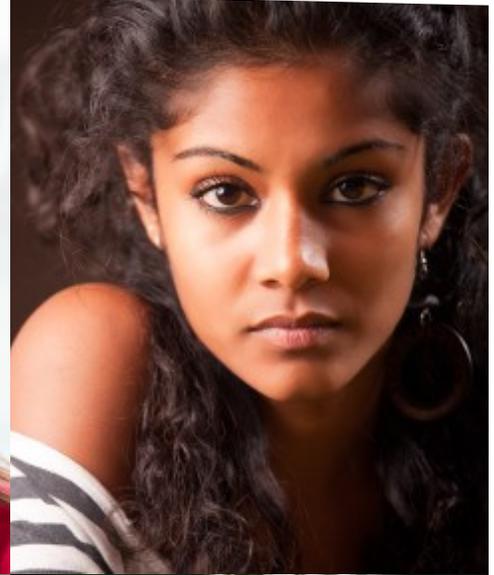


ADAPT

News
Spring 2014



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Welcome...

As the days become longer we begin to see the first signs of Spring and finally turn the corner on the particularly bad weather we experienced this winter. Through storms, floods and power cuts we saw how people helped each other out – putting out sand bags, cooking dinners. Services like Eircom and ESB worked all hours in all weathers. Desperate situations brought out the best in people.

Time and again we learn that when we work together we can achieve much more. In this edition you will see how much could be achieved when ADAPT and An Garda Síochána had the opportunity to work together. You can read one of the Garda trainer's perspective on how the collaboration enhanced the understanding of the Gardaí and therefore can enhance the service they deliver to victims of domestic abuse.

This joint initiative was piloted in Limerick city and it is planned to roll it out through all the Garda training units around the country in 2014. This collaborative initiative therefore not only enhanced the understanding of the Gardaí of women's experience of domestic abuse, it also enabled the training to be made available on a much wider scale.

There was never a greater need for this training. Research shows that 1 in 5 Irish women suffer domestic abuse. Further the largest ever survey on violence against women just published by the European Agency for Fundamental Rights found that almost 1 in 3 Irish women experience some form of psychological violence by a partner. It also found that 70 % of Irish women had 'reasons' for not seeking professional help after an attack compared with 53% of women across Europe.

This all demonstrates that there is an urgent need to provide training for front line staff across all public services so that they can Recognise domestic abuse, Respond appropriately and Refer women to the frontline domestic abuse services. Figures from Safe Ireland show that over 50,000 helpline calls were answered by frontline domestic abuse services in 2012 and this was up from 42,000 calls in 2011.

Research also shows that where children are living with domestic abuse, it is essential to protect the mother if we

want to protect the children. In this issue you can read about the experience of a young man who grew up in a home where his mother was being abused by his stepfather.

The abuser sets out to control his partner and he uses her concern for the children as a weapon against her. Abusers also use family pets as a weapon to abuse the woman. Where there is domestic abuse and the abuser is being violent to a family pet, this is also an indication of serious risk to the woman. Read inside about a pilot project in Amsterdam where the City Council is funding an initiative to locate 'foster' homes for pets so that victims can get out of abusive situations.

This initiative by the City Council in Amsterdam demonstrates what can be done when priority is given to protecting victims of domestic abuse. Despite the recession and deep cuts in public funding, the Council decided to stand up against domestic abuse and to take action.

As a community we can also take a stand against domestic abuse and live that in our actions. It is too easy to do nothing and assume that if it is not happening to us it is not our problem. If 1 in 5 women in Ireland experience domestic abuse, it is happening in our communities and most likely there are people we know who are suffering domestic abuse.

In ADAPT we receive many calls from friends and relatives of women who are being abused. They often feel helpless to do anything but yet they want to help. In response to these calls, we are starting a programme for family members and friends of women suffering domestic abuse. The programme will focus on helping participants to understand the dynamics of domestic abuse and to identify ways they can help. It will also look at what they need for themselves in order to be able to help their loved ones. This programme will start in April so if you would like to attend or you know anyone who might be interested, contact Jess or Deirdre in ADAPT.

