

Domestic Abuse Resource Pack

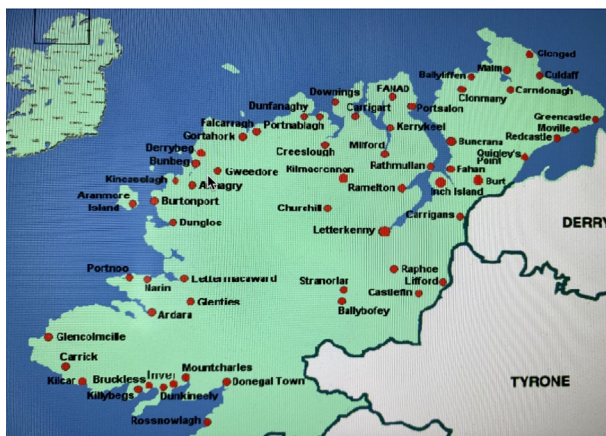


Domestic Abuse is Everyone's Business

Donegal Children & Young People's Services Committee (CYPSC)

Acknowledgements

Domestic Abuse is Everyone's Business



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Map of Co. Donegal Courtesy of www.donegalcottageholidays.com.

This Domestic Abuse Resource Pack is the product of multiple interagency partners working together to highlight awareness of domestic violence.

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The Donegal CYPSC Domestic Abuse Working Group includes input from:

- Donegal Domestic Violence Services
- Donegal Women's Centre
- Donegal Family Resource Centre Network
- An Garda Síochána
- MACE Project (Multiple Adverse Childhood Experiences)
- Túsla

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1. Introduction to the Donegal Domestic Abuse Resource Pack

Domestic Abuse is an issue affecting thousands of people each year in Ireland. While undefined in Irish legislation, Domestic Abuse is understood to refer to a *pattern of 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 gender or sexuality*¹.

The full extent of domestic abuse is largely unknown, due to under reporting. However, national available statistics demonstrate that the problem is serious, pervasive and complex. Between March and August of 2020 alone, 3,450 women and 589 children contacted a domestic violence service for the first time².

The on-going impact of Covid-19, locally and nationally, has indicated a further need to ensure that services and supports are available to respond to this hidden epidemic.

Professionals and practitioners across sectors play a pivotal role in recognising and responding to domestic abuse. Victims are more likely to report abuse to a frontline or healthcare practitioner than to a domestic abuse service, because victims may not recognise that they are in an abusive relationship.³

Within this context, Donegal CYPSC interagency partners have collaborated to adapt this resource pack - to highlight awareness of domestic abuse; to support frontline services to recognise, respond and refer; and to ensure that a clear pathway for support is identified where necessary.

County Donegal is home to multiple levels of supports through statutory, community and voluntary services that offer advice, information, intervention and safe spaces to women and men, children, perpetrators and victims. This document is designed to act as a resource for professionals in order to support those in our area who are experiencing domestic abuse in any of its forms.

¹ An Garda Síochána (2017). Domestic Abuse Intervention Policy. Pg. 3

² Safe Ireland (2020). Tracking the Shadow Pandemic. A report on women and children seeking support from domestic violence services during the first 6 months of Covid-19.

³ Safe Ireland (2020). Information for Professionals. <https://www.safeireland.ie/get-help/safety-information/information-for-professionals/>

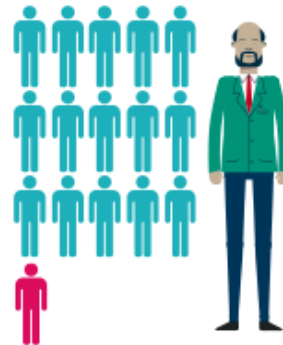
2. Domestic Abuse Statistics

Domestic Abuse Statistics

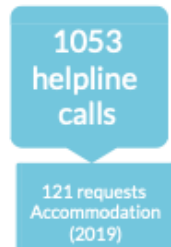
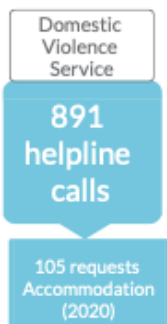


Ireland

1 in 4 women who have been in a relationship have experienced domestic abuse
1 in 16 men have experienced domestic abuse



Donegal Figures



Donegal Courts Service

247 Domestic Violence Order hearings in 2019

110 Attendances in 2019

SATU

An Garda Síochána

Cases	2020	2019
Assault	115	135
Threats to Kill	12	24
Breach DV order	43	64
Domestic Dispute	558	441

122 new clients in 2020

Donegal Rape Crisis Centre

Donegal Women's Centre

DV Counselling	2020	2019
Clients	75	107
Sessions	1472	1446

3. What is Domestic Abuse?

There are various terms that are used to describe abuse perpetrated by one person onto another (or others).⁴

Domestic Abuse is an overarching and encompassing term to describe a pattern of *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 gender or sexuality*

Domestic violence and domestic abuse are terms that are used interchangeably:

More commonly referenced, **Domestic Violence** refers to the *use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships*⁵ As defined by the HSE and Tusla Child and Family Agency 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.⁶

Sexual Violence is *any sexual act that is forced against someone's will", such as rape, or sexual assault*⁷ .

