

# ENOUGH IS ENOUGH

## Stop Domestic Abuse



County Carlow

## **Domestic Violence and Abuse Resource Pack**

Domestic Abuse is Everyone's Business

*Local Area Domestic Abuse Action Network*

The background of the page features a soft-focus photograph of several hands, some of which are holding a wide, light purple ribbon. The hands are positioned in a way that suggests they are carefully holding or presenting the ribbon. The overall color palette is warm and gentle, with soft pinks and purples.

## Acknowledgements

The Local Area Domestic Abuse Action Network (County Carlow and surrounding areas) wishes to thank the **County Roscommon Domestic Abuse Resource Pack Sub-group** for their generosity in sharing the template for this booklet.

The Network also acknowledges the work of Sarah Gibson, Barnardos and Mairead Coady, Carlow Regional Youth Services who worked with Mairéad Maddock, Coordinator Carlow Children and Young People Services Committee to adapt the booklet for use in County Carlow and to all the Network members and other agencies who contributed information.

Funding for this booklet has been provided by Carlow Children and Young People's Services Committee.



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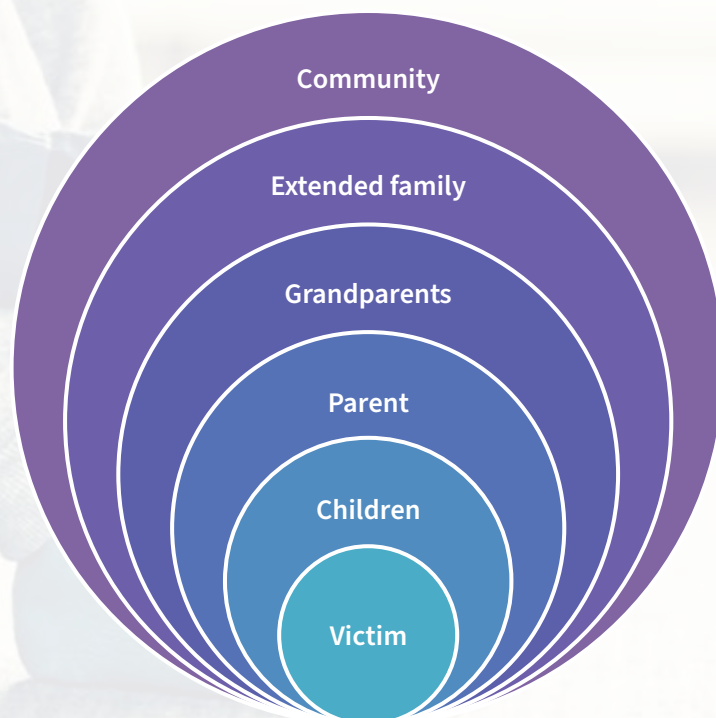
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# Significance of the Domestic Abuse on the Family Unit

The Local Area Domestic Abuse Action Network (County Carlow and surrounding areas) has gathered anecdotal evidence through its member's discussions and interface experiences with families which suggests that Domestic Abuse is prevalent across County Carlow. It impacts significantly on the safety and wellbeing of both adults and children who experience and live Domestic Abuse. The extended family may also be exposed to the emotional fallout of the Domestic Abuse. The impact on co-parenting is significant and is seen in daily practice for many professionals working with children and their families. Domestic Abuse can have a fundamental impact on mothers or fathers who are parenting within this context.

The issue is prevalent, pertinent and complex. It requires a multifaceted approach and seamless collaborative response. Access to services must be clearly sign posted for the child and family in order that the most appropriate service is provided at the correct level of need.

The purpose of the resource pack is assist professionals working with children and families with key messages and knowledge about appropriate services and resources available in Co. Carlow. Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is essential that we are able to respond in the best way as well as knowing local resources for seamless referral. Professionals need to make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of relevant training.

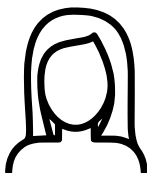


# “DOMESTIC VIOLENCE STATISTICS”

**1 IN 4**

## WOMEN

In Ireland, 1 in 4 women have experienced abusive behaviour of a physical, sexual or emotional nature from a partner



**1 IN 16**

## MEN

In Ireland, 1 in 16 men have experienced abusive behaviour of a physical, sexual or emotional nature from a partner



**53,627**

## HELPLINE CALLS

The number of helpline calls were answered by Domestic Violence support services in 2018

**10,782**

## DOMESTIC VIOLENCE SUPPORT SERVICES

The number of individual women who received support from a domestic violence service in Ireland in 2018

**2,572**

## CHILDREN

The number of individual children received direct support from a domestic violence service in Ireland in 2018.



Of the 2,572 children who received support services in 2018, 1,667 were staying in a refuge, 150 were living in supported housing, and 78 children were accommodated in a Safe House. 948 of the children who received Domestic Abuse support services were less than 5 years old.



In a 2018 survey of 468 Transition Year students in Roscommon aged between 15 and 16 years, 15% reported that they had witnessed psychological violence/abuse in their home and 11.3% reported witnessing physical violence/abuse in their home.

Sources:  
<http://www.safeireland.ie/policy-publications/>  
 Planet Youth Survey of Transition Year Students,  
 Roscommon 2018 - [www.planetyouth.ie](http://www.planetyouth.ie)

### Carlow Women's Aid Support Service 2019

Total clients:	Total children:	Total contacts:
<b>422</b>	<b>655</b>	<b>1,900</b>

### Amber Women's Refuge Statistics 2019

Total women in refuge:	Total Children in refuge:	Total referrals:
<b>105</b>	<b>192</b>	<b>424</b>



# What is Domestic Abuse?

Domestic Violence refers to the use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships (National Taskforce Against Women, 1997). This includes violence perpetrated by a spouse, partner, son, daughter or any other person who has a close or blood relationship with the victim. The term 'Domestic Violence' goes beyond actual physical violence. It can also involve emotional abuse such as the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children; stalking, and control over access to money, personal items, food, transportation, the telephone, internet and social media (HSE Policy on Domestic, Sexual and Gender based Violence, 2010). The Domestic Violence Act 2018 has provided for a new criminal offence of coercive control. This is psychological abuse in an intimate relationship that causes fear of violence, or serious alarm or distress that has a substantial adverse impact on a person's day-to-day activities (Domestic Violence Act 2018).<sup>1</sup> In most situations, the abuser uses a range of abusive behaviours to gain and ensure power and control over the other person and these abusive actions often get worse over time. In most cases women are the victims of Domestic Abuse and male partners (husbands, boyfriends or ex's) the perpetrators. Domestic Abuse can however also occur between family members, between same sex couples and be perpetrated by women against men.<sup>2</sup>