Spring is in the air. It is a time of renewal and an opportunity to sow the seeds of new ideas. Let's renew our commitment to do what we can to say No to domestic abuse. Look inside for the many ways you can help e.g. attend training, volunteer your time or resources, display a fundraising box or put up a poster.

You can also support our latest venture as we open a charity shop in the city centre. The shop will play an essential role in helping us raise funds we urgently need to continue to provide services for women survivors of domestic abuse and their children. It will, also, raise the profile of ADAPT in the city and help us ensure that women will know of ADAPT and the services we provide if they or those they care about ever need them. Looking forward to seeing you there.

Majella Foley-Friel



Welcome to the ADOPT ADAPT page where we highlight the fantastic achievements of our supporters. If you would like to get involved and appear on this page please get in touch with Laura on (061) 412354.



ADAPT supporters rose above and beyond the call of duty to raise funds for the service this Christmas. With double the number of children spending Christmas in ADAPT this year all donations were gratefully accepted. We very much appreciate the support of the community. Our sincere thanks to Eircom, the University Concert Hall, The Santa Experience, Symantek, Dell, AMCS and to the individuals who donated toys, clothing and fundraised on our behalf.

Aladdin

We were thrilled to be chosen as UCH Panto's Charity again this year. The women and children in the service really appreciated the gift of tickets for the Panto. ADAPT also had the opportunity to raise funds at the show and some of the cast were surprise guests at our children's Christmas Party. All in all it was great fun while also raising much needed funds. We wish U.C.H all the best in the future.



Calling all Volunteers

Would you like to support the service but cannot commit to regular volunteering? We are hoping to get a group of volunteers together to help us with events, public awareness activities and fundraising. If you would like to join us contact Laura on 061 412354.



Man Up

Congratulations to all the fantastic nominees for Man Up Hero on our Facebook page. Also a huge thank you to the Limerick Senior Hurling Team for their support in this campaign. We hope to continue the Man Up activities throughout 2014. If you would like to get involved contact Laura on 061 412354 or join the ADAPT Facebook page.



The Great Limerick Run

The 2014 Great Limerick Run will take place on Sunday 4th May 2014 and we hope to have our biggest team yet, this year. Join over 10,000 athletes of all abilities in one of the various runs.

The event route will take in some of the most beautiful parts of Limerick and should provide a great backdrop for runners, joggers and walkers of all ages. For further information on how to get involved contact Laura on 061 412354.



Refuge set up for pets of Domestic Abuse Survivors



Amsterdam has become the first major European city to publicly fund an animal shelter for pets belonging to victims of domestic violence. They made this decision based on statistics showing that many victims won't leave abusive relationships if they have to leave their animals behind.

The shelter opened on January 1st after the city council, despite deep public spending cuts, allocated an initial €20,000 to fund a six-month trial. During the trial period, dogs, cats and other pets will be looked after for two weeks, long enough for their owners to find them alternative accommodation. The city will monitor the difference that makes to the number of victims using women's shelters.

A spokesperson for the council stated that "Although funding is tight everywhere, this is a problem we felt obliged to acknowledge". The spokesperson explained that they had been convinced by a growing body of international evidence that animal cruelty was often "a marker of interpersonal violence". "We were particularly influenced by a report from Utrecht University which

shows that in today's society the role of pets has changed from 'companions' to 'family members'."

The Utrecht Report entitled, "Animal Abuse and Domestic Violence: Do We Remember the Animals?" says that in 55% of cases, women who were beaten – and the victims are overwhelmingly but not only women – said their pets were abused and sometimes killed.

This evidence is supported by the findings of other studies, such as the groundbreaking 2008 report from Monash University in Melbourne, Australia, which showed that 33% of women had delayed leaving a relationship for as long as eight weeks out of concern for their pets. Mothers and their children had witnessed their pets being abused in about 29% of cases, evidence that the violence was being used as a form of psychological control. In the US, research by the American Humane Association has shown that 13% of premeditated animal abuse cases also involve domestic violence, while 70% of animal abusers also had records for other crimes, often "long histories of indiscriminate violence".