Gender Based Violence against Women is a further term used to *describe "other violent behaviours perpetrated against women, because of the role expectations for women within the given society or culture"*. These may include Female Genital Mutilation, forced marriages, honour-based violence, or forced abortion.⁸

Enacted in 2019, the *Domestic Violence Act 2018* has provided for a new criminal offence of 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/girlfriend, partner, husband/wife or ex-partner*. This can result in fear of violence, or serious alarm or distress that has a substantial adverse impact on the victim's usual day-to-day activities⁹.

These definitions and the legal framework surrounding domestic abuse and violence highlights the complexity of the issue and the broad scope and nature of an issue affecting many in society today.

⁴ An Garda Síochána (2017). Domestic Abuse Intervention Policy. Pg. 3

⁵ Office of the Tánaiste (1997). Report of the Task Force on Violence against Women. pg. 10

⁶ HSE (2010) Policy on Domestic, Sexual and Gender Based Violence

⁷ National Office for the Prevention of Domestic, Sexual and Gender Based Violence.

<http://www.cosc.ie/en/COSC/Pages/WP09000010>

⁸ Tusla Child and Family Agency. [Domestic, Sexual and Gender Based Violence](#).

<https://www.tusla.ie/services/domestic-sexual-gender-based-violence/dsgbv/what-is-gender-based-violence/>

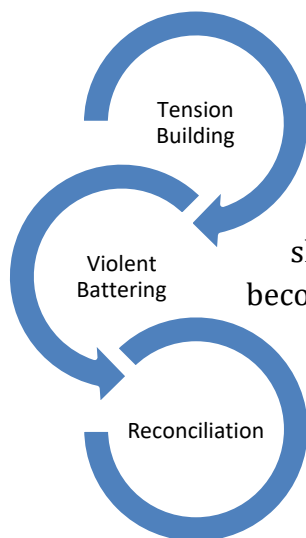
⁹ Irish Statute Book (2019). Domestic Violence Act 2018. Sec 39.

The Harassment, Harmful Communications and Related Offences Act 2020¹⁰ also known as “**Coco’s Law**” was enacted on 9.2.2021 and it amends the law relating to Harassment to provide for offences relating to the recording, distribution or publication of intimate images and to provide for the anonymity of victims of those offences; to provide for an offence involving the distribution, publication or sending of threatening or grossly offensive communication. This act criminalises so-called “revenge porn”.

A Hidden Harm and Vicious Cycle

Domestic abuse or domestic violence can happen to anyone. It permeates across socio-economic status, age, sexuality, ethnicity, religion and gender. While women tend to experience higher rates of domestic violence than men, men are more likely to under-report. This under-reporting of domestic violence by both men and women compounds the experience to undermine self-confidence, self-worth and independence. It also has a double impact to our lack of statistics on the number of children impacted by domestic violence.

The impact of domestic abuse is felt by individuals and families with sometimes severe consequences for their emotional, financial, physical and social wellbeing. Children living in abusive environments can be impacted both directly and indirectly with an increased risk of emotional trauma and behavioural problems later in life¹¹. As the link between domestic violence and child physical abuse, estimated at between 30% to 66%¹² is a further reason to ensure that children are recognised as victims in their own right. The nature of domestic abuse dictates a vicious cycle through which a victim may be subject to a range of abusive behaviours so the perpetrator can gain and ensure power and control over the other person. Domestic abuse tends to follow three phases:



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 time¹³.

¹⁰ Harassment, Harmful Communications and Related Offences Act 2020

¹¹ Tusla Child and Family Agency (2017). Child Protection and Welfare Handbook 2.pg 23

¹² Ibid

¹³ An Garda Síochána (2017). Domestic Abuse Intervention Policy (Sec 3.14)

4. Types of Domestic Abuse

Physical –
Any intentional and unwanted contact with or close to a person's body:



- Biting
- Punching or slapping
- Choking
- Pulling hair
- Pushing
- Burning
- Using weapons (knives, etc.)
- Using items as weapons (phone, cups, etc.)
- Rape or sexual assault

Sexual –
Any form of sexual coercion (physical or emotional) or sexual degradation against an individual in the family or domestic unit:



- Sexual assault - forcing unwanted/unsafe/degrading sexual activity
- Sexual harassment - Grooming/forced sterilisation/forced pregnancy
- Sexual exploitation - Forcing victim to partake in pornographic film-making/forcing victim to watch pornography
- Rape/no consent
- Rejecting sex and intimacy

Financial –
Where the abuser uses money as a means of controlling their partner:



- Withholding money/social welfare/credit card
- Stealing from or defrauding a partner of money or assets
- Preventing partner from working/choosing an occupation
- Limiting access to transport
- Social media monitoring
- Locking doors
- Social isolation

Social –
The systematic isolation of a victim:



- The systematic isolation from family and friends
- Forbidding or physically preventing the victim from going out and meeting people
- Constant criticising of victim's family and friends
- Victims never being left on their own by perpetrator
- Refusal to allow victims to work.

**Emotional OR
Psychological –**

**A form of control to
intimidate,
threaten or
humiliate:**



- Threatening/intimidation
- Destruction of personal property
- Shouting/screaming/name calling
- Stalking/harassment /monitoring
- Embarrassing/mockng in public
- Criticising/diminishing goals
- Excessive possessiveness
- Gas lighting
- Threatening suicide/self-harm to victim
- Using children - undermining parenting/threats to children/harming the children
- Blaming the victim for how the abuser feels

Digital –

**The use of
technology to bully,
pursue, cyber-stalk
or intimidate a
partner:**



- Sharing/threatening to share intimate/private pictures online
- Harassment by sending insulting/threatening text messages
- Making fake social media profiles
- Monitoring online activity
- Checking internet search history
- Using technology to track whereabouts
- Demanding passwords

**Coercive Control can
span across a number
of these types of
abuse.**

**(Safe Ireland, a Quick
Guide to the Criminal
Offence of Coercive
Control)**



Safe Ireland states that this form of domestic abuse is designed to “achieve obedience and create fear” and can include “coercion, threats, stalking, intimidation, isolation, degradation, isolation and control”.

The abuser may:

- Restrict the person’s movement
- Control what they eat
- Who they see
- Isolate them from friends and family
- And ultimately restricts independence and freedom.

5. Domestic Abuse Terms and Phrases¹⁴

Emotional & Psychological

Threatened
Fearful
Humiliated
Criticised
Embarrassed
Possessive
Being Blamed

Sexual

Rape & sexual assault
Forced unwanted sex
Revenge porn
No consent
Feeling rejected
Sexual degradation
Unwanted sexual touching

Financial / Social

Withholding finances
Forced to take out a loan
Prevented from getting a job or car
Limiting transport
Isolation from friends & family

Digital

Harrassed online
Checking search history
Demanding passwords
Sharing intimate photos
Sending threatening texts/email/pictures

Coercive Control

Gaslighting
Love-bombing
Monitoring of time
Taking phone away
Destruction of possessions
Restricting daily activities

Physical

Bite marks
Bruising
Scars
Walking on eggshells
Pulling hair
Choking
Burn marks
Female Genital Mutilation
Forced circumcision

¹⁴ Roscommon Domestic Abuse Resource Pack (2020) pg. 8

6. Impacts of Domestic Abuse¹⁵



Women:

- Panic attacks
- Post traumatic stress disorder
- Anxiety
- Suicidal ideation / attempts
- Exhaustion
- Low self esteem / self doubt
- Loss of employment / homelessness / poverty
- Reproductive health issues i.e unwanted pregnancy / miscarriage
- Substance misuse / addiction
- Physical injury
- Effect on mother / child bond
- Forced into sexual exploitation



Men:

- Panic attacks
- Post traumatic stress disorder
- Anxiety
- Suicidal ideation / attempts
- Exhaustion
- Low self esteem / self doubt
- Social isolation
- Loss of employment / homelessness / poverty
- Substance misuse
- Physical injury
- Forced into sexual exploitation



Children:
Bed wetting/
nightmares/flashbacks
Stress related illness (Skin
conditions..)
Eating difficulties
Attachment issues
School refusal
Low esteem
Anxiety
Isolation among 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

7. Recognising Abuse in Interpersonal Relationships

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

Am I in a toxic relationship?¹⁶

- 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?¹⁷

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?

¹⁶ Spunout (Updated 2018). <https://spunout.ie/sex-relationships/relationships/toxic-relationships>

¹⁷ Spunout (Updated 2018). <https://spunout.ie/life/abuse/am-i-an-abusive-person>

Thoughts

- Do I think that I cannot control my own behaviour?
- Do I deny or minimise 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?

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 abuse.

Please see Section 11& 12 for support services and contacts.

8. What Happens After a Referral/Concern?

An Garda Síochána:

If you are experiencing domestic abuse you may feel isolated and alone. You may not know who to trust or who you can confide in. It can be daunting contacting the Gardaí but if you are in danger we want you to call 999. When you call 999, a Garda in uniform will arrive at your location in a marked patrol car. They will ensure that you are not in immediate danger.

When you are safe, you will have the time to discuss with the Garda exactly why you called. If you are not in immediate danger and you require advice and assistance, you can visit your local Garda Station.

There you will be met by a uniformed Garda. You can ask to speak with the Garda in private. They may sit down with you and ask you a number of questions. There are no right or wrong answers to these questions. An Garda Síochána just need to find out as much information as possible to ensure that you are safe and that you stay safe.

When Gardaí attend an incident of reported domestic abuse they will introduce themselves and speak to those involved separately and ascertain what occurred. They will get details of those involved and the relationship between them.

Where there is a domestic abuse order in place and that order has been breached, the Gardaí will arrest the perpetrator. If there is no domestic abuse order in place and the Gardaí have grounds to suspect that an offence has been committed and they have a power of arrest, they will utilise that power of arrest.

Gardaí will investigate all offences that have occurred and will take a statement of complaint from the injured party as well as gathering all available evidence for their investigation. Gardaí will supply details of relevant support services and will conduct a call back within 7 days, in person or by 'other means (By phone or email)' agreed with the victim. The Garda will make further call backs if appropriate within one month and three months after the incident / initial call.

Túsla Social Worker:

Sometimes, when there are children and young people living in a home and there are concerns that Domestic Abuse might be occurring, a referral is sent to the Túsla Duty Social Worker.