Domestic Abuse has not been defined in Irish legislation. The recently published policy of An Garda Síochána on Domestic Abuse Intervention 2017 (developed in consultation with the Director of Public Prosecutions) defines domestic abuse as the 'physical, sexual, financial, emotional or psychological abuse of one person against another who is a family member or is or has been an intimate partner, regardless of the gender or sexuality'<sup>3</sup>

Domestic Abuse tends to follow three phases:

1. Tension-building phase
2. Violent/battering phase, and
3. Reconciliation/loving phase

Once abuse has begun, it not only continues, but over time tends to increase in both frequency and severity. As the abuse continues, the three-phase cycle begins to deteriorate. The tension-building phase becomes shorter and more intense, the violent / battering incidents become more frequent and severe, and the reconciliation periods become shorter and less intense. This results in a victim becoming more vulnerable over time.<sup>4</sup>

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<sup>1</sup> Community Response to Domestic Abuse, Western Regional Network

<sup>2</sup> Domestic Abuse NAP 2017 Tusla

<sup>3</sup> An Garda Síochána (2017) Domestic Abuse Intervention Policy 2017

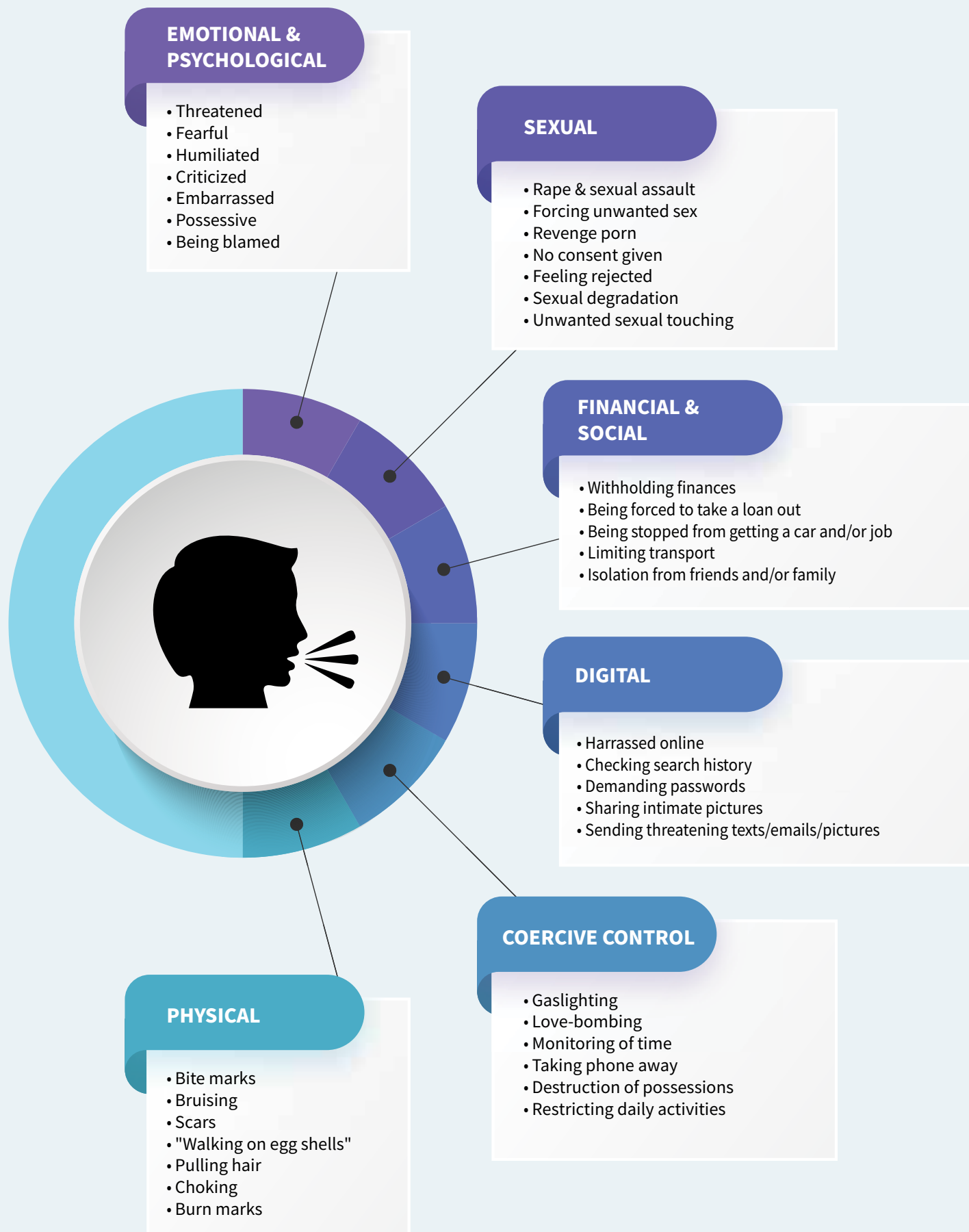
<sup>4</sup> Domestic Abuse NAP 2017 Tusla (pg6)

# Types of Abuse:



Physical	Sexual	Financial/ Social
<ul style="list-style-type: none"> <li>• Biting</li> <li>• Punching</li> <li>• Kicking</li> <li>• Pulling hair</li> <li>• Pushing</li> <li>• Burning</li> <li>• Using weapons (knives, etc)</li> <li>• Using items as weapons (phone, cups, etc)</li> <li>• Rape</li> </ul>	<ul style="list-style-type: none"> <li>• Sexual assault - forcing unwanted/unsafe/degrading sexual activity</li> <li>• Sexual harassment - Grooming/forced sterilisation/ forced pregnancy</li> <li>• Sexual exploitation - Forcing victim to partake in pornographic film-making/forcing victim to watch pornography</li> <li>• Rape/no consent</li> <li>• Rejecting sex and intimacy</li> </ul>	<ul style="list-style-type: none"> <li>• Withholding money/social welfare/credit card</li> <li>• Stealing from or defrauding a partner of money or assets</li> <li>• Preventing partner from working/choosing an occupation</li> <li>• Limiting access to transport</li> <li>• Social media monitoring</li> <li>• Locking doors</li> <li>• Social isolation</li> </ul>
Emotional/ Psychological	Digital	Coercive Control
<ul style="list-style-type: none"> <li>• Threatening/intimidation</li> <li>• Destruction of personal property</li> <li>• Shouting/screaming/name calling</li> <li>• Stalking/harassment</li> <li>• Monitoring</li> <li>• Embarrassing/mockin in public</li> <li>• Criticizing/diminishing goals</li> <li>• Excessive possessiveness</li> <li>• Gaslighting</li> <li>• Threatening suicide/self-harm to victim</li> <li>• Using children - undermining parenting/threats to children/harming the children</li> <li>• Blaming the victim for how the abuser feels</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing/threatening to share intimate/private pictures online</li> <li>• Harassment by sending insulting/threatening text messages</li> <li>• Making fake social media profiles</li> <li>• Monitoring online activity</li> <li>• Checking internet search history</li> <li>• Using technology to track whereabouts</li> <li>• Demanding passwords</li> </ul>	<ul style="list-style-type: none"> <li>• Isolation from friends and family</li> <li>• Deprivation of basic needs, such as food</li> <li>• Monitoring the person's time</li> <li>• Monitoring the person via online communication tools or spyware</li> <li>• Controlling where a person goes, who they see, what they wear and when they can sleep</li> <li>• Depriving of access to support services, such as medical services</li> <li>• Repeatedly putting a person down, such as saying they are worthless</li> <li>• Humiliating, degrading or dehumanising the person</li> <li>• Controlling their finances</li> <li>• Making threats or intimidating the person</li> </ul>

