking while still holding the ponnie. Filled ponnies were tipped into the can and the process repeated until the can was full to the rim.

Why not try this delicious recipe for **Blackberry Ice Cream**

**This recipe serves 4 to 6**

- 12ozs (300g) sugar
- 1 tablespoon cornflour
- ½ pint (300ml) single cream
- 1pint (600ml) double cream
- 2eggs
- 1lb (400g) blackberries, cooked and sieved, plus 4ozs (100g) sugar

Put the sugar, cornflour and the single cream in a double boiler and stir over hot water. Then add half the double cream and when the mixture has thickened a little over a moderate heat, cook for 2 minutes longer. Beat the eggs and stir a small amount of the mixture into the eggs and return it all to the saucepan. Cook for 1minute longer, stirring constantly, and then take from the heat. Add the rest of the cream and the blackberry purée, which has been mixed with 4oz (100g) sugar. Chill a little, pour into your container and freeze until partially frozen, then take out and remove from the container and whisk in a chilled basin until creamy. Put back in the container and freeze for at least 8 hours. This ice cream will keep for months in the freezer.

Many thanks to the ICA for the above recipe

EMPLOYEE PROFILE

In August of this year I celebrated 25 years since I first started working with ADAPT. I work in the refuge and find it very rewarding. I get to meet all the women and their children and get to talk to the women in a relaxed atmosphere.

I have seen a lot of changes over the years. When I started in ADAPT, the main focus was on providing shelter to women fleeing domestic abuse with their children; the refuge was a simple 8 room building with a shared kitchen and shared bathroom facilities. Dinner time was always hectic and there was one fridge which was shared by everyone. The ADAPT team was much smaller. There was the Administrator, a Social Worker and a House Mother. The House Mother looked after admissions, welcomed women, and made sure everyone felt at home.

The refuge is very different now; it has 14 self-contained apartments and each family has their own kitchen and bathroom. Despite the cramped space 25 years ago, the refuge was very homely and this is something that we have tried to maintain. The tradition of meeting up with the women each evening after the children have gone to bed, and having a cup of tea and a chat started back then and we have continued to do this; it helps to introduce the women to each other and to make everyone feel included and welcome.

The range of services that we offer has greatly increased too. The Child and Youth Service is making a huge difference to the lives of children and young people. The Healthy Relationships programme which we run in schools means that young people will be more aware of what is a healthy or unhealthy relationship. Our outreach service means that women no longer have to come into the refuge to receive support and means that we can get the service to them more quickly. We also have services like court accompaniment and support groups and these help to ensure that support continues even when women have left the refuge.

I'm very glad to have experienced the ADAPT of 25 years ago. It is a good memory to have. It was good then and it has grown through the years. Back then it was a safe place to stay and now we are able to offer so much more to women. I feel proud to have been part of these changes in ADAPT and to be part of the team here. I love working in the refuge; the greatest pleasure I get from my job is to see a family that we once helped happily moving forward with their lives.

I have made many friends over the years I have worked in ADAPT and I am still in contact with many of the past employees. I will hopefully meet many more over the coming years.

When I'm not working I enjoy spending time with my family, reading, playing bingo (especially when I win), and having the odd night out. We have also just got a new puppy, Daisy, and to say she is boisterous is an understatement!

Anne O'Donnell, part of the furniture of ADAPT.

Fairytales Boost for ADAPT

ADAPT is proud to announce the launch of a new partnership with the University Concert Hall. We are being offered a major awareness raising and fundraising opportunity over the festive season to tie in with this year's pantomime "Cinderella". This will include an opportunity for some of the women and children who use our service to attend the performance.

The Concert Hall has also given us permission to hold bucket collections and a raffle across four performances, helping us to raise much needed funds to help us continue to provide services for women survivors of domestic abuse and their children. There is also a great opportunity to promote the service through provision of information on performance nights.

At the launch of the Panto, Adele King (Twink) spoke of how valuable the work of organisations like ADAPT Domestic Abuse Services is and how delighted she is to support the organisation.