Despite this evidence, vets – who could sometimes be well placed to spot warning signs – have typically been reluctant to get involved, says the Utrecht University report. Their reasons varied from feeling they hadn't enough evidence, or they hadn't the right to become involved, to concern about the economic impact on their practices if their "interference" became public.

Source: *The Times*, Sat Jan 11th 2014

International Women's Day



Orla (ADAPT) with Maeve, Nora, Tony (AIB) plus members of Limerick Fire and Rescue Service

On March 8th, International Women's Day a quilt created by the Breaking the Silence project in ADAPT depicting life during and after domestic abuse was on display in the AIB Bank, O'Connell St to raise awareness of domestic abuse. The story of the quilt was told in our Winter issue which is available on our website.



ADAPT Book Club THIS CHARMING MAN

(drama, mystery, romance)

Paddy de Courcy is a very charismatic politician and he is getting married to Alicia Thornton, who is determined to be the perfect wife. But there's something about Paddy that Alicia doesn't know. This is big news for everyone but even more so for Lola Daly, his girlfriend who is heartbroken with the news. Lola retreats to a cottage by the sea but is pursued by Grace a journalist determined to get the scoop on Paddy. Grace's sister, Marnie isn't too pleased either; she was his college sweetheart and is struggling to keep up a perfect front while turning to the bottle behind closed doors. The more Grace learns about Paddy's relationships the more she discovers his dark secrets.

Source: mariankeyesbooks.com



Our experience of training with ADAPT Domestic Abuse Services

I am one of three Gardaí attached to the Continuous Professional Development Unit at Henry St, Limerick. Our role is to provide on the job training to all Gardaí in Limerick. In 2012 a need was identified which lead us to develop an awareness course on domestic violence.

We looked at Dr Patricia Kelleher's report 'They should not be allowed to get away with it'. This highlighted for us areas, which perhaps Gardaí could improve on as service providers. We also looked at our own policy document and spoke to Gardaí who deal with domestic incidents on a daily basis. In order to get the victims' side of the situation we decided to contact ADAPT and spoke with the Director who was very helpful in sharing her knowledge and experience with us. After a few meetings we came up with a plan to co facilitate the training with two of the trainers from ADAPT. This was a great learning opportunity for Gardaí to hear first hand what it's like from the victims' perspective and to learn more about the service that ADAPT provides.

Training began in December 2012. The course was divided into two modules, ADAPT trainers delivered one and the other was delivered by us. The ADAPT side of the course gave Gardaí participating in the class an understanding of what life is like for a woman who is living with domestic violence.

As Gardaí attending cases of domestic violence we will always ensure the victims' safety first. We will then offer advice to the victim on how to stay safe, e.g. how to get a barring order or safety order and An Garda Síochána

has a pro-arrest policy when it comes to alleged offenders in domestic violence situations.

One question that nearly every Garda wanted answered was 'why women stay in these situations', because as Gardaí we call back to the same houses over and over again.

This question was answered by the ADAPT trainers as we learned there is no one reason but a number of them such as fear, financial issues, family concerns and many more. It gave us as Gardaí an insight into just how difficult it is as a woman to leave the situation and how long it takes a woman to leave if ever. This really hit home in some of the exercises we did. It reiterated the important role Gardaí play in offering advice and support each time we get a call to a house no matter how many times we have been there before and the importance of been non judgmental. As Gardaí we don't see the mental torture and emotional abuse that victims suffer, we usually only see physical signs such as marks and bruises but we must recognise the effect the emotional abuse has on victims.

Overall as trainers we really enjoyed and learned from the joint training with ADAPT. We have taken a lot from the course and the feedback was very positive from Gardaí who attended. The hope we all have is that victims of domestic abuse will see a benefit in the approach Gardaí take in dealing with future cases.

Compiled by Denise Gould Garda

ADAPT Domestic Abuse Services

'Understanding & Responding to Domestic Abuse'

This training is for people working with children and families, including doctors, nurses, social workers, mental health workers and volunteers, higher executive officers (formerly community welfare officers), solicitors, gardaí, court services, citizens information, teachers, youth and childcare workers, community groups, employers, line managers and supervisors as well as interested members of the community.

The training style is participative and interactive. It draws on the experience of ADAPT and other organisations working with women survivors of domestic abuse.

Level 1 Training Dates:

8th April - St. Joseph's Hospital, Limerick
2nd October - Civic Offices, Nenagh, Co. Tipperary

Level 2 Training Dates:

25th & 26th June - St. Joseph's Hospital, Limerick
15th & 16th October - St. Joseph's Hospital, Limerick
17th & 18th December - St. Joseph's Hospital, Limerick

This training is free and runs from 9:30 a.m. until 4:30 p.m. each day.

Booking is essential as places are limited.

For more information please contact Majella or Deirdre: 061-412354 or e-mail;

Majella: td2coordinator@adaptservices.ie

Deirdre: development@adaptservices.ie

Growing up with Domestic Abuse

I was one when my mother got together with my stepfather. I was around 6 when I first saw abuse. It was mostly verbal abuse, a lot of shouting. When I first saw the abuse it was a big shock. I fought with my brothers as kids but this was different. As I got older I understood more. It was hard because I knew what was going on and couldn't do anything about it. I remember being caught between wanting to say something to my mom and being afraid to. It wouldn't be a nice thing to hear from her child and she couldn't do anything about it either. I was afraid I wouldn't approach it right, I just didn't know how to say it.

When I was old enough I felt a lot of aggression towards my stepfather. I was still a child and feared I would get slapped around the place by him, so I didn't say anything.

Although I don't remember it happening often, I do remember it happening a few times. But then again I was very young. It's not something I particularly want to remember. I remember a lot of shouting and a lot of us being told it was quarrelling about them wanting to get separated. There were a few times when I knew it was different: there was no shouting.

I think I knew more than what my mom thought but I still don't think I knew the half of it. She tried very hard to keep it quiet from us, the whole aspect of what he was: that he wasn't a nice person, even when he was drinking. She tried to hide all that away from us. I picked up on the little things as well; you can't hide all of it. Sometimes the atmosphere was tense as well. You would come in from playing with your friends and feel it.

I was a pretty wild lad. I remember when I was growing up we used to fight all the time. We weren't violent towards people, just aggressive and breaking stuff, just being a vandal. I think that's how I could let the aggression out. I couldn't really do anything in the house.

I had a lot of chances to open up and talk about what was happening in secondary school. In the first year, they didn't know exactly why I was being bad. They tried to get me counselling and they got me into group sessions. My mom took me to a place that was in our area but I just didn't open up, I didn't want to.



I didn't think anyone would listen to me, it was like 'He said, She said'. If someone older than me said something they might have been listened to. But if I said something it might have backlashed on me and my mom. The other thing was me being stubborn too.

It has impacted on me big time as a person. Thinking that I was aggressive towards him, I was aggressive with other people. I felt like I could be doing the exact same thing he was doing. I realized that there was no point in being angry all the time. But don't get me wrong if he was here I'd love to hit him just once, but I don't have any aggression towards him anymore. I don't think I could ever hit a woman or kids. That's something I couldn't envisage. It's a good thing in that way, a very, very, good thing.

I try to be as gentlemanly and helpful as possible. But don't get me wrong,

as a boy I was rude and stuff, but now I try to do as much as I can.

In relationships I have never had any trouble with violence, thank God. It helped me that way. Relationship-wise it really did help me.

When I was younger a lot of it was directed at me and I thought it was my fault. From my point of view it wasn't my fault that I was getting hit. Now at times I was really out of line and I would get a slap and be sent to bed. But at other times it was ridiculous. Now I don't dwell on that. Even when certain things happen to you like that, you can get positives out of it. That you survived a terrible beating and you're still here, there's always a positive.