## The following terms & phrases may be used to describe the various forms of abuse:





# Impacts of Domestic Abuse



## WOMEN

- Panic attacks
- Post-traumatic stress disorder
- Anxiety
- Suicidal ideation/attempted suicide
- Exhaustion
- Low self-esteem/self-doubt
- Social isolation
- Loss of employment/homelessness/poverty
- Reproductive health issues
  - i.e. Unwanted pregnancy/miscarriage/contraceptive issues
- Substance abuse
- Physical injury
- Effect on mother/child bond



## MEN

- Panic attacks
- Post-Traumatic Stress Disorder
- Anxiety
- Suicidal ideation/attempted suicide
- Exhaustion
- Low self-esteem/self-doubt
- Social isolation
- Loss of employment/homelessness/poverty
- Substance abuse
- Physical injury
- Effect on father/child bond



## CHILDREN

- Bed wetting/nightmares/flashbacks
- Stress-related illness (skin conditions etc)
- Eating difficulties
- Attachment issues
- School refusal
- Low self-esteem
- Anxiety
- Isolation amongst peers
- Self-harm
- Suicide
- Anger issues



## FAMILY / RELATIONSHIPS

- Resentment
- Homelessness
- Isolation
- Intergenerational cycle
- Mental health issues
- Scapegoating
- Perpetrator may have negative impact on relationship with victim & children
- Perpetrator may have negative impact on professionals/community
- Helplessness
- Fear

# Child to Parent Violence and Abuse

Child to Parent Violence and Abuse (CPVA) is an abuse of power through which children & young people aged 18 years of age and younger coerce, control or dominate others in the family.. It is a hidden, misunderstood and stigmatised form of family violence. It is a pattern of harmful acts involving teenage and younger girls and boys using physical, psychological, emotional and financial abuse over time to the extent that parents/carers live in fear of their child. Parents/carers feel guilt and shame when their child is violent and abusive to them. They may not know where to get help and worry that reporting their child to an authority such as the Gardaí or social work services may make things worse.

This form of abuse is different from the more normal testing of boundaries associated with stages of development when children/young people assert their independence. Similar to Domestic Violence and Abuse, it thrives on fear, shame and secrecy – leading to isolation and helplessness.

For information, advice and support please contact Barnardos Carlow 059 9132868 / email [info@carlow.barnardos.ie](mailto:info@carlow.barnardos.ie) . Information also available on [nvireland.ie](http://nvireland.ie) and [parentline.ie](http://parentline.ie))

# How to Recognise Domestic Abuse<sup>5</sup>

## - Information for Professionals

Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is essential that we are able to respond in the best way as well as knowing local resources for seamless referral. Professionals need to make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of training.

Organisations should make their work environment a safe space for the victim of Domestic Abuse to talk about their experiences:

Display posters, brochures and information on local, regional and national Domestic Abuse services

- Display information into toilets so that victims can discreetly pick it up
- Provide training to staff regarding Domestic Abuse service provision and training on how to respond to a disclosure of Domestic Abuse.

### **Recognise Signs:**

- Person might be afraid of their partner
- There may be talk about the persons temper, anger or possessiveness
- There may be bruising or injury with the excuse of an accident
- The victim may have history of alcohol use or substance misuse
- They may be accompanied by the partner
- Have erratic attendance at work, college appointments
- Seem controlled and stopped from seeing family and friends

### **Response:**

Victims of Domestic Abuse are not likely to disclose information about their experience unless directly asked. When a person discloses that he/she has experienced Domestic Abuse this indicates that she trusts and values the professional/person help and advice.

### **Remember:**

- Confidence is key
- Listen and be supportive but not judgemental
- Assure the person that no-one deserves to be abused despite what the perpetrator says
- Remind the person that being violent is against the law
- Provide accurate local information on services available and how to access them
- Respect their decisions and let them know you are there to support them
- Document the conversation as part of your professional system
- The most dangerous time for a victim of Domestic Abuse is when he/she is just about to leave
- The victim is the best placed to assess their own risk

<sup>5</sup> [www.safeireland.ie](http://www.safeireland.ie)



# Warning Signs that Indicate a Potential Abusive Situation



- A person who has a sense of entitlement that their needs are more important than everyone else's
- A person who needs to have power and control in the relationship
- A person who blames their partner for any issues that occur in the relationship
- A person who doesn't take any responsibility
- A person who cannot be challenged
- A person who is disrespectful in general
- A person who lacks empathy
- A person who is unavailable when their partner needs support
- A person who needs the full focus of attention on themselves and their needs at all times.<sup>6</sup>

## Am I in a toxic relationship?<sup>7</sup>

- They constantly put you down and make you feel bad about yourself
- You are arguing one day, and things are great the next
- They often make you feel guilty
- They are jealous of your other friends
- You feel like it's your responsibility to fix things
- You change yourself to please them
- You worry about setting them off and feel like you have to watch what you say
- You feel anxious or unwell when you know you're going to see them
- They text and call you constantly
- You have lost confidence in yourself
- They break your trust

## Am I an abusive person and what can I do?<sup>8</sup>

### *Behaviours*

- Have I scared someone with my behaviour?
- Have I taken advantage of or exploited the trust of another person?
- Have I repeatedly bullied or belittled someone either in private or in front of others?
- Have I attempted to control the behaviours or social interactions of another person?
- Have I repeatedly monitored the behaviour or whereabouts of another person?
- Have I repeatedly broken promises to change my behaviour?