Monica McElvaney Director of ADAPT, Mairead Tierney (UCH) and Adele King (Twink)

Munster Rugby Lines Out To Tackle Domestic Abuse

We are delighted to announce that Munster Rugby has chosen to support ADAPT Domestic Abuse Services during the 2012/2013 season. It is hoped that, through their support, we will highlight the role men can play in eliminating domestic abuse by taking a stand against it and showing that 'real men don't abuse women'. This partnership will see the Munster Rugby team working closely with ADAPT throughout the year and giving a boost to our awareness raising and fundraising activities.



Good Books to Read During the 16 Days of Action

Into the Darkest Corner (2011)

Elizabeth Haynes

Rose Madder (1995) In Polish Stephen King

The Forsyte Saga (1921) John Galsworthy

Beloved (1997) Toni Morrison

The Bluest Eye (1999) Toni Morrison

The Color Purple (1982) Alice Walker

Cat's Eye (1988) Margaret Atwood

Whispers (1995) Belva Plain

The Woman Who Walked Into Doors (1998)

Roddy Doyle

Paula Spencer (2007) Roddy Doyle

Vinegar Hill (2007) Manette Ansay

This Charming Man (2009) Marian Keyes

Dreamland (2004) Audio Sarah Dessen

A Thousand Acres (2004) Jane Smiley

Room (2010) Emma Donoghue

When Katie Wakes (2002)

Connie May Fowler

The Devotion of Suspect X (2011)

Keigo Higashino

Safe Haven (2011) Nicholas Sparks

Picture Perfect (2010) Jodi Picoult

Snow Flower and the Secret Fan (2007) Lisa See

The Gravediggers Daughter (2008) Joyce Carol

Oates

Infidel (2008) Ayaan Hirsi Ali

White Oleander (2000) Janet Fitch

Mildred Pierce (1946) James M. Cain

The Stranger Beside Me (2008) Anne Rule

Dead by Sunset (1996) Anne Rule

Fried Green Tomatoes at the Whistle Stop Café

(1992) Tobias Wolff

Two Women (1999) Martina Cole

This Boy's Life (1999) Tobias Wolff

Twisted Tracks (2008) Lesley Horton

Me and Emma (2005) Elizabeth Flock

The Gilded Cage (1999) Josephine Cox

Behind Closed Doors (2006) Jenny Tomlin

Black Rock (2010) Amanda Smyth

The Wild Zone (2010) Joy Fielding

Tender Morsels (2008) Margo Lanagan

Send Me No Flowers (2009) Jenny Tomlin

Married By Force (2007) Leila

Behind Closed Doors (2004) Susan R. Sloan

Black Rock (2010) Amanda Smyth

The Wild Zone (2010) Joy Fielding

Send Me No Flowers (2009) Jenny Tomlin

Married By Force (2007) Leila

Behind Closed Doors (2004) Susan R.

Sloan

Alice Falling (2000) William Wall

Journey (2000) Danielle Steel

The Long Road Home (1999) Danielle

Steel

Sold Into Marriage (1998) Sean Boyne

Gone Girl (2012) Gillian Flynn

Burned Alive (2004) Souad

Purge (2010) Sofi Oksanen

Out (2004) Natsuo Kirino

Comfort Woman (2000) Nora Okja Keller

Harm Done (2000) Ruth Rendell



SUPPORT SERVICES FOR WOMEN IN LIMERICK: CITIZEN'S INFORMATION CENTRE: 061 3131444.

LEGAL AID BOARD: 061 314599. DEPARTMENT OF SOCIAL PROTECTION: 061 212200. ST.VINCENT DE PAUL: 061 317327.

GARDAÍ (HENRY ST): 061 212400. GARDAÍ (ROXBORO): 061 214340. GARDAÍ (MARY ST): 061 483870.

GARDAÍ (NEWCASTLEWEST): 069 20650. GARDAÍ (ASKEATON): 061 392102. GARDAI (BRUFF): 061 382103.

RAPE CRISIS MID-WEST: 1800 311511. ADAPT DOMESTIC ABUSE SERVICES: FREEPHONE 1800 200 504