

# Domestic Abuse Resource Pack

County Clare

Now more than ever



The information contained within this resource document is a guidance tool only. The agencies involved do not assume legal or other liability howsoever arising therefrom.

#Nowmorethenever



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# Acknowledgements

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This Domestic Abuse Resource Pack has been undertaken jointly and in partnership between Tusla Clare PPFS and Clare Local Area Network (CLAN.)

Clare Local Area Network (CLAN) has been in operation since 1997. The Network was originally established in response to a report and subsequent statement, release from the National Task Force on Violence Against Women which quoted, *“Women who experience abuse may seek help from a variety of sources- public, private, community and voluntary”. It goes on to say that “The most effective response will be provided where there are systems in place to ensure that all (these) agencies work together and there is proper co-ordination of services, communication and sharing of information.”* Countrywide, Local Area Networks (LANs) were established.

A lot of these committees were disbanded in 2008, the HSE policy on Domestic Sexual and Gender Based Violence 2010.<sup>1</sup>

However, some LANs, including Clare LAN continues to function. This group of dedicated and hardworking individuals from services and agencies throughout Co. Clare, continue to work towards enhancing their network’s joint responses to Violence Against Women and experience the benefits of interagency networking and collaboration that CLAN offers.

Covid19 presents each of these agencies with obstacles in victim care and case management.

This is due to numbers of domestic abuse incidents reported to An Garda Síochána in Co. Clare rising by 7% in comparison to 2019, from January to September. An increase of 31% was also reported for breaches of Domestic Violence Order.<sup>2</sup> These statistics are mirrored in the recent report from Safe Ireland, ‘Tracking The Shadow Pandemic’.<sup>3</sup> Between March and August 2020 a total of 3,450 women and 589 children who had never, as far as is known, contacted a domestic violence agency looking for support, safety from abuse and coercive control. During this period, helplines received 33,941 calls, an increase of 25% from 2019.

Behind each of these statistics is a victim and the agencies in Co. Clare have worked collectively to try and ensure that both female and male victims remain at the centre of our concerted response during this pandemic.

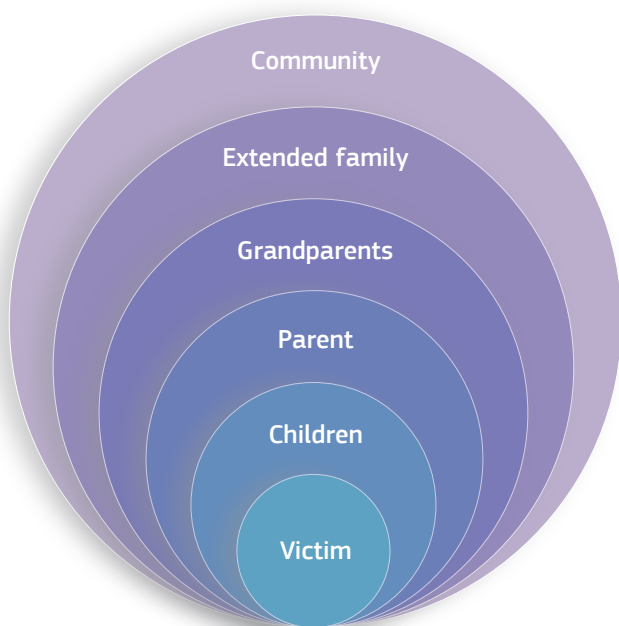
With this in mind, we would like to reassure any person in a domestic abuse situation or trying to escape harm, that Covid19 travel restrictions, do not apply.



# Significance of the Domestic Abuse

Clare Local Area Network (CLAN) was established over 20 years ago. Its members have a wealth of experience and knowledge of Domestic Abuse and its impacts on the victim, family and society. It is agreed that Domestic Abuse in Co. Clare, is prevalent, pertinent, complex and requires a multifaceted approach with seamless collaborative response.

On International Women's Day 2019, Ireland ratified the Istanbul Convention<sup>4</sup> (*Council of Europe Convention on preventing and combating violence against women and domestic violence*). Ireland's commitments and actions under the Convention are based on four pillars: prevention, protection, prosecution, and co-ordinated policies.



It is under these pillars that CLAN operate and continue their work in ensuring access to services for children and families, at the correct level and time of need. It is widely recognised that Domestic Abuse not only affects the adult who is the direct victim of Domestic Abuse, but also significantly affects the children who may be living with Domestic Abuse. The extended family may also be exposed to the emotional fallout of the Domestic Abuse. Domestic Abuse can have a fundamental impact on mothers or fathers who are parenting within this context.<sup>5</sup> **It is also important to be aware that every domestic abuse experience is different. This can include cultural diversity, socioeconomic background, ability etc. There are many elements to a victim's experience of Domestic Abuse, and they are not limited.**

The purpose of this resource pack is to act as a roadmap in assisting professionals working with children and families and to signpost to appropriate support services/ resources available in Co. Clare. Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is also essential that we are able to respond in the best way as well as knowing local resources for seamless referral. Professionals should make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of training opportunities which will enhance knowledge and optimise positive outcomes for children and families.