### *Thoughts*

- Do I think that I cannot control my own behaviour?
- Do I deny or minimize the seriousness of my behaviour?
- Do I think that an individual disrespects me when they don't act the way that I want them to?
- Do I think other people or substances (drugs, alcohol, medication etc.) are to blame for my own behaviour?
- Do I think that hurting myself or others is the best/only course of action?
- Do I think that having personally experienced violence or abuse that I can do the same to others or that this excuses my behaviour?
- Do I have very strict views on how people should act or behave?

6 Roscommon Safelink

7 <https://spunout.ie/life/article/shr-toxic-relationships>

8 <https://spunout.ie/health/article/bse-scc-am-i-an-abusive-person>

### *Feelings*

- Do I feel more relaxed or get a 'high' after I have been angry, abusive or violent?
- Do I feel unable to cope with unpleasant thoughts or feelings?
- Do I feel more in control after I have put someone down or physically hurt them?
- Do I feel disrespected when someone does not do what I ask?
- Do I feel excessively jealous when someone is speaking to or spending time with others?

### **What can I do?**

If you are worried about your behaviour, thoughts or feelings, seek help.

- The first step is admitting to yourself that you have been abusive towards your partner, family or friends.
- Changing your behaviour will be a challenging process. Seek help from a counsellor to work through your feelings and learn how to change your behaviour. You cannot go through it alone.
- Know that it is never acceptable to be abusive towards another person. You must make the choice to end your behaviour.
- Remember that no one else is ever to blame for your own abusive behaviour.
- Understand the different types of abuse, such as physical, emotional, and sexual

### **Refer:**

- **MEND** programme for men
- For partner support: **Carlow Women's Aid**
- For concerns about children: **Tusla**

More regional and national services can be found on:  
[www.safeireland.ie/gethelp/where-to-find-help/](http://www.safeireland.ie/gethelp/where-to-find-help/)

## Online Resources



### **Bright Sky app**

Bright Sky Ireland<sup>9</sup>, created in partnership with the UK-based domestic abuse charity Hestia, along with Women's Aid Ireland and An Garda Síochána, enables users to locate their nearest support centre by searching their area, Eircode or current location.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

Bright Sky Ireland provides a questionnaire in order for users to assess the safety of their relationship, whilst also enabling them to search their area, Eircode or current location in order to locate their nearest support service.

The app's digital journal feature is designed to allow users to securely log incidents of domestic abuse using the text, audio, photo or video functions, without any of the content being saved on the device. This evidence can then be given to Gardaí and can be used to help secure prosecutions.

Other features of the app include information on different types of abuse, sexual violence, stalking and harassment, as well as insight on the types of support available, how to help a loved one if you think they might be in an abusive relationship and a section with guidance on things to consider if you are thinking about leaving an abusive relationship.

Bright Sky Ireland is available to download on the App Store for iOS and Google Play for Android.



### **Too Into You**

Too Into You is a website run in conjunction with Women's Aid. The website allows users to take quizzes to discover the signs of dating abuse and check out tips for keeping yourself and your friends safe.

The website also features real-life stories, information on how to protect yourself online and legal advice.

<sup>9</sup> <https://www.hestia.org/news/bright-sky-ireland-launched-to-support-people-affected-by-domestic-abuse>



# Local Support Services

## Carlow Women's Aid

Telephone:	Helpline: 1800-444-944 (9am to 5pm); (059) 917 3552
Website:	<a href="http://www.carlowwomensaid.ie">www.carlowwomensaid.ie</a>
Email:	<a href="mailto:carlowwomensaid@gmail.com">carlowwomensaid@gmail.com</a>

Carlow Women's Aid is the frontline Domestic Abuse/Violence Service supporting women and families who are experiencing abuse/violence in Co Carlow. It works in a solution-focused approach to empower children and families affected by Domestic Violence to have a safer future

- We offer immediate crisis response by assessment of needs, safety planning, advocacy and accompaniment to key services.
- Assistance with Court Orders, Court Accompaniment and Legal Aid applications.
- Advocacy and accompaniment to Garda, and other services as required.
- Signposting and referral to crisis accommodation, Refuge, Co Council, Social Welfare.
- Emotional and practical support on a range of issues is provided.
- Outreach in Carlow Town and County
- Counselling is available
- Creating awareness for victims and communities in recognising, understanding and preventing domestic abuse/violence.

## Amber Women's Refuge CLG

Telephone:	Helpline: 1850 424244; (056) 7771404
Website:	<a href="http://www.kilkennywomensrefuge.ie">www.kilkennywomensrefuge.ie</a>
Email:	<a href="mailto:info@amberwomensrefuge.ie">info@amberwomensrefuge.ie</a>

Amber Womens Refuge provides safe refuge accommodation and a range of support services to women and their children. The refuge accommodates women and children from Kilkenny and Carlow and nationwide. Services can be accessed via the 24hr helpline 365 days a year. The service offers confidential support and information to women experiencing all forms of domestic abuse Services provided by Amber include:

- Confidential support and information
- Short Term Emergency Refuge Accommodation
- Childcare Programmes and support for children affected by Domestic Violence
- Safety planning
- Advocacy
- Outreach service in Carlow County and Kilkenny area
- Court accompaniment Service in Kilkenny
- Crisis Counselling Service
- Aftercare
- Educational programmes to adolescent groups and schools
- Awareness Raising
- Freedom Programme and One Million Stars Project

An Garda Síochána	
<b>Carlow Garda Station</b>	Tel: (059) 913 6620
<b>Bagenalstown Garda Station</b>	Tel: (059) 972 1212
<b>Tullow Garda Station:</b>	Tel: (059) 915 1222
<b>Rathvilly Garda Station:</b>	Tel: (059) 916 1122
<b>Myshall Garda Station:</b>	Tel: (059) 915 7622
<b>Hacketstown Garda Station:</b>	Tel: (059) 647 1202
<b>Ballon Garda Station:</b>	Tel: (059) 915 9122
<b>Garda Protective Services Unit (Kilkenny) Specialist Unit - Domestic and Sexual Abuse</b>	(056) 777 5066

Carlow Family Court Services	
Carlow Family Law Court	
Email:	<a href="mailto:carlowcourtoffice@courts.ie">carlowcourtoffice@courts.ie</a>
Tel:	059) 915 3111

Caredoc – Out-of-Hours GP Service	
Telephone:	1850 334 999 or (059) 913 8100
Caredoc provides an out-of-hours doctors service for patients with urgent medical problems. Opening Hours: 6pm – 9am Monday to Friday; 24 Hours Saturday, Sunday and all Public Holidays.	