I am now a father myself. I remember when I saw my son for the first time it was the most unreal feeling I've ever had in my life. It was like happiness, pressure and all these emotions going through you, this is your life now and it's going to be awesome. I don't think I could ever hit him, it's improper, it's not nice. I don't ever want him to see violence. Don't get me wrong. I like boxing, it's a great sport. It teaches you discipline, it teaches you not to fight, believe it or not - that's the way it should be. But the other thing, I don't want him to see that ever. Even if other people are arguing in front of him I'd cut it out straight away. I don't think it's something someone should have to grow up with.



John (fictitious name)

Employee Profile:

Sheila Twomey

Social Care Worker

I came to work in ADAPT in August 1994, coming up on twenty years now.

I am a social care worker in Women's Services.

Having completed my Leaving Certificate, followed by a secretarial course, I secured employment as an accounts clerk with a hire purchase company here in Limerick. I worked there until I got married. When my youngest child commenced school I returned to work this time as a book maker's clerk in a betting office in my home town. I worked there until the office closed down (not my fault, I hasten to add!). From here my life took on a whole new direction.

A friend told me about a vacancy in ADAPT. I interviewed for the family support worker job sharing position working nights. I was offered the job. I had no formal training for this position bringing with me just my own skills and life experience. Working nights on my own in a building that is very different from the refuge of today did not appeal to me. While I enjoyed the work I must admit to being frightened being by myself when the residents had retired and I was alone downstairs for the night. This situation soon changed, to my relief when it was decided there should be two people on duty at night. I then settled into life in ADAPT.

Over the years I have been given ample opportunity to up skill by availing of training. The first major course offered to me was a Community Development Diploma running in UL. I was anxious and somewhat reluctant about returning to education at this level and the prospect of attending university was particularly daunting. With a lot of encouragement and assistance from both management and staff I

managed to complete the two year course and graduated with my diploma. My studies did not end here. In 2001 the Director encouraged me to interview for a 4 year Social Care Course being run for the first time in Limerick under the direction of University College Cork. This was a big undertaking since I was working full time by this time. I interviewed for the course, again somewhat reluctantly, was successful and offered the course. Without the support of management and colleagues I believe I would not have persevered. Those years were difficult but I have no regrets. When I graduated with my honours degree with a distinction in 2005 it was a very proud moment not just for me but for my family who were able to join me on graduation day.

During my time in ADAPT I have seen awe inspiring changes in the service being offered to women and children experiencing domestic abuse in their lives. When I joined in 1994 essentially what was on offer was refuge and limited childcare to users of the service. Today the service offers key working support to every individual seeking assistance, childcare, play therapy and support to older children around abuse and loss, education and training to schools and colleges, awareness training in domestic abuse to other service providers and an extensive outreach service. I have seen staff numbers increase from eleven full time staff when I first joined to fifty today, inclusive of a Community Employment Scheme.

Personally I view the renovation, extension and refurbishment of the refuge in 2003 as perhaps the greatest achievement. What was on offer previously was essentially communal living accommodation; two families were allocated what we referred to as "a lobby" comprising of a bedroom per family and a shared bathroom. Kitchen and living room facilities were limited and

shared. Today the service boasts fourteen state of the art modern, bright self-contained comfortable apartments inclusive of a disability facility. Our new modern efficient security system ensures that both residents and staff can feel safe at all times. I believe our refuge to be the envy of every other refuge in the country and refuge staff from far and wide visit to view our facility.

The need for a designated service for aftercare assistance to those who stayed in the refuge and the need to make support more accessible became apparent. In keeping with ADAPT's policy to further advance and develop the service to meet the needs of women and children, an outreach service was initiated in 2000. This service has grown to unforeseen proportions over the years. My responsibility is mainly in the provision of outreach support to service users in the county while my colleague works in the same capacity in the city. Today we operate outreach clinics in Kilmallock, Newcastle West and in the city. Outreach clients can avail of emotional support, assistance with housing, finance, health and legal matters including court preparation and court accompaniment.

Domestic abuse knows no boundaries; it affects all strata of society, all ages and all backgrounds. I have been privileged to work with some remarkable women who were in abusive relationships and having availed of support from the service made a better life for themselves and their children. Yes, the job can be challenging and you never know what any day can bring. What makes it all worthwhile is knowing that I, as a support worker in this organisation, can make a difference. I endeavour to reassure those seeking support that they are not alone. I meet them where they are with a smile and a warm welcome to ADAPT.

Quick Cheese & Chive Bread

Makes 6 pieces

Ingredients:

- 250 g self-raising flour, plus extra for kneading
- Salt and pepper
- 40g butter
- 125 g cheddar cheese
- Small bunch of fresh chives
- 1 egg
- Half pint milk
- 1 teaspoon Dijon mustard



Method:

- Set the oven to 200°C Gas Mark 6.
- Brush the baking sheet with a little oil.
- Put the flour and salt and pepper into a large mix bowl.
- Cut the butter into pieces and add to the bowl, then rub

- with your finger tips or use an electric mixer until the mixture looks like fine crumbs.
- Grate the cheese coarsely and snip the chives into pieces with a scissors. Add the cheese and about 4 tablespoons of chives to the bowl and mix together.
- Beat the eggs in a cup and add all but 2 teaspoons of the egg to the flour mixture.
- Add the mustard, then gradually mix in the milk with a fork or wooden spoon to make a soft but not sticky ball.
- Sprinkle the work surface with a little flour, then dip the dough on to it. Knead until smooth, then pat into a circle about 18 cm (7 inches) or a little bigger than your hand across.
- Cut into six segments and put slightly spaced apart on the baking sheet.
- Brush the tops of the rolls with the remaining egg.
- Bake in the centre of the oven for 15 minutes until well risen and golden. Serve warm or cold, split and buttered on their own or with bowls of hot soup.

All of our recipes are made by the children in our Child & Youth Service.

The Little Garden



BULBS

Our indoor garden was started about three years ago. It was set up by the exit to the outdoor garden in the Child & Youth Service. Unfortunately the plants weren't getting enough light so we moved them to an area with a lot of windows so more light could get in. In this area the garden really thrives.

The main purpose of the indoor garden is to teach children about growing seeds. They have planted conkers and have placed their own names beside them, so they know which ones are theirs when they grow.

Another purpose of the garden is to rescue unwanted plants and teach children how to nurse them back to health. Two plants that



SEEDS & CONCORS

arrived are 'Spike' and 'Polly'. They are both cacti and after plenty of water and TLC, they are doing very well.

Blooming along with Spike and Polly are hyacinths, conkers, avocado and aloe vera plants. The children learn the correct name for the different seeds and plants. They learn how light, water and food help plants to grow and bloom. They test whether the plant needs water by touching the soil to see how dry it is. They also learn about the healing properties of plants such as aloe vera for skin conditions.

They have fun watching things grow.



MONEY PLANT



SPIKE

POLLY



Breaking the Silence

Working to **empower** women survivors of domestic abuse.

B.T.S is Now Recruiting!

Vacancies:

- Shop and fundraising assistants
- Public awareness assistants

Applications from women survivors of domestic abuse particularly welcome.

How do I apply?

If you are interested in becoming a participant of this Community Employment Project, you can obtain an application form from the **Breaking the Silence** Supervisor.

Tel: 061 412354

Email: bts@adaptservices.ie

Or from the Department of Social Protection.

Vacancies are also advertised in the SOLAS (FAS) offices and on SOLAS.ie.

A Community Employment Project funded by the Department of Social Protection

An Roinn Coimisce Sóisialaí
Department of Social Protection
www.welfare.ie

If you are interested in displaying or distributing ADAPT News in your area or would like to join our mailing list, please contact our office: 061-412354 or e-mail: td2coordinator@adaptservices.ie