The role of the Duty Social Worker is to ensure the safety and wellbeing of the child and young person living in the home. A lot of parents have a fear that if social workers become involved, the only result is that their children will be taken into care. This only happens in severe situations when it is absolutely necessary to ensure the physical and emotional safety of children.

If children are received into care, reunification takes place when it is safe to do so. Social workers will work together with a family to come up with the best plan or plans to keep the child and young person safe. This will often involve family members or friends who can be contacted either by a parent or the children (if they are old enough) to talk about any worries they might have, and making arrangements for a place of safety if an incident happens.

This will also involve working with the perpetrator to help them to identify what triggers the behaviour and what they can do to prevent them from engaging in abusive behaviours.

Social workers also provide families with support in accessing necessary services, including counselling, domestic violence support services and legal services.

9. How Can Professionals Help? ¹⁸

The Three R's for Professionals

All services and professionals/practitioners working with children and families need to be able to **Recognise** the signs of Domestic Abuse; **Respond** accordingly, and **Refer** where necessary. Remember that trusted professionals in a person's life may be the first person they reach out to. It is essential that we are able to respond in the best way as well as knowing local resources for referral. Professionals need to make themselves aware of their agency's policies and procedures regarding Domestic Abuse and avail of training.

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

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

¹⁸ www.safeireland.ie

Recognise Signs & Signals

- Person might be afraid of their partner
- There may be talk about the person's 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 etc.
- Seem controlled and stopped from seeing family and friends
- Keep in mind the impact on children who may also be living in the situation.

Respond

Victims of Domestic Abuse may not disclose information about their experience unless directly asked. When a person discloses that he / she has experienced Domestic Abuse this indicates the trust and value placed in the professional / person for help and advice.

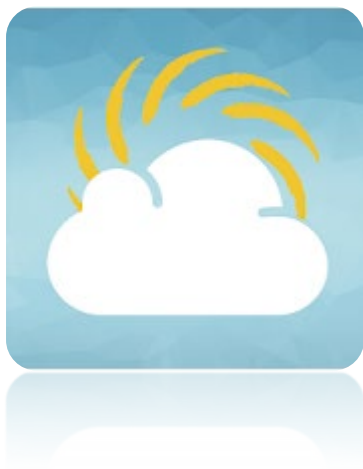
Refer Where Necessary

- 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

**If a person is in immediate danger,
call 999/112 without delay**

10. Online Resources

Bright Sky app



Bright Sky Ireland¹⁹, 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 You²⁰

Too Into You is a source of information for young women run by Women's Aid. The website allows users to take a relationship health check quiz to discover the signs of dating abuse, gives the reader a guide to safety orders in dating relationships and check out tips for keeping yourself and your friends safe. The website also features real-life stories, on how to protect yourself online and legal advice. They have an online chat service that is open Monday, Wednesday and Friday 7pm – 10pm. Or you can call their 24hr Freephone Helpline 1800341900.

¹⁹ <https://www.hestia.org/news/bright-sky-ireland-launched-to-support-people-affected-by-domestic-abuse>

²⁰ <https://www.toointoyou.ie/>

11. Local Support Services

Below is a listing of local Domestic, Sexual and Gender Based Violence (DSGBV) Services and Supports that are available within County Donegal.

Túsla – Domestic, Sexual and Gender Based Violence Unit

<https://www.tusla.ie/services/domestic-sexual-gender-based-violence/select-a-support-below/>

The following services are all supported through the national Túsla DSGBV Unit

Donegal Domestic Violence Services www.donegaldomesticviolenceservices.ie		
Donegal	Tel: 1800 262677	074 91 26267
Email	ddvsrefuge@gmail.com	
Donegal Domestic Violence Services offers 24hr protected accommodation and a helpline. It also offers outreach support, legal support and court accompaniment as well as a range of support services for dealing with financial and housing applications throughout the county of Donegal.		

Donegal Women's Centre www.donegalwomenscentre.ie	
Donegal	Tel: 074 9124985
Email	donegalwomenscentre@gmail.com
Donegal Women's Centre offers a Domestic Abuse Trauma Counselling Service, which is funded by Túsla. This service is provided in Donegal Women's Centre, Letterkenny as well as outreach centres in Killybegs, Ballyshannon, Falcarragh, Dungloe and Carndonagh by Domestic Abuse Psychotherapists who have over 20 years in-depth expertise working in the area of Domestic Abuse and Intimate Partner Violence Trauma Psychotherapy. Referrals can be self-referral, Túsla, HSE, DDVS, PHN, GP, An Garda Síochána, MABS, Citizens Information or any local or statutory body.	

Donegal Rape Crisis Centre www.donegalrapecrisiscentre.ie		
Donegal	Tel: 1800 44 88 44	074 9128211
Email	Info@donegalrapecrisiscentre.ie	
Donegal Sexual Abuse and Rape Crisis Centre provides a professional counselling and support service, in a safe and secure environment, for people who have been affected by abuse or sexual violence - thus enabling us to break the silence surrounding abuse and sexual violence in our community. Donegal Sexual Abuse and Rape Crisis Centre offer counselling, support and advice to survivors of rape and sexual abuse in a confidential, safe and friendly environment.		

Child Protection & Welfare Concerns – Túsla Child and Family Agency

Túsla Child and Family Agency

www.tusla.ie/services/child-protection-welfare/concerns/

Duty Social Work

Donegal

Tel: 074 9123672

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. If you need to report a concern about a child or need to discuss a concern, Duty Social Workers can help. Information on how to make a report or referral please go to Reporting 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.

An Garda Síochána - Dial 999/112 if in immediate danger

www.garda.ie

Garda Confidential 1800 666 111

Donegal Garda Stations

Ballyshannon	Ballyshannon Garda Station	071-9858530 (Available 24 Hours a day)
Buncrana	Buncrana Garda Station	074-9320540 (Available 24 Hours a day)
Letterkenny	Letterkenny Garda Station	074-9167100 (Available 24 Hours a day)
Milford	Milford Garda Station	074-9153060 (Available 24 Hours a day)

If Deaf/ Hard of Hearing or Speech Impaired	Register your mobile on www.112.ie and	Text 112 to report a crime or get Garda Assistance (Available 24 hours a day)
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Sexual Assault Treatment Unit (SATU)

www.tusla.ie/services/domestic-sexual-gender-based-violence

Donegal Tel: 074 9104436 087 0681964
Out of hours: Letterkenny Hospital Emergency Department: 074 9125888 ext. 359

SATU provides specialist care for women and men aged fourteen years and over who have recently been sexually assaulted or raped. The specialist team of SATU staff provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for victims of sexual crime, in a supportive, sensitive manner. This includes provision of treatment such as emergency contraception and medication to reduce the possibility of developing sexually transmitted infection. The SATU services respond to requests from the Gardaí for the collection of forensic evidence to aid the legal process and also provide services for people who do not wish to report the incident to the Gardaí. There is no charge for any of the SATU services or follow up appointments. SATU services can be contacted at any time via An Garda Síochána, or by contacting the individual SATU.

Túsla Family Support Services

Family Support Services are also included in the PPFS programme and are for families and individuals who need help. Family life is not always easy. Life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems all put stress and strain on family life and relationships. Family Support Services can help. Simply having someone to talk to about your problem can be the easiest way to begin to deal with your problem. There are many support groups for adults, teenagers, children and carers that give people the chance to tell their own stories and give support to each other. Specialist services provide support for domestic violence or child abuse. Family Support services are generally provided to families in their own homes and communities. Your concerns are dealt with in confidence by trained personnel who will give the appropriate support, advice and help.

Donegal Parent and Family Support

Donegal

Tel: 074 91 31245 / 086 021 8645

Email:

corina.cattersonflynn@finnvalleyfrc.ie

Raphoe Springboard Family Support Service has provided a community based intensive family support service to local families in town of Raphoe and surrounding catchment areas taken in the Raphoe/ Manor, Lifford / Castlefin, Stranorlar/ Cloghan Primary Health Care Areas. Springboard Family Support Project recognises that families should be supported within their own communities. Raphoe Springboard Family Support is therefore locally based, accessible to local families and is user friendly in the approach undertaken to family support work.

Lifestart Services CLG

www.lifestartfoundation.org/

Donegal

Tel: 074 9156644 / 087 6791898

Email

marylsl@lifestartfoundation.org

Lifestart Services CLG family support provision is based on a strengths-based model of parenting and family support that provides, through its home delivery mechanism, regular and consistent contact with families and establishes a close dialogic relationship between the parent and the Lifestart Family Visitor and in doing so offers a high level of family support.

Family Resource Centres (FRCs)

Donegal Family Resource Centres, are part of a wider National FRC Programme which is in place to combat disadvantage and improve the functioning of the family unit. Family Resource Centres carry out this role by providing a range of universal and targeted services and development opportunities aimed at addressing the needs of families. Services can include, but are not limited to the provision of information, advice, education, training, delivery of child and family programmes, Meitheal, counselling and networking. The Family Resource Centres in Donegal are:

Cara House Family Resource Centre, Pearse Road, Letterkenny, Co. Donegal, F92YA21

Tel: 074 912 39 86 **Mobile:** 086 122 30 29

Email: info@carahouse.ie **Web:** www.carahouse.ie

Open: Monday – Thursday 9.30 – 5.30, Fridays 9.30 – 4.00

Donegal Family Resource Centre, Upper Main St, Donegal Town, Co Donegal F94E640

Tel: 074 97 25337

Email: donegalfamilyresource@eircom.net **Web:** <http://www.donegalfrc.com/>

Open: Monday – Thursday 9.00 – 5.00, Fridays 9.00 – 1.00

Downstrands Family Resource Centre, Kilclooney, Portnoo, Co. Donegal F94DN83

Tel: 0749545879 **Mobile:** 087 6202508

Email: downstrandsfrc@yahoo.ie

Open: Monday – Friday 9.00 – 5.00

Dunfanaghy Family Resource Centre, Main Street, Dunfanaghy, Donegal F92T2WF

Tel: 074 913 6548 **Mobile:** 083 0730714

Email: dunfresource@gmail.com

Open: Monday – Friday 9.00 – 3.00

Finn Valley Family Resource Centre, Ceoil na Coille, Drumboe Ave. Stranorlar, Donegal F93ET28

Tel: 074 9131245 **Mobile:** 086 0218645

Email: corina.cattersonflynn@finnvalleyfrc.ie

Open: Monday – Thursday 8.30 – 5.00, Fridays 8.30 – 1.30

Mevagh Family Resource Centre, Áras Ros Goill, Downings, Co. Donegal F92RX8C

Tel: 074 915 5055 **Mobile:** 0879228944

Email: info@mevaghfrc.com **Web:** www.mevaghfrc.org/

Open: Monday – Thursday 9.00 – 5.00, Fridays 9.00 – 2.00

Moville & District Family Resource Centre, Market Square, Moville, Co. Donegal F93X593

Tel: 074 938 5548 **Mobile:** 0852042073

Email: info@movillefrc.com **Website:** www.movillefrc.yolasite.com

Open: Monday – Thursday 9.00 – 5.00 Friday 9.00 – 4.00

The Forge Family Resource Centre, Main St, Pettigo, Co Donegal F94T447

Tel: 071 986 1924

Email: theforgefrc@gmail.com **Website:** www.theforgefrc.com

Open: Monday – Friday 9.30 – 5.00

Raphoe Family Resource Centre, St. Michaels Place, Castle Road, William St, Raphoe, Co. Donegal F92HTV2

Tel: 074 914 5796 **Mobile:** 0873641503

Email: info@raphoefrc.ie

Open: Monday – Thursday 9.00 – 5.00, Fridays 9.00 – 2.00

St Johnston & Carrigans Family Resource Centre, Chapel Road, St Johnston, Lifford, Co. Donegal F93VHK7

Tel: 074 9148551 **Mobile:** 0852524429

Email: coordinator@stjohnfrc.ie

Open: Monday – Thursday 9.00 – 5.00, Fridays 9.00 – 4.00

Legal Information and Advice

Donegal Court Services

Telephone: Letterkenny 074-9206000

Donegal Town 074-9721532

Website: <https://www.courts>

Email: letterkennycourtoffice@courts.ie

DonegalDC@courts.ie

Opening Hours are Monday to Friday: 10.00-13.00 and 14.00-16.30

Emergency/ Out of Hours Domestic Violence Applications:

- If you need to bring an emergency application after hours, contact your local Garda Station. The Garda Station will contact the Court Clerk on call to arrange a court.

Citizens Information Centres (CIC) in Donegal

www.citizensinformation.ie

Letterkenny Citizens Information Centre, Public Services Centre, Neil T Blaney Road, Letterkenny, Phone: 0761 07 5530

Milford Citizens Information Centre, Public Services Centre, Milford, Phone: 0761 07 5450

Dungloe Citizens Information Centre, Public Services Centre, Gweedore Road, Dungloe Phone: 0761 07 5430

Donegal Town Citizens Information Centre, Public Services Centre, Drumlonagher, Donegal Town, Phone: 0761 07 5510

Carndonagh Citizens Information Centre, Public Services Centre, Malin Road, Carndonagh, Phone: 0761 07 5500

Buncrana Citizens Information Centre, 12 Lower Main Street, Buncrana, Phone: 0761 07 5490

Ballyshannon Citizens Information Centre, Public Services Outreach Centre, Library Building, Abbeyview, Ballyshannon Phone: 0761 07 5480

12. National Support and Information

Further information on Domestic, Sexual and Gender Based Violence Services from www.safeireland.ie www.stillhere.ie. www.victimscharter.ie

Women's Aid

Telephone: 1800 341 900

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

Email: 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 its 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

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.

AkiDwa

Telephone: (01) 8349851

Website: <https://akidwa.ie/>

Email: info@akidwa.ie

Akina Dada wa Africa, or AkiDwa for short, is a national network of migrant women living in Ireland. Akina Dada wa Africa means sisterhood in Swahili. AkiDwa works to promote equality and justice for migrant women living in Ireland by ensuring equal opportunities and access to resources. Our activities are focused on helping migrants to participate fully in all aspects of social, cultural, economic, civic and political life in Ireland.

AkiDwa's work focuses on female genital mutilation (FGM), domestic violence, forced marriages and trafficking. Their work has involved awareness raising, training and advocating for migrant women affected in particular by Female Genital Mutilation.

Men's Aid

Telephone: 01-5543811

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

Email: hello@mensaid.ie

Men's Aid Ireland formerly known as Amen, is the only 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.

**Male Advice Line
Men's Development Network**

Telephone: 1800 816 588

Email: 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

Other Useful Contacts:

A comprehensive list of supports for children, young people and families can be found on The ParentHub website www.parenthubdonegal.ie

For a listing of mental health and counselling services see www.yourmentalhealth.ie.

For further information:

Department of Justice – www.stillhere.ie and www.safeireland.ie can provide useful resources and contacts.

**If a person is in immediate danger,
call 999/112 without delay**

13. Appendices

Appendix 1:

Túsła Child and Family Agency – Child Protection and Domestic Abuse

Túsła has a primary responsibility to promote the safety and well-being of children and as such must always be informed when a person has reasonable grounds for concern that a child may have been, is being abused or is at risk of being abused or neglected. Such child protection concerns need to be supported by evidence that indicates the possibility of abuse or neglect.

In the case of Domestic Abuse, initial referrals are generally made by the Gardaí (called to attend an incident, where there is a child/children present within the household) to the local Duty Social Work team. Where the Garda attending believes there is an immediate and serious risk to the health and welfare of the child they will invoke Section 12 of the Child Care Act 1991 which will in turn enable the duty social worker to access an out of hours bed. Specialist Domestic Abuse services also provide initial child protection/welfare referrals.

Where it is suspected that a child is at risk there must be a report made under Children First. The term “Children First” was originally used in relation to Children First: National Guidelines for the Protection and Welfare of Children, first published in 1999 and reviewed and updated on a number of occasions since then, most recently in 2019 including online safety.

Since the enactment of the Children First Act 2015, the term is now a generic term used to encompass the guidance, the legislation and the implementation of both. Children First relates to the recognition of child abuse and neglect, the reporting of same to Túsła - Child and Family Agency, and the best practice which organisations should adhere to keep children safe while availing of their services. Non statutory obligations for all persons coming into contact with children are set out in the Children First Guidance, and the Children First Act 2015 sets out additional statutory obligations for defined categories of persons and for organisations providing relevant services to children.

Society has a duty of care towards children and everyone should be alert to the possibility that children with whom they are in contact may be being abused or be at risk of abuse.²¹

A joint working protocol for An Garda Síochána/Tusla Child & Family Agency 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.²²

²¹ Children First, Tusla <https://www.tusla.ie/services/child-protection-welfare/children-first/>

²² https://www.tusla.ie/uploads/content/CF_Joint_Protocol.pdf

Appendix 2:

Legal Protection for Victims of Domestic Abuse and Coercive Control

Below is information on the types of orders available to victims of Domestic Violence and Coercive control under the Domestic Violence Act 2018²³:

Barring orders remove the abuser (respondent) from the family home, there are three different types.

Emergency Barring Order (short term)

An emergency barring order requires the abusive person to leave the home, and prohibits the person from entering the home. This is an immediate order where there is reasonable grounds to believe there is an immediate risk of significant harm to the applicant or a dependent person if an order is not made immediately.

An emergency barring order may be obtained by:

- A person who is not a spouse or civil partner or is not related to the respondent but did live in an intimate relationship with the respondent prior to the application.
- A parent of the respondent who is not a dependent.

An emergency barring order is only granted in circumstances where the applicant has no legal rights to the property or their rights are less than the respondent and there is an immediate risk of significant harm to the applicant or dependent person.

An emergency barring order can be granted ex-parte. Where granted, an emergency barring order shall operate in the same manner as a barring order but will only last for eight days. A subsequent emergency barring order cannot be sought within one month of the expiration of a previous emergency barring order.

An emergency barring order may, if the court thinks fit, prohibit the abusive person (respondent) from:

- using or threatening to use violence against the applicant / dependent person,
- molesting or putting the applicant / dependent person in fear,
- watching or besetting a place where the applicant / dependent person resides,
- Following or communicating (including electronically) with the applicant / dependent person.

²³ The information on the orders was drawn from <https://www.garda.ie/en/Crime/Domestic-abuse/What-is-a-Safety-Order-.html> and <http://www.irishstatutebook.ie/eli/2018/act/6/enacted/en/pdf>

Interim Barring Order (short term)

Where the court, on application to it for a barring order or between the making of that application and its determination, is of the opinion that there are reasonable grounds for believing there is an immediate risk to the safety of the applicant or a dependent (and a protection order would not provide sufficient protection), the court shall grant an interim barring order. The interim barring order requires the abusive person to leave the home and prohibits the person from entering the home for up to 8 days.

An interim barring order may also prohibit the respondent from doing any one or more of the following as the Court thinks fit:

- using or threatening to use violence against the applicant/dependent person,
- molesting or putting in fear the applicant/dependent person,
- watching or besetting a place where the applicant/dependent person resides,
- following or communicating (including electronically) with the applicant or dependent person

An interim barring order may be obtained by:

- the spouse of the respondent,
- the civil partner of the respondent,
- a person who is not the spouse or civil partner of the respondent and is not related to the respondent within a prohibited degree of relationship but lived with the respondent in an intimate relationship prior to the application for the barring order, or
- A parent of the respondent who is not a dependent person.

An interim barring order may be made *ex parte* (where the respondent is not in court). An *ex parte* interim barring order will not exceed eight days. An interim barring order will cease to have effect on the determination of the application for the barring order.

A Barring Order (longer term)

A barring order requires the abusive person (the respondent) to leave the home and prohibits the abusive person from entering the home. The court may also, if it thinks fit, prohibit the person from further violence or threats of violence, watching or being near the applicant's home, or following or communicating (including electronically) with the applicant or a dependent person (any child).

A barring order may be obtained by:

- the spouse of the respondent,
- the civil partner of the respondent,
- a person who is not the spouse or civil partner of the respondent and is not related to the respondent within a prohibited degree of relationship but lived with the respondent in an intimate relationship prior to the application for the barring order, or
- a parent of the respondent who is not a dependent

A barring order shall:

- direct the respondent, if residing at a place where the applicant / dependent person resides, to leave the place,
- if the respondent is or is not residing at a place where the applicant/dependent person resides, shall prohibit the respondent from entering the place until further order of the court or until such other time as the court shall specify.

A barring order may also prohibit the respondent from doing any one or more of the following as the Court thinks fit:

- using or threatening to use violence against the applicant / dependent person,
- molesting or putting in fear the applicant / dependent person,
- prohibits watching or besetting a place where the applicant / dependent person resides,
- Following or communicating (including electronically) with the applicant / dependent person.

A barring order may remain in place for up to 3 years after its making and may be renewed on or before expiration date of the barring order, for a period of up to three years.

Where the respondent doesn't live with the applicant then a safety order can be applied for instead. Again there are short term and longer options available.

Protection Order (short term)

Where there has been an application to the Court for a safety or a barring order or between the making of that application and its determination and there are reasonable grounds for believing that the safety or welfare of the applicant or dependent (any child) so requires, a protection order may be granted. The protection order will prohibit the respondent from:

- using or threatening the use of violence against, molesting or putting in fear, the applicant or a dependent person,
- if residing elsewhere, watching or besetting a place where the applicant or a dependent person resides,
- Following or communicating (including electronically) with the applicant or a dependent person.

A protection order is temporary and expires on the determination by the court of the application for the barring or safety order. A protection order may be made ex parte.

A Safety Order (longer term)

A safety order is an order of the court which prohibits the abusive person (the respondent) from committing further violence or threats of violence. They are not obliged to leave the home. If the abusive person is not living with the applicant, the safety order prohibits them from watching or being near their home and following or communicating (including electronically) with the applicant or a dependent person (any child).

Safety and protection orders may be obtained by the following:

- the spouse of the respondent,
- the civil partner of the respondent,
- a person who is not the spouse or civil partner of the respondent and is not related to the respondent within a prohibited degree of relationship, but was in an intimate relationship with the respondent prior to the application for the safety order,
- a parent of the respondent and the respondent is of full age and is not, in relation to the parent, a dependent person,
- being of full age, resides with the respondent in a relationship the basis of which is not primarily contractual, or
- has a child with the respondent

A safety order does not exclude the offender from the home but offers the applicant (or a dependent) safety by prohibiting the respondent from:

- using or threatening to use violence against the applicant/dependent person,
- molesting or putting in fear the applicant / dependent person,
- if not residing with the applicant, prohibits watching or besetting a place where the applicant / dependent person resides,
- Following or communicating (including electronically) with the applicant / dependent person.

A safety order may remain in place up to 5 years after its making and may be renewed.

Coercive Control²⁴

Coercive control is a newly recognised crime in Ireland and is described as;

1. A person commits an offence where he or she knowingly and persistently engages in behaviour that –
 - (a) is controlling or coercive,
 - (b) has a serious effect on a relevant person and
 - (c) A reasonable person would consider likely to have a serious effect on a relevant person.
2. For the purposes of 1. A person's behaviour has a serious effect on a relevant person if the behaviour causes the relevant person-
 - (a) to fear that violence will be used against him or her or
 - (b) serious alarm or distress that has a substantial adverse impact on his or her usual day-to-day activities
3. A person who commits an offence under subsection 1 is liable to
 - (a) On summary conviction to a class A fine or imprisonment for a term not exceeding 12 months or to both and
 - (b) On conviction on indictment, to a fine or imprisonment not exceeding 5 years or both
4. In this section, a person is a "relevant person" in respect of another person if he or she-
 - (a) Is the spouse or civil partner of that other person or
 - (b) Is not the spouse or civil partner of that other person and is not related to that other person within a prohibited degree of relationship but is or was in an intimate relationship with that other person.

Other relevant legislation that can be used in domestic abuse cases includes the following act on harassment and harmful communications.

²⁴ Section 39 Domestic Violence Act 2018

Key Provisions of the Harassment, Harmful Communications and Related Offences Act 2020

Section 1.

Intimate Image in relation to a person is defined as any visual representation (Including any accompanying sound or document) made by any means including photographic, film, video or digital representation-

- (a) Of what is or purports to be the person's genitals, buttocks or anal region and in the case of a female, her breasts
- (b) Of the underwear covering the person's genitals, buttocks or anal region and in the case of a female her breasts,
- (c) In which the person is nude or
- (d) In which the person is engaged in sexual activity;

"Harm" includes psychological harm.

Section 2

Distributing, publishing or threatening to distribute or publish intimate image without consent with intent to cause harm or being reckless as to whether harm is caused

Section 3

Recording, Distributing or Publishing intimate Image without consent

Section 4

Distributing, Publishing or sending threatening or grossly offensive communication

Section 5

Anonymity of victim of offence under section 2 or 3

Donegal Children & Young People's Services Committee (CYPSC)

The central purpose of the Donegal Children and Young Peoples Services Committee (CYPSC) is to provide strategic direction and leadership to ensure effective interagency co-operation and collaboration to achieve the best outcomes for all children and young people in County Donegal. Donegal CYPSC acts as the structure whereby services can work together in a systematic manner to achieve shared goals bridging national policy with local provision.

This Domestic Abuse Resource Pack is the product of multiple interagency partners working together to highlight awareness of domestic abuse.

The Donegal CYPSC Domestic Abuse Working Group includes representation from:

- Donegal Domestic Violence Service
- Donegal Women's Centre
- Donegal Family Resource Centre Network
- An Garda Síochána
- MACE Project (Multiple Adverse Childhood Experiences)
- Túsla



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