Tusla Child and Family Agency Social Work	
Duty Social Worker Website:	<b>Carlow Tel:</b> 052 617 7302 <a href="http://www.tusla.ie">www.tusla.ie</a>
Social workers provide frontline services to children and families. Duty Social Workers deal mainly with urgent difficulties with children and young people, and child protection matters.	
A concern about a potential risk to children posed by a specific person, even if the children are unidentifiable, should be communicated to the Agency. Full information on reporting concerns on <a href="http://Tusla.ie">Tusla.ie</a>	
Carlow is located in a Tusla Area comprising of Carlow, Kilkenny and South Tipperary. The duty social work team covering Carlow is locally-based while the office is located in Clonmel.	

## Tusla Child and Family Support Networks (CFSN)

Senior Co-ordinator:	Sandra Collins
Email:	<a href="mailto:Sandra.Collins3@Tusla.ie">Sandra.Collins3@Tusla.ie</a>
Tel:	087 380 2163

Tusla Child & Family Agency provides an Early Intervention Practice Model (Meitheal) designed to ensure that the strengths and needs of children and their families are effectively identified, understood and responded to in a timely way so that children and families get the help and support needed to improve children's outcomes and realise their rights. It is an early intervention, multi-agency (when necessary) response, tailored to the needs of the individual child or young person. Meitheal is voluntary and can only be undertaken when the parent/carer provides their written consent. Meitheal is used in partnership with parents to help them share their own knowledge, expertise and concerns about their child and to hear the views of practitioners working with them. The ultimate goal is to enable parents and practitioners to work together to achieve a better life for the child.

## Barnardos Family Support Centre

Family Support Tel:	059 9132868
Email:	<a href="mailto:info@carlow.barnardos.ie">info@carlow.barnardos.ie</a>

Barnardos provides a range of family support services working together with families in Carlow.

- Free Drop **In Information and advice service** for parents/carers daily Monday to Friday
- Parents Plus **Group Parenting Programmes** for parents of children 1-18 years and Parents who are Separated
- **NVR** (Non Violent Resistance Programme) for parents/carers experiencing Child to Parent Violence and Abuse
- **Partnership with Parents:** Barnardos home based individual parenting programme
- **Individual Work with Children / Young People** who have experienced Separation, Loss or Bereavement, parental addiction, family conflict or other family issues that impact on their wellbeing, self-esteem or self-regulation
- **This is Me Therapeutic programme for children / young people** who have experienced Trauma
- **TLC Kidz** group work programme for children / young people who have experienced Domestic Abuse and their mothers
- **Mother's Well Being Support Group** for mothers experiencing isolation, low self-esteem or dealing with challenges in their lives
- Free resources for parents / carers and professionals



## TLC Kidz Programme

Carlow: Barnardos: Tel: 059 913 2868

Kilkenny: Amber Tel: 056 7771404

The TLC Kidz Project is a community co-ordinated response for children and mothers in recovery from domestic violence and abuse. The TLC Kidz Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children who have experienced domestic abuse.

The TLC Kidz Project was established to raise awareness of the impact of domestic violence on children, to provide a coordinated inter-agency response, to upskill professionals and to support children in their recovery.

At the core of this project, is an evidence informed 12-week, psycho-educational, group programme is for children (5 - 18 years) and their mothers recovering from domestic abuse. Child and mother groups are run concurrently.

The programme helps children heal from the impact of domestic abuse, and helps mothers in understanding their child's experiences and support their recovery.

The programme is supported by Tusla Domestic, Sexual & Gender-based Violence Unit  
Enquiries and referrals to Barnardos (Carlow) or Amber (Kilkenny)

## County Carlow Family Resource and Community Services Centres

### Bagenalstown Family Resource Centre

Tel: 059 9722028  
Email: bagenalstownfrc70@gmail.com

### Forward Steps Family Resource Centre (Tullow)

Tel: 059 9152776  
Email: forwardsteps@eircom.net

### St Catherine's Community Services Centre

Tel: (059) 913 8700  
Email: info@catherines.ie

Family Resource and Community Services Centres provides a range of universal and targeted services and development opportunities that address the needs of families. County Carlow has two Family Resource Centres - Bagenalstown Family Resource Centre, Forward Steps Family Resource Centre in Tullow - and St Catherine's Community Services Centre

## Male Advice Line - MAL

Tel: FREEFONE 1800 816 588

Email: mal@mensnetwork.ie

The Male Advice Line provides a national confidential helpline for men who are experiencing or have experienced domestic abuse. It provides emotional support and practical advice.

If you have concerns about a family member or friend, please contact the service by phone or email.

Opening Hours:

Monday and Wednesday: 10.00 a.m. - 6.00 p.m.

Tuesday and Thursday: 12.00p.m. - 8.00 p.m.

Friday, Saturday, Sunday: 2.00 p.m. - 6.00 p.m.

MEND	
Telephone:	087 7168674
Website:	<a href="https://mensnetwork.ie/mend-programme/">https://mensnetwork.ie/mend-programme/</a>
Email:	<a href="mailto:michael@mensnetwork.ie">michael@mensnetwork.ie</a>
<p><b>MEND [Men Ending Domestic Violence]</b> is a programme for men, who have been violent or abusive within their intimate partner relationships. The primary aim of the programme is the safety and well-being of women and children. MEND deliver the National Choices Programme to support men to end their violent or abusive behaviour and become non-violent and respectful within their intimate partner relationships. The Programme involves one-to-one assessment and pre-group sessions followed by 25 group sessions. MEND also provides an integrated Partner Support Service for the partners or ex-partners or the men on the programme.</p>	
<p><b>When you have acknowledged</b> what is happening and although you probably feel bad about your behaviour, there is often a resistance to taking steps to get support to change this behaviour. It is normal to feel nervous or anxious about disclosing to another person behaviour we are not proud of and would rather keep hidden.</p>	
<p>Here are some of the benefits of taking action for change now:</p> <ul style="list-style-type: none"> <li>• If you take action to change your violent/abusive behaviour, your levels of stress or anxiety will decrease over time</li> <li>• If you take action now, you will find support and practical help to change your behaviour</li> <li>• If you put into practice what you learn, you will be a much safer man to be with for your partner and children</li> <li>• If you learn to treat those around you in a respectful and non-violent way, you will be more at peace with yourself and this will change the circumstances of your life for the better</li> <li>• If you take action now, you will find support and practical help to change your behaviour</li> <li>• If you put into practice what you learn, you will be a much safer man to be with for your partner and children</li> </ul>	

Counselling in Primary Care (CIPC)	
Tel:	051 359083/ 051 359084
Email:	<a href="mailto:CIPCSECH.referrals@hse.ie">CIPCSECH.referrals@hse.ie</a>
<p>This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care. The service is suitable for people who are experiencing certain difficulties such as:</p>	
<ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Panic reactions</li> <li>• Relationship problems</li> <li>• Loss issues</li> <li>• Stress</li> </ul>	
<p>Referral by GP or other members of the Primary Care Team with the GP's awareness</p>	

### HSE Primary Care Child Psychology Service

Telephone: 076 108 2018

HSE Primary Care Child Psychology provides a psychological assessment and therapy service for children aged 0-18 years who are experiencing a mild to moderate, social, emotional or behavioural difficulties. This service works with children and their parents or carers to address:

- behavioural difficulties
- emotional difficulties (low mood, anxiety, low self-esteem)
- parenting skills
- toileting, sleep or eating difficulties
- coping with loss or bereavement
- stress and trauma
- coping with a chronic illness

### Folláine Youth Counselling Service

Telephone: 085 278 0307

Carlow Regional Youth Service provides a confidential one to one counselling service for young people from 12-18 years to help them come to terms with problems in their lives. The FOLLÁINE Youth Counselling Service offers young people support from professional who deal with such issues as:

- Communication difficulties
- Relationship difficulties
- Problems resulting from marital separation divorce
- Anxiety
- Depression
- Physical and sexual abuse
- Problems resulting from alcohol or drug abuse
- Bereavement
- Difficulties at home or in school
- Development issues

### Carlow & South Leinster Rape Crisis Centre

Telephone: Freephone 1800 727 737; (059) 913 3344

Email: [info@carlowrapecrisis.ie](mailto:info@carlowrapecrisis.ie)

The Carlow and South Leinster Rape Crisis Centre provides a safe environment for survivors of sexual abuse. All staff and volunteers deeply understand both the realities of sexual violence and the impact of all forms of sexual violence. Survivor's reactions are viewed as normal responses to trauma and to coping with the aftermath of trauma.

All staff and volunteers are trained in the reality and extent of sexual violence. In supporting survivors through helplines, advocacy, counselling, medical or legal processes, the Centre understands the need to maintain confidentiality.

All of the services at the Centre are provided free of charge.



# National Support Services

## Women's Aid

Telephone: 01 678 8858

Website: <https://www.womensaid.ie>

Email: [info@womensaid.ie](mailto:info@womensaid.ie)

The Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners or husbands.

The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse. The Helpline provides support to callers where English is not their first language, through our Language Line facility (operational daily, 8am-8pm) and for women who are deaf or hard of hearing through it's Text Service facility (operational daily, 8am-8pm).

The Helpline aims to empower women to identify what is happening for them within their relationship and support them to stay safe and support the safety of any children living within the relationship. The Helpline aims to at all times ensure that the responsibility for the abuse is placed firmly with the perpetrator of the abuse and not with the woman.

## Safe Ireland

Telephone: 090 6479078

Website: <https://www.safeireland.ie/>

Email: [info@safeireland.ie](mailto:info@safeireland.ie)

Safe Ireland has a clear ambition: to end domestic violence and make Ireland the safest country in the world for women and children.

Safe Ireland's approach is to:

- Change social behaviour and attitudes
- Establish a whole system response to domestic violence
- Cultivate leadership at all levels in Irish society
- Communicate our understanding of the problem and enhance all of our capacity to respond.

## Childhood Domestic Abuse Project

Telephone: 086 0471045

Email: [aine.costello@barnardos.ie](mailto:aine.costello@barnardos.ie)

The overall purpose of the Childhood Domestic Abuse Project is to assist in increasing the visibility of childhood domestic abuse; to support a collective and collaborative approach to identifying the needs of children; and to delivering effective services in response.

The Project is focused on children who have experienced domestic abuse, and involves –

- To facilitate children and young people to give voice to their experiences of domestic violence and abuse, and advise on how to better respond to their needs.
- Supporting the national delivery of the TLC KIDZ programme, which responds to the needs of children who have experienced domestic abuse;
- Identifying and sharing best practice – providing practitioners with opportunities to upskill and enhance their approaches to responding to the needs of children;
- Identifying other response models.

Through this work, the project aims to contribute to the emergence of a national response model to support/enhance the holistic development of children and young people across the different domains of their lives. Partnership between Barnardos and Tusla DSGBV and was established in February 2019.

## Male Advice Line Men's Development Network

Telephone: 1800 816 588

Email: [men@mens-network.net](mailto:men@mens-network.net)

The Male Advice Line was developed by the Men's Development Network. Counsellors provide an outlet for men, who are experiencing or have experienced domestic abuse in their relationship, to speak confidentially with professionals who are trained to advise on domestic crime.

The Male Advice Line can be accessed on 1800 816 588 at the following times:

- Monday: 10am-6pm
- Tuesday: 12pm-8pm
- Wednesday: 10am-6pm
- Thursday: 12pm-8pm
- Friday: 2pm-6pm

## Men's Aid

Telephone: 01-5543811

Website: <https://www.mensaid.ie>

Email: [hello@mensaid.ie](mailto:hello@mensaid.ie)

Men's Aid Ireland formerly known as Amen, is a dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

Men's Aid provide the following services:

- National Confidential Helpline – 01 554 3811
- Legal clinic – Information about Safety Orders, Protection Orders, Barring Orders.
- One to one practical support – Explaining Court Paperwork, Safety Planning, Care plans
- Counselling – By Telephone
- Counselling – Face to Face
- Certified Training – All areas of domestic abuse including coercive control.

## Move (Men Overcoming Violence)

Telephone: 085 8748108

Website: <http://www.moveireland.ie/>

Email: [move@moveireland.ie](mailto:move@moveireland.ie)

Move – Men Overcoming Violence works in the area of domestic violence, with a primary aim of supporting the safety and wellbeing of women and their children who are experiencing, or have experienced violence/abuse in an intimate relationship. This is done through the CHOICES programme, which encourages men to:

- Learn about the effects and consequences of domestic violence on their partner and family
- Participate in group sessions with other individuals who have behaved in a similar way
- Talk openly about their behaviour and the people affected by it
- Identify the beliefs and attitudes which underpin violence and abuse
- Cope with their behaviour and feelings in difficult situations
- Learn how to react without being abusive
- Learn about respect and responsible parenting
- Learn to understand and recognise the need to change their behaviour



# Directory

Service	Address	Telephone	Email
Carlow Women's Aid		059 917 3552 Helpline: 1800 444 944	carlowwomensaid@gmail.com
Amber Women's Refuge CLG		0906 474 122 Helpline: 1850 424244	info@amberwomensrefuge.ie
Bagenalstown Family Resource Centre	Gleann Na Bearú, Moneybeg, Muine Bheag, Co. Carlow	059 972 2028	bagenalstownfrc70@gmail.com
Forward Steps Family Resource Centre	Chapel Lane, Tullow, Co. Carlow	05) 915 2776	receptionforwardsteps@gmail.com
St Catherine's Community Services Centre	St Joseph's Road, Carlow	059 913 8700	info@catherines.ie
Barnardos Family Support Centre	24 Askea Lawns, Tullow Road, Carlow	059 913 2868	info@carlow.barnardos.ie
NVR Ireland (Non Violent Resistance)			<a href="https://nvrireland.ie/">https://nvrireland.ie/</a>
Child and Family Support Network Co-Ordinator	Tusla Child and Family Agency, Athy Road, Carlow	087 3802163	Sandra.Collins3@tusla.ie
Duty Social Work			
Garda Síochána Carlow	Athy Road, Carlow	059 913 6620	
Garda Síochána Protective Services Unit	Kilkenny Garda Station, Dominic St., Kilkenny	056 777 5066	
Garda Síochána Bagenalstown		071 9664620	
Garda Síochána Tullow		090 6492600	
Garda Síochána Rathvilly		059 916 1122	
Garda Síochána Myshall		059 915 7622	
Garda Síochána Hacketstown		059 647 1202	
Garda Síochána Ballon		059 915 9122	
Caredoc	Caredoc Treatment Centre, District Hospital, Carlow Health Services Complex, Athy Rd, Carlow, R93 V603	1850 334 999	
MEND		087 7168674	michael@mensnetwork.ie
Money Advice Budgeting Service MABS	72D Tullow Street, Carlow, R93 ED82	076 1 07 2070	carlow@mabs.ie
Citizens Information Service	St. Catherines Community Services Centre, St. Josephs Road, Carlow, Co. Carlow, R93 T4C6	076 1 07 5130	carlow@citinfo.ie
Male Advice Line		Freefone: 1800 816 588	mal@mensnetwork.ie

# Appendix

## Local Area Domestic Abuse Action Network – County Carlow and surrounding areas

The Local Area Domestic Abuse Action Network is a subgroup of the Carlow Children & Young People's Services Committee (CYPSC). It focuses on the issue of domestic abuse and how it affects children, young people, adult victims and families; it works to bring about a co-ordinated response to families experiencing domestic abuse in County Carlow and its environs.

The Network membership is drawn from relevant statutory and voluntary agencies working with children, young people, adult perpetrators and families affected by domestic abuse (see below).

Local Area Domestic Abuse Action Network Membership		
Barnardos	Family Law Centre	General Practitioner
CYPSC	Carlow County Council	Family Therapist
Tusla Social Work Department	Carlow Women's Aid	Garda Síochána
Traveller Support Service	Carlow & SL Rape Crisis Centre	Men's Development Network, MEND Programme
St. Catherine's Centre	Carlow Regional Youth Services	Court Service
Family Resource Centres	Dept. Employment Affairs and Social Protection	Amber Women's Refuge



## An Garda Síochána and The Law

The recently published policy of An Garda Síochána on Domestic Abuse Intervention identifies their key role as ‘the provision of information, support and protection to victims’.

This policy also details the following:

- Encourages the making of an arrest, where appropriate
- Addresses the actions expected to be taken by An Garda Síochána personnel when dealing with reported incidents of Domestic Abuse, from the time of receipt of the initial report.
- It provides guidance regarding, obtaining background information for first responders; gathering evidence even in the absence of a criminal complaint;
- Providing advice to victims; the undertaking of follow-up actions; PULSE recording; liaison with Tusla, the Child and Family Agency and intervention to prevent escalation of abuse<sup>10</sup>

An Garda Síochána have a pro arrest policy. The Gardaí have additional powers if there is a court order in place. The following are the types of orders available to victims of Domestic Violence:

### 1. Safety Order

This order prohibits the respondent from being violent or threatening to be violent to you and your children. This order prohibits the person from watching/besetting where you reside. It can also stop the respondent from following you or communicating with you (including by electronic means). The end date of the order is usually stated by the court.

A Safety Order may be obtained by:

All partners in an intimate relationship are eligible for Safety and Protection orders, with no need of cohabitation.

Therefore all the following are eligible for Safety and Protection orders:

- Spouses and civil partners
- Parents with a child in common
- Partners in an intimate relationships (including cohabitants and dating partners)
- Parents of an abusive child, when the abuser is a non-dependent child (i.e. an adult)
- People residing with the respondent in an non contractual relationship
- In specific circumstances, Tusla, (The Child and Family Agency) may apply for a Safety Order on behalf of an entitled ‘aggrieved person’ who may be an adult or a dependent person.

All of the above include former partners as well (e.g. former spouse, cohabitant, etc.)

- A Safety Order does not exclude the offender from the home but offers the Applicant (or a dependent) safety by prohibiting the Respondent from:
- The use of violence, or threats to use violence, against the Applicant / Dependent; or,
- Molesting or putting the Applicant/ Dependent in fear.

### 2. Barring Order

This order prohibits the respondent from being violent or threatening to be violent to you and your children. This order means that the respondent must leave the place

<sup>10</sup> 17 An Garda Síochána (2017) Domestic Abuse Intervention Policy (2017)  
<https://www.garda.ie/en/Crime/Domestic-abuse/Domestic-Abuse-Intervention-Policy-2017.pdf>



where you live together for a certain length of time. It can also stop the respondent from following you or communicating with you (including by electronic means). The end date of the order is usually stated by the court. A Barring Order may be obtained by:

- Spouses and civil partners
- Cohabitants who live in an intimate relationship AND who satisfy the property test (which means that the applicant must have an equal or greater interest in the property than the respondent). NO minimum period of cohabitation required. NO need for the relationship to be “committed”.
- Parents when the abuser is a non-dependent child (i.e. if the abusive child is an adult) and who satisfy the property test.
- In specific circumstances, Tusla may apply for a Barring Order on behalf of an ‘aggrieved person’, who may be an adult or dependent person.

All of the above include former partners (e.g. former spouse, cohabitant etc.)

A Barring Order directs the Respondent to leave and not enter the home and prohibits:

- The use of violence, or threats to use violence, against the Applicant / Dependent; or,
- Molesting or putting the Applicant / Dependent in fear; or,
- Watching / besetting the residence of the Applicant / Dependent.

### 3. Emergency Barring Order

This is a new order that gives time-limited protection where there is an immediate risk of significant harm to cohabitants who do NOT satisfy the property test - for example, women who do not own or co-own the

home or do not have their name on the lease.

The Emergency Barring Order can last a maximum of 8 working days. A further EBO can be applied for only a month after the expiration of the first one, unless there are exceptional circumstances

It can be made ex-parte as an IBO and prohibits the same behaviours as a BO/IBO.

### 4. Interim Barring Order

When there has been an application for a Barring Order, the Court may make an Interim Barring Order, which **temporarily** has the same effect as a Barring Order.

An Interim Barring Order expires on the determination by the Court of the application for the Barring Order.

An Interim Barring Order made ex-parte can only last up to 8 working days.

The Court may place such exceptions or further conditions on the Interim Barring Order

### 5. Protection Order

When there has been an application for a Barring Order or a Safety Order, the Court may make a Protection Order, which **temporarily** offers the Applicant (or a Dependent) safety by prohibiting the Respondent from:

- the use of violence, or threats to use violence, against the Applicant / Dependent; or,
- molesting or putting the Applicant / Dependent in fear.

Domestic violence orders will remain in force in respect of children after they reach the age of 18, until the orders expire



### Special Sitting of District Court (S24)

This is a new provision to address the issue of persons needing orders out of hours, when the court is not sitting in an emergency situation. Under this provision, a Garda Síochána not below the rank of sergeant may request the Courts Service to arrange a special sitting of the District Court for the purposes of an out of hours application for an Interim Barring order, Protection order or Emergency Barring order. It is not limited only to cases where a Garda attends an incident, it also includes cases where a victim of domestic violence walks into a Garda station and seeks assistance.

**If the respondent breaks the court order they may be arrested and brought before the criminal courts.**

**If the respondent breaks the court order you should immediately contact the Gardaí.**

Full version of the Domestic Violence Act 2018 can be seen at: <http://www.irishstatutebook.ie/eli/2018/act/6/enacted/en/html>

Garda Station	Telephone
Garda Protective Services Unit (Kilkenny)	(056) 777 5066
Carlow Garda Station	(059) 913 6620
Bagenalstown Garda Station	(059) 972 1212
Tullow Garda Station	(059) 915 1222
Rathvilly Garda Station	(059) 916 1122
Myshall Garda Station	(059) 915 7622
Hacketstown Garda Station	(059) 647 1202
Ballon Garda Station	(059) 915 9122

### Tusla - Child and Family Agency

Tusla – Child and Family Agency has a primary responsibility to promote the safety and well-being of children.

Tusla also has statutory responsibility for the provision of supports to victims of domestic, sexual and gender based violence in Ireland and we do this through funding and supporting over 60 Community & Voluntary organisations to deliver services. This includes domestic violence and sexual violence services and refuges. In 2020, funding of €25.3m was allocated by Tusla to these services.

All professionals have a responsibility for responding appropriately to domestic abuse and should be informed about the services available for both parent and child.

### Child Protection

Children who witness domestic abuse incidents are often traumatised and can suffer emotional abuse. The Agency should always be notified when a person has reasonable grounds for concern that a child may have been, is being or is at risk of being abused or neglected. All referrals to Tusla are screened and assessed in line with Children First: National Guidance for the Protection and Welfare of Children.

In the case of referrals relating to domestic abuse, the role of Tusla social work is to ensure the safety and wellbeing of the child living in the home. Social workers engage with the family to come up with a plan to keep the child safe. In circumstances where a child's immediate safety is deemed to be at risk, the child receives an immediate protective response. Social Workers support the parent, who is also the victim by assisting them in accessing necessary



services, including domestic violence support services, counselling and legal services, all of which can be found in this document.

## Children First

Under **Children First: National Guidance for the Protection and Welfare of Children 2017**, everyone who works with children has a responsibility to keep them safe however some professionals, known as mandated reporters, have more responsibilities. To find out about more about your responsibilities under Children First, please visit [tusla.ie](http://tusla.ie).

If you want to make a report, please see 'A Guide for the Reporting of Child Protection and Welfare Concerns' at [www.tusla.ie/children-first](http://www.tusla.ie/children-first)

## Tusla and An Garda Síochána

Tusla and An Garda Síochána are the key agencies empowered by law to carry out assessments and investigations, respectively, of suspected child abuse. Joint working between the two agencies forms an integral part of the child protection and welfare service.

In some cases, initial referrals are made by An Garda Síochána when they've been called to attend a domestic violence incident and where a child present in the

household is deemed to be at risk. Where a member of the Gardaí has reasonable grounds for concern that the child has been, is being or is at risk of abuse or neglect they must make a referral to Tusla.

In extreme situations, where the Garda attending the incident believes there is an immediate risk to the child, they may remove the child to safety pursuant to Section 12 of the Child Care Act 1991 but only where it would not be sufficient for the protection of that child to await the making of an application for an Emergency Care Order by Tusla under Section 13 of the Child Care Act 1991.

A Joint Working Protocol for An Garda Síochána and Tusla was introduced into practice to ensure that:

- The safety and welfare of the child is promoted
- Everything possible is done to assist the criminal investigation
- Everything possible is done to assist the child protection and welfare assessment
- There is an effective flow of relevant information between both agencies
- Decisions and actions follow consultation with and between both agencies.
- The full protocol can be found on the Tusla website: [www.tusla.ie](http://www.tusla.ie)

**CONTACT:**  
**Social Work Department Carlow – (059) 912 5000**



# Glossary of Terms

## **Co-Parenting**

Co-parenting is a process where two parents work together to raise a child even though they are divorced or separated and no longer live together.<sup>11</sup>

## **Love bombing**

Love bombing is an attempt to influence a person by demonstrations of attention and affection. It can be used in different ways and can be used for either a positive or negative purpose. Love bombing involves being showered with affection, gifts, and promises for the future with someone making you believe you may have discovered love at first sight.

The person is loving, caring, and affectionate. However, it doesn't last, and as soon as you show a hint of caring about anything other than your new partner, they get furious with you and label you as selfish. Their mask slips, and you see someone mean, belittling, and unreasonable underneath. They can't comprehend that you have anything else going on in your life, and they completely turn on you.<sup>12</sup>

## **Gaslighting**

Gaslighting is a type of psychological abuse where somebody uses lies or tricks to make another person doubt their memory and mental health. Gaslighting can be anything from an abusive person insisting that the abuse never happened, to setting up strange incidents to confuse the victim.<sup>13</sup>

## **Coercive Control**

Coercive control is a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend, partner, husband or ex. It traps women in a relationship and makes it impossible or dangerous to leave.<sup>14</sup>

## **Applicant for Court Orders**

The Applicant is the person applying for the Safety of Barring Order i.e. the person being abused

## **Respondent for Court Orders**

The Respondent for a Court Order is the one against whom the order is made i.e. the perpetrator of the abuse.

<sup>11</sup> Source: <https://www.yourdictionary.com/co-parenting>

<sup>12</sup> Source: <https://www.businessinsider.com/what-is-love-bombing-2017-7?r=US&IR=T>

<sup>13</sup> Source: <https://simple.wikipedia.org/wiki/Gaslighting>

<sup>14</sup> Source: <https://www.womensaid.ie/help/coercive-control.html>





# ENOUGH IS ENOUGH

## Stop Domestic Abuse



*Local Area Domestic Abuse Action Network*