## THE FOUR PILLARS

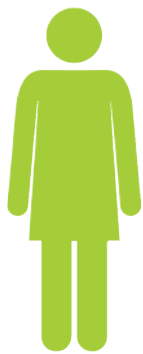
1 Prevention

2 Protection

3 Prosecution

4 Co-ordinated Policies

# 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 that 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.safaireland.ie/policy-publications/>

Planet Youth Survey of Transition Year Students, Roscommon 2018 - [www.planetyouth.ie](http://www.planetyouth.ie)

# What is Domestic Abuse?

Domestic Abuse 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<sup>6</sup> 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.

Coercive control can often be a starting point in an abusive relationship-often with the use of seduction (more information see page 10), therefore, coercive control needs to be repositioned more centrally, when discussing and developing awareness around Domestic Abuse and implementation of supportive mechanisms within services.<sup>7</sup> It is important also, to recognise and emphasise that victims of Domestic Abuse are and have experienced trauma(s) induced by the abuse and its effects. As a result, this directly generates vulnerabilities and trauma responses by the victim.

As such, it is paramount agencies operate 'trauma-informed' responses into their services deliveries.<sup>8</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>9</sup>

Domestic Abuse has not been defined in Irish legislation. The 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>10</sup>

## **Domestic Abuse tends to follow three phases:**

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

Once abuse has begun, it not only continues, but also 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 / explosive 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>11</sup>

# Types of Abuse

## Physical

- Biting
- Punching
- Kicking
- Pulling hair
- Pushing
- Burning
- Using weapons (knives, etc)
- Using items as weapons (phone, cups, etc)
- Rape



## Sexual

- 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 / Social

- 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



# Types of Abuse

## Emotional / Psychological

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



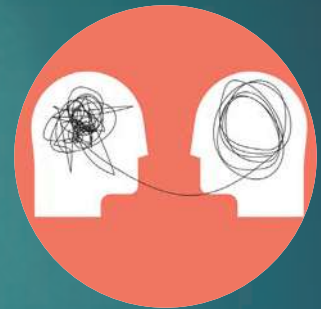
## Digital

- 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

- Isolation from friends and family
- Deprivation of basic needs,  
such as food
- Monitoring the person's time
- Monitoring the person via online  
communication tools or spyware
- Controlling where a person  
goes, who they see, what they  
wear and when they can sleep
- Depriving of access to support  
services, such as medical services
- Repeatedly putting a person  
down, such as saying they  
are worthless
- Humiliating, degrading or  
dehumanising the person
- Controlling their finances
- Making threats or intimidating  
the person





# As a professional, you may hear the following buzzwords, terms & phrases:

## EMOTIONAL & PSYCHOLOGICAL

- Threatened
- Fearful
- Humiliated
- Criticised
- Embarrassed
- Possessive
- Being blamed

## DIGITAL

- Harrassed online
- Checking search history
- Demanding passwords
- Sharing intimate pictures
- Sending threatening texts/emails/pictures

## SEXUAL

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

## COERCIVE CONTROL

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

## FINANCIAL & SOCIAL

- Withholding finances
- Being forced to take a loan out
- Being stopped from getting a car and/or job
- Limiting transport
- Isolation from friends and/or family

## PHYSICAL

- Bite marks
- Bruising
- Scars
- "Walking on egg shells"
- Pulling hair
- Choking
- Burn marks

# Effects of Domestic Abuse



## WOMEN

- Panic attacks
- Post-traumatic stress disorder
- Anxiety
- Suicidal ideation  
Attempted suicide
- Exhaustion
- Low self-esteem / self-doubt
- Social isolation
- Substance abuse
- Loss of employment / homelessness / poverty
- Reproductive health issues (Unwanted pregnancy, miscarriage, contraceptive issues)
- 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



## 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



## 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

# How to Recognise Domestic Abuse Information for Professionals<sup>12</sup>

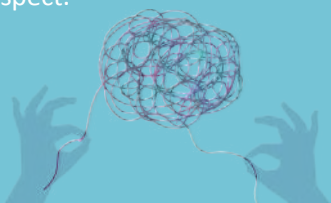
Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is essential that we are able to identify and respond in the best way as well as knowing local resources for seamless referrals. Professionals need to make themselves aware of research, their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

## What is Coercive Control?

Coercive control is a crime (please see page 25). It is the very heart of domestic abuse. It does not have to be physical to be abuse. It is a persistent and deliberate pattern of behaviour by an abuser over a prolonged period of time designed to achieve obedience and create fear.

It may include coercion, threats, stalking, intimidation, isolation, degradation and control. It may also include physical and/or sexual violence.

Coercive control is all about making a woman's world smaller – trapping her, restricting her independence and freedom. A controlling partner may shut out her friends and family, control her movements, micro-manage what she eats or wears, restrict her access to money – all the time chipping away at her confidence and destroying her self-respect.<sup>13</sup>



## Safe space

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
- Put information into discreet places, such as bathrooms so that victims can access it privately
- 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 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, at college, at their appointments
- Seem controlled and stopped from seeing family and friends
- Capacity to observe and be aware of perpetrator manipulation<sup>14</sup>

## Response

Victims of Domestic Abuse, including coercive control, 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 he/she trusts and values the professional/person help and advice.

- Acknowledge and understand that some people will not consider their relationship to be abusive if partner is not being physical – “It’s not abuse, he doesn’t (has never) hit me”
- Believe a person when they disclose
- Do not bombard them with questions or seek too much information too soon
- Do not come across as being accusatory
- Insight and understanding that people living in Direct Provision will face extra barriers and concerns if they are in an abusive relationship such as language barriers, fear of authority (Gardaí/agency staff/hotel or centre management) and vulnerability around their applications to stay in the country because it is linked to their abusive partner
- Insight and understanding that women from the Travelling Community could face additional challenges when living in abusive relationships
- An awareness around digital control – that the person might need to change their passwords or reset their phone settings to ensure the perpetrator does not have access to their finances/social media accounts/email/messages and location etc
- Advise the person that if they are planning to leave their abusive relationship to prepare a Safety Plan (see page 14 /15). Clarehaven Services provide assistance with Safety Planning to women and this can be offered to the victim

## 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. Dedicated Domestic Violence Liaison Sergeants (see page 19) are available to engage with victims to advise, support and investigate reports of domestic crime
- 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
- You must follow Children First Guidance and report any child concerns to Tusla Social Work





# Victims Reporting

## What the research says

Research from the New South Wales Bureau of Crime, Statistics and Research (Crime and Justice Statistics) - Reporting Violence to Police: A survey of victims attending domestic violence services.<sup>15</sup>

This research found that over half (55.1%) of respondents estimated that they had experienced over 100 previous incidents of DV from the same offender and nearly half (47.1%) of all respondents estimated they had experienced abuse by the same offender for the last 1 to 5 years.

### Three reasons cited in the report for not reporting to police are:

- fear of revenge/further violence (13.9%),
- embarrassment/shame (11.8%), or
- the incident was too trivial/unimportant (11.8%).

The primary barrier to reporting, according to those interviewed, is that police either do not understand or are not proactive in handling DV (17.1%).

Conclusion: Half of victims reported DV to the police, leaving the remainder without official legal intervention and professional support.

In Ireland, the National Crime Council / ESRI looked at those who have, at some time in their lives, experienced severe abuse in an intimate relationship in Ireland.<sup>16</sup> It focused on how long victims were experiencing abuse before they disclosed / reported to Gardaí - it found that 42% of victims were experiencing abuse for over a year before they reported to anyone.

### How soon before someone told?

- Within a month - 34%
- Within a year- 23%
- More than a year - 42%

### Who was told? The breakdown for women and men who ever experienced severe abuse.

- Women and men were about equally likely to have told someone about the abuse, with two thirds revealing their experiences to someone
- Most often, a friend (49%) or family member (43%) was told about the behaviour
- Over one in six of those affected confided in a GP, with about one in 20 confiding in a nurse or a hospital doctor
- Just over one respondent in eight told a work colleague
- A little under a quarter of those severely affected by abuse told the Gardaí



## 47.1%

Experienced abuse by the same offender for 1 to 5 years

# Domestic Abuse & The Victim

## Warning signs

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>17</sup>

## Am I in a toxic relationship?<sup>18</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
- Fear of saying no to his/her requests
- They want email / social media access and passwords
- Wanting to know whereabouts at all times – having to give proof of this
- Taking control of finances
- Pressure to give up work



# How do I leave an abusive relationship<sup>19</sup>

It is everybody's right to feel safe and be treated with respect and love in an intimate relationship. No one should live in fear. In any abusive relationship, the responsibility for the abuse is always with the abuser. No one else can control or change that behaviour. Women and children develop ways to keep safe within their relationship and their home.

The woman may decide she has to leave either for short periods or permanently. It will often take time before taking the final steps to leave the abusive or violent partner or situation either temporarily or permanently. It can be hard and require lots of courage.

Being in an abusive relationship is a difficult and lonely experience so women are encouraged to reach out to a support service such as *Clare Haven Services* 065 6822435, another trusted service or another trusted person in their wider network, a person they can rely on to be discreet.

## Safety Plan in the abusive home

Having a safety plan worked out in advance can help a woman and her children survive in the home safely. Ideas to consider in the plan may include:

- Identify places to avoid in the home when the abuse starts for example the kitchen where there are potential weapons or any rooms with no exit options
- If she has children - age appropriate tips on how she can keep children safe when the abuse starts
- Age appropriate methods teaching children to find safety either within the house or outside
- Teaching children how to get help, for example how to ring 999/112 or a trusted safe person - this may need to be practised if possible

Having a safety plan worked out in advance is useful even if it is never acted upon.





## Safety Plan if leaving the home

Having a safety plan worked out in advance to enable the woman to leave their home safely and quickly if necessary is useful even if it is never acted upon.<sup>20</sup> It's important for her to be aware that the time leading up to and just after leaving can be the most dangerous for a person leaving abuse. It can result in an increase in violence and abuse. Leaving an abusive relationship will take planning. The following are suggestions of things to be considered when planning to leave;

- A record of safe numbers to contact
- Identify where and how she can make a safe phone call – is the phone charged, does it need to be topped up with credit, if she has no phone where can she get access to one
- Keeping important personal documents in one place so they can be taken quickly if a woman needs to leave immediately e.g. birth certificates, passports, driver's license, GNIB, PSC and/or medical cards, repeat prescriptions, bank or credit cards and cash etc
- Have a destination in mind where she can go and stay, that is secure e.g. a friend or family member, a refuge, a Garda station or a hotel/B&B
- If she has children making sure she has all her own and children's medication
- If she has children making sure she has their favourite comfort item e.g. a blanket, a soft toy or other object they use when they are upset
- If she has access to a vehicle make sure it always has sufficient fuel and get a spare set of keys cut and stored safely for this purpose. Also, keep road-side assist details in the car
- If she does not have a vehicle she will need sufficient money or a topped up Leap card if public transport is available, if not a taxi number and sufficient cash for a fare
- If possible she should pack an emergency bag with the above information, items and sufficient clothing and toiletries to get her and her children through the next couple of days. If she has a baby she will need sufficient baby food
- If it is not possible to have the bag packed she should have a map in her mind of where each of these items are so that they can be quickly gathered. This may need to be practiced



### STEP 05 DOCUMENTS

ID / Passports / Driving License  
RSI & PPS Cards / Medical Cards  
Court orders / Marriage - Birth Certificates  
Claim's Books / Pay Slips / Bank Details



### STEP 06 SAFE PLACE

Friend - Relative's House  
Hotel / B&B / Refuge  
Garda Station



Teach your child how to  
call emergency services  
999/112





# Parenting and Domestic Abuse<sup>21</sup>

Domestic Abuse is one of the most difficult situations parents and children can face. It challenges our beliefs and values about family life. The secrecy and stigma that surround domestic abuse make it difficult for people who experience it, to seek help and support.

The occurrence and prevalence of Domestic Abuse in the home can have a detrimental impact on the development and well-being of children, the parenting capacities of the victims of violence, and indeed its perpetrators.<sup>22</sup>

The vast majority of parents, both mothers and fathers, want the best for their children and work very hard to meet their needs. In most situations parents are rightly seen as responsible joint carers and equal partners in the family unit. However, where there is Domestic Abuse, it is not an equal partnership. In abusive relationships, one partner uses abusive tactics to control and undermine the other. This can affect many aspects of family life, including parenting.

A parent who is abusive to their partner is also abusing their children emotionally, even if they are not physically abusive to them. Although you might try to shield your child, you cannot protect him or her from the negative effects of the abuse. Always remember you are only responsible for your own behaviour and you are not responsible for the behaviour of your abusive partner. You do not have to hide or justify the abuse in any way.

Abused parents sometimes feel it is better to minimise the extent of the abuse in the belief that this will protect the children from knowing what is happening.

However, this is not the case. Often children are aware of much more than their parents believe they know and to deny this reality can confuse them and undermine their trust.

Parents who are abused often try very hard to continue to look after their children and to protect them as much as possible, often even at risk to themselves.

However, physical injuries, stress, fear, emotional confusion and exhaustion can all affect how the abused parent responds to their children's needs. Your attention may be focused on trying to manage your own feelings and trying to anticipate the mood and responses of the abuser. This can mean you are less able to give time and attention to your children. It is important also not to allow the behaviour of the abuser to undermine your own values and convictions and your belief in yourself as a parent, regardless of what strategies he or she might use to undermine or blame you. In some situations, parents may use medication, alcohol or other drugs. This can also lessen their capacity to take care of their children. If this is your situation, or if you are feeling overwhelmed and struggling to care for your children, try to find help and support for yourself.



## Seek Help

If you are living in an abusive relationship and are concerned for your own and your child's safety it is essential to seek help and support to deal with your situation. Many people, women and men, who have experienced abuse tell somebody – friends, family members or professionals.

Breaking the silence and secrecy that surrounds abuse can be the first step to a life free from violence and abuse for you and your child/children.

Information on organisations where you will be able to get help and support is provided at the back of this resource pack.

### Further supports can be found on:

<https://www.tusla.ie/services/family-community-support/parenting-24-seven/>

<https://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support-programme/parenting/parenting-support-strategy-and-50-key-messages/>

<https://www.clarecare.ie/services/family-support-services/>

**If a child is in immediate danger contact Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie)**

If a child is in immediate danger contact Gardaí at

**112/999**

[www.garda.ie](http://www.garda.ie)



# What Happens Next?

## An Garda Síochána?

If you are experiencing Domestic Abuse you can 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 112/999.

When you call 112/999, a Garda in uniform will arrive at your location in a marked patrol car. They will introduce themselves. They will speak to those involved separately and ascertain what occurred. They will get details of those involved and the relationship between them. Where there is no family law order in place and the Gardaí have grounds to suspect that an offence has been committed 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. They may take any item that is considered evidence for their investigation.

In the event that a person discloses that they do not feel safe remaining in their family home, Gardaí will work with them to ensure that they are brought to a place of safety. This could be to the home of a family member or friend.

Clarehaven Services provide a refuge service and they can be contacted at any time day or night to establish if they have room available. Gardaí will also supply details of relevant support services and will follow up with the victim after the initial call.

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, we just need to find out as much as possible to ensure

that you are safe and that you stay safe. If you do not feel safe attending at a Garda Station you can also email your local Domestic Violence Sergeant directly and request a meeting. Where these options are not possible, we would urge you to contact one of the agencies listed in this booklet. All of these agencies work together to ensure the safe referral of persons to each other.

An Garda Síochána in Co. Clare is dedicated to working with victims of domestic abuse. Anyone who may like to report or discuss an incident of domestic violence can phone 112/999 or their local Garda Station. In addition, we have a dedicated Victim Liaison Service in Clare and they can be contacted on (065) 6848194.

An Garda Síochána also offers a newly established Divisional Protective Services Unit in Co. Clare. This unit is tasked with investigations into specific crime including domestic abuse (coercive control), sexual crime, online child exploitation, trafficking, organised prostitution and victim liaison.

The contact number for the Clare DPSU is (065) 6890132 and the email address is [clare.dpsu@garda.ie](mailto:clare.dpsu@garda.ie)

**A Domestic Violence Liaison Sergeant is also assigned to each area in Co. Clare and offers the following;**

- To meet victims of domestic abuse and offer support, advice and guidance
- Investigate reports of domestic crime
- To ensure a seamless referral of victims to other support agencies in Co. Clare
- Engage with professionals to offer advice & guidance

**Emergency**  
**112/999**  
[www.garda.ie](http://www.garda.ie)



AREA	GARDA STATION	DOMESTIC VIOLENCE SERGEANT	TELEPHONE NUMBER	EMAIL
Ennis	Ennis Garda Station	Catriona Holohan Sergeant	065 6848100	catriona.j.holohan@garda.ie
Kilrush	Kilrush Ennistymon Lisdoonvarna Lahinch Garda Stations	Bernadette Kelleher Sergeant  Edel Burke Sergeant  Francis Corey Sergeant	065 9080550	bernadette.m.kelleher@garda.ie edel.p.burke@garda.ie Francis.J.Corey@Garda.ie
Shannon	Shannon Sixmilebridge Newmarket On Fergus Garda Stations	Ann Marie Starr Sergeant  Tracey Stanley Sergeant	061 365900	ann.marie.starr@garda.ie tracey.e.stanley@garda.ie
Killaloe	Killaloe Tulla Scariff Garda Stations	Deirdre O Doherty Sergeant	061 620540	deirdre.b.odoherty@garda.ie

**Clare DPSU**

Telephone: **065 6890132**

Email: [clare.dpsu@garda.ie](mailto:clare.dpsu@garda.ie)



**Victim Liaison Service**

Telephone: **065 6848194**

Email: [clare.victimservice@garda.ie](mailto:clare.victimservice@garda.ie)





# Tusla Social Worker

Sometimes, when there are children living in a home and there are concerns that Domestic Violence may be occurring, a referral is sent to the Tusla Duty Social Worker. The role of the Duty Social Worker is to ensure the safety and well-being of the children living in the home. A lot of parents have a fear that if social workers become involved, the only result is their children will be taken into care. This only happens when it is absolutely necessary to ensure the physical and emotional safety of the children. If children are received into care, reunification takes place when it is safe to do so. Most of the time, social workers complete their work while children are still in their parent's care.

Social workers will work together with a family to come up with the best plan or plans to keep the children 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 make arrangements for a place of safety if an incident occurs.

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.

If you are concerned about a child's safety, please contact: Duty Social Work Team Ennis, Tel: 065 6863935 / 065 6863902 or TUSLA Mid-West (Clare, Limerick, North Tipperary), Tel: 061 588688. [www.tusla.ie](http://www.tusla.ie)

Additionally, you can download our Child Protection Welfare Report (CPWR) form which can be found on our website [www.tusla.ie](http://www.tusla.ie). Additionally, you can register on our Tusla Portal, create an account and submit online.

**If a child is in immediate danger contact Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie)**



## **Duty Social Work Team Ennis**

Telephone: **065 6863935**

**065 6863902**

Email: [claredutysocialwork@tusla.ie](mailto:claredutysocialwork@tusla.ie)



## **TUSLA Mid-West**

Telephone: **061 588688**

[www.tusla.ie](http://www.tusla.ie)



# Domestic Abuse & The Perpetrator

Domestic Violence is defined as, 'One individual systematically abusing another to gain power and control in a domestic or intimate relationship'.<sup>23</sup>

In relationships where domestic violence occurs, instead of both partners being equal in the relationship, the perpetrator firmly holds the balance of power and tries to maintain control over the victim in a variety of ways.

**The following tactics may be used to gain and maintain control;**

- Emotional, Verbal or Psychological Abuse
- Financial Abuse
- Spiritual or Cultural Abuse
- Sexual Abuse
- Physical Abuse

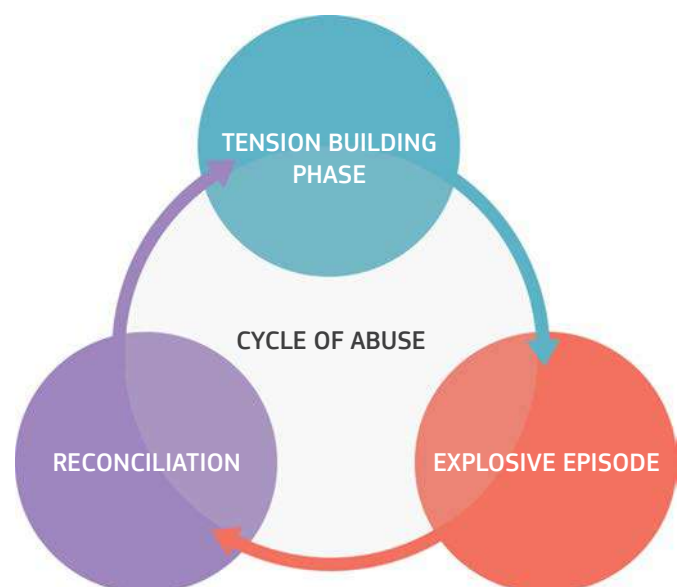
Often, an abusive partner will begin by using emotional or psychological abuse, such as name calling or put downs, and then escalate it to other forms of abuse such as physical violence. Sometimes there is little or no physical abuse. Typically, where there is violence, the violence can start off more subtly and then can grow in frequency and severity. As stated earlier, the cycle of abuse can follow three phases. This cycle is repetitive, multidirectional and does not end there. It reoccurs time and time again. It can also be a continuous pattern of abuse.

"It is a common misconception that perpetrators just 'lost control' when they emotionally or physically abuse their partners. Domestic violence and coercive control is the exact opposite of losing control. Perpetrators know what they are doing and use their abusive tactics of choice to maintain dominance in the relationship".<sup>24</sup>

The relationship between causes, or drivers of abuse, reinforcing factors and the higher probability of abuse is complex. A combination of individual, relationship, community and societal factors can contribute to the risk of becoming a perpetrator of abuse. Understanding these risks can help us prevent abuse and work with perpetrators of abuse to maximise safety.<sup>25</sup>

Domestic abuse is an issue that thrives on secrecy. As professionals, we rarely see abuse, that is so carefully hidden. Perpetrators of coercive control are known to engage in minimising, denying and blaming others for their abusive behaviours (*Lehmann et al., 2012*). They may claim to be the real victim in the relationship (*Bancroft et al., 2012; Morris, 2009*) and can present themselves as charming and heroic (*Morris, 2009; Stark, 2007*).

Sometimes it is difficult to believe that someone who behaves respectably in public can be abusive in private. The fear of not being believed can make seeking help more difficult for those most in need of our help. Understanding the hidden nature of abuse is vital to recognising and responding effectively.<sup>26</sup>



# Am I an abusive person?<sup>27</sup>

## A few questions to consider

### 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 dis-respects me when they do not 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
- 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
- Changing your behaviour will be a challenging process and requires a serious commitment and specialist help. If you are ready to take responsibility for changing your behaviour, contact a local 'Choices' programme provider such as MOVE Ireland on [www.moveireland.ie](http://www.moveireland.ie)<sup>28</sup>

# Support services

## Further support information

- Rape Crisis Help - has info on SV, supporting survivors and where to find nearest support service <https://www.rapecrisishelp.ie> <sup>29</sup>
- Apps that can discreetly let selected friends/family know a person needs help and where their location is. One example is smartwatcher <https://www.smartwatcher.com/apps> <sup>30</sup>
- Clare Haven Domestic Abuse Support Services offer refuge and support /outreach services to Co. Clare. [www.clarehaven.ie](http://www.clarehaven.ie) <sup>31</sup>
- 'Safe Space' can be found in Ennis Boots pharmacy consultation room. In this confidential space, victims can contact one of the 39 frontline specialist domestic abuse services across the country and access free, confidential support and advice. <https://www.safeireland.ie/boots-launches-safe-space-in-pharmacies-for-victims-of-domestic-abuse-across-ireland> <sup>32</sup>

More local, regional and national services can be found on page 30.

The Government launched a public awareness campaign on domestic abuse during the COVID-19 pandemic with a new website [www.stillhere.ie](http://www.stillhere.ie) <sup>33</sup>

It contains details of support services and resources available to someone experiencing or in fear of domestic abuse in their home. It includes information about the courts and Legal Aid, supports for children, supports for people with disabilities and older people, and digital and online safety.

### Support can also be found on

[www.safeireland.ie/gethelp/where-to-find-help](http://www.safeireland.ie/gethelp/where-to-find-help) <sup>34</sup>

**If you are in immediate danger, please call 999/112**



**Clare Haven**  
**24hr Helpline 065 6822435**  
[www.clarehaven.ie](http://www.clarehaven.ie)



**Safe Space**  
**Ennis Boots Pharmacy**  
Free confidential advice



**If you are in immediate danger please call 112/999**





# Online Resources

## Bright Sky app

Bright Sky Ireland,<sup>35</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. [www.toointoyou.ie](http://www.toointoyou.ie)



# Domestic Abuse and the Law

## An Garda Síochána

An Garda Síochána's Domestic Abuse Intervention Policy identified their key role as 'the provision of information, support and protection to victims'.<sup>36</sup> In addition, on 1 January 2019, the Domestic Violence Act 2018<sup>37</sup> came into effect. It consolidates the law on Domestic Violence and provides for additional protections for victims of Domestic Violence described below.

## Coercive Control

A new offence of coercive control of a spouse, civil partner or intimate partner also came into force under the 2018 Act. 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 have a serious impact including the fear of violence, cause serious alarm and distress and can result in a person giving up work, changing their routines, losing contact with family and friends. Coercive control can damage a person's physical and emotional well-being.

Coercive control can be difficult to detect from the outside looking into a relationship, so too can it be hard to spot when in the relationship itself. As the behaviour worsens and each iteration of abuse becomes a new normal, low self-esteem is just one of the many factors that can stop victims from seeing the reality of their situation.

**Coercive control is a criminal offence where a person knowingly and persistently engages in behaviour that:**

- is controlling or coercive,
- has a serious effect on a relevant person, and a reasonable person would consider it likely to have a serious effect on a relevant person.

**A relevant person is:**

- a spouse or civil partner,
- not a spouse, civil partner, or related to the other person but is or was in an intimate relationship with that other person.

Serious effect is described as behaviour that causes the person to fear that violence will be used against them or the behaviour causes serious alarm or distress that has a substantial impact on their day to day activities.

While a person may have been subjected to coercive control prior to the 1st of January 2019, coercive control only became a criminal offence since this date. This new law makes coercive control more serious precisely because it relates to tactics used by an intimate partner - a spouse, non-spouse or civil partner - now or in the past. You do not have to be in a sexual relationship for a partner to be an intimate partner.<sup>38</sup>

**Under domestic violence legislation, the main kinds of protection available are safety orders and barring orders.**

This policy also details the following:

- Encourages making 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>39</sup>

# Domestic Abuse and the Law

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

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

**Safety and protection orders may be obtained by the following:**

- (a) the spouse of the respondent
- (b) the civil partner of the respondent
- (c) 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
- (d) a parent of the respondent and the respondent is of full age and is not, in relation to the parent, a dependent person
- (e) 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

The court may place such exceptions or further conditions on the order as it sees fit.

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

## 2. Barring Order

A barring order requires the abusive person (the respondent) to leave the home and prohibits the 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 your home, or following or communicating (including electronically) with you (the applicant) or a dependent person (any child).

**A barring order may be obtained by:**

- (a) the spouse of the respondent
- (b) the civil partner of the respondent
- (c) 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



- (d) 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 reside, 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 up to 3 years after its making and may be renewed.

### 3. Interim Barring Order

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 you (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/dependent person

**An interim barring order may be obtained by:**

- (a) the spouse of the respondent
- (b) the civil partner of the respondent
- (c) 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
- (d) a parent of the respondent who is not a dependent person

An interim barring order expires on the determination by the court of the application for the barring order.

The Court may place such exceptions or further conditions on the interim barring order as it sees fit.

An interim barring order may be made ex parte (where the respondent is not in court). However, an ex-parte order expires within a maximum of 8 working days unless,

# Domestic Abuse and the Law

on application by the victim and on notice to the respondent, the ex-parte order is confirmed within that period by order of a court.

**An ex parte interim barring order will not exceed eight days.** An interim barring order obtained, will cease on the determination of the application for the barring order.

## 4. Protection Order

Where on application to the Court for a safety or a barring order or between the making of the application and the decision to grant such an order, there are reasonable grounds for believing that the safety or welfare of you (the applicant) or dependent (any child) so requires a protection order may be granted. If so, the court can grant a protection order to 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 expires on the determination by the court of the application for the barring or safety order.

A protection order may be made ex parte.

## 5. Emergency Barring Order

(Section 9, Domestic Violence Act, 2018)

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 are reasonable grounds to believe there is an immediate risk of significant harm to you (the applicant) or a dependent person.

**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.

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 you/dependent person,
- molesting or putting you/dependent person in fear,
- watching or besetting a place where you/dependent person resides,
- following or communicating (including electronically) with you/dependent person.



### Family Law Office

Ennis Courthouse

Telephone: **065 6867500**

Email: [enniscourtoffice@courts.ie](mailto:enniscourtoffice@courts.ie)



# Tusla Child and Family Agency

Tusla has a primary responsibility in promoting 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 harm, abuse or neglect.

In the case of Domestic Abuse, initial referrals are generally made by the Gardai (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 risk to the child they will issue a Section 12 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 2017.

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 *Tusla - Child and Family Agency*, and the best practice which organisations

should adhere to, 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 in an abusive situation or be at risk of abuse.<sup>40</sup>

**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.<sup>41</sup>

**If you are concerned about a child's safety, please contact: Tusla Duty Social Work, Ennis on 065 6863935 / 065 6863902 or via email at [claredutysocialwork@tusla.ie](mailto:claredutysocialwork@tusla.ie)**

**Tusla Duty Social Work Ennis**

Telephone: **065 6863935**  
**065 6863902**

Email: [claredutysocialwork@tusla.ie](mailto:claredutysocialwork@tusla.ie)



## Local Support Services

The following pages list the Local Support Services available. Included is a brief summary of each service and their contact details.

### Clare Haven Services

Ennis Co. Clare



065 6842646



www.clarehaven.ie

**Contact:** Clare Haven Services | 0656842646 | www.clarehaven.ie | clientcare@clarehaven.ie

Clare Haven provides safe refuge accommodation and support services to women and their children. The refuge is based in Ennis and accepts referrals from the woman herself, statutory and non-statutory agencies, social and medical practitioners and An Garda Síochána.

Services can be accessed via the 24hr helpline 365 days a year on 065 6822435. The service offers confidential support and information to women experiencing all forms of domestic abuse.

#### Services provided by Clare Haven Services include:

- Confidential support and information
- Emergency crisis response on our 24-hour telephone helpline
- Safe refuge accommodation
- Transitional accommodation
- Safety planning
- Advocacy
- Support / Outreach service in Ennis, Ennistymon, Shannon, Kilrush, Kilalloe and Scariff
- Accompaniment to legal services including legal aid, Gardaí, solicitors and court
- Remote court support to assist women accessing court orders
- Accompaniment / referral to medical services / social welfare / housing / Social work
- Counselling Services
- Children and Young People's services - including safety planning, childcare, social work supports, education supports, counselling supports, therapeutic supports
- Intervention programmes for women and children who experienced domestic abuse
- Prevention Programmes in Schools
- Public Awareness in Educational Facilities, Community Groups, Business, Workplaces and through the Media
- Advocating for change

**24hr Helpline 065 6822435**

Emergency crisis response



### Primary Care Social Work Services

Co. Clare



065 6863808



www.hse.ie

**Contact:** Clarecare | St Joseph's Hospital Ennis | 065 6863808 | www.hse.ie/eng/services/list/2/primarycare

Primary Care consists of the health or social care services that you can find in your community, outside of hospital. A primary care team is made up of GP, PHN, Physio, OT, SLT, Home-help Services and Social work. They provide a single point of contact to the health system in the community. Two Primary Care Social Workers work in Clare providing support to those aged under 65. They provide face to face support in Ennis and surrounding villages, Shannon, Sixmilebridge and East Clare.

Social Workers are also offering phone support to the residents of North and West Clare during the Covid Outbreak. Referrals for the elderly can be directed to Clarecare. People can self-refer/ be referred to the service with their consent by contacting the primary care office in St Joseph's Hospital Ennis at 065 6863808.

Further information can be found on the following site: [www.hse.ie/eng/services/list/2/primarycare/](http://www.hse.ie/eng/services/list/2/primarycare/)

## Co. Clare Family Resource Centres

Co.Clare


[www.clarefamilyresourcecentre.ie](http://www.clarefamilyresourcecentre.ie)

Family Resource Centres provides a range of universal and targeted services and development opportunities that address the needs of families.

Co. Clare has four Family Resource Centres (FRC), see contact details below.

	<b>Shannon FRC</b> Family Resource Centre	<b>North West Clare FRC</b> Family Resource Centre	<b>West Clare FRC</b> Family Resource Centre	<b>Killaloe/Ballina FRC</b> Family Resource Centre
	shannonfrc@gmail.com	info@northwestclarefrc.ie	info@westclarefrc.ie	info@kbfrfc.ie
	<b>061 707600</b>	<b>065 7071144</b>	<b>065 9052173</b> <b>086 7524377</b>	<b>061 374741</b>

## Tusla Child and Family Agency

Clare Prevention, Partnership &amp; Family Support

**065 6863902**
[www.tusla.ie](http://www.tusla.ie)

**Contact: TUSLA | River House, Gort Rd, Ennis, Co. Clare | 065 6863902**

Tusla's Prevention Partnership and Family Support (PPFS) is a programme of work within Tusla as part of its National Service Delivery Framework. [www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/](http://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/)

### Outline of agency's role and service provision:

The PPFS programme focuses on prevention and early intervention and will provide supportive, coordinated and evidence informed supports to achieve positive outcomes for children, young people, and their families. The PPFS Programme seeks to work with families, young people and communities to involve them in key decisions affecting children's lives, while providing services that respond to their needs in an appropriate, proportionate and timely manner.

This is achieved in the follow ways:

- Area Based approach to Family support (Child and Family Support Network model (CFSN's) and Meitheal)
- Parental Participation: [www.tusla.ie/services/family-community-support/parenting-24-seven](http://www.tusla.ie/services/family-community-support/parenting-24-seven)
- Child and Youth
- Commissioning
- Public Awareness

**Meitheal** is a Tusla-led Early Intervention Practice Model designed to ensure that the strengths and needs of children and their families are effectively identified, understood and responded to.

The ultimate goal is to enable parents and practitioners to work together to achieve better outcomes for the child.

TUSLA support **Child and Family Support Networks** locally involving agencies/organisations who work to support children and their families. Supporting families and keeping children safe is everyone's business. Families should experience services as easily accessible and integrated at the front line in their own communities. CFSNs will help support this by taking a localised, area based approach.



## Tusla Child and Family Agency

Social Work



**065 6863935** Ennis  
**061 588688** Mid-West



[www.tusla.ie](http://www.tusla.ie)

**Contact:** Duty Social Worker | River House, Gort Rd, Ennis, Co. Clare | **065 6863902** | [claredutysocialwork@tusla.ie](mailto:claredutysocialwork@tusla.ie)  
**TUSLA Mid-West** | Clare, Limerick, North Tipperary | **065 6863935** | [www.tusla.ie/services/child-protection-welfare](http://www.tusla.ie/services/child-protection-welfare)

### Outline of agency's role and service provision:

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.

You can report your concern in person, by telephone or in writing to the local social work duty service in the area where the child lives (please see contact details above). Alternatively you can download our *Child Protection Welfare Report* (CPWR) form which can be found on our website [www.tusla.ie](http://www.tusla.ie)

Additionally, you can register on our Tusla Portal, create an account and submit online.

**Any concern in relation to children out of hours should be reported immediately to An Garda Síochána.**

## Clare Court Services

Co. Clare



**065 6867500**



[enniscourtoffice@courts.ie](mailto:enniscourtoffice@courts.ie)

**Contact:** Ms. Josephine Tone Head of Office | **353 (0) 65 686 7500** | [enniscourtoffice@courts.ie](mailto:enniscourtoffice@courts.ie)  
**Courthouse, Lifford Road, Ennis, Co. Clare. Opening Hours: Monday to Friday: 10.00-13.00/14.00-16:30**

Facilities at Ennis courthouse include; consultation rooms, public waiting areas, lift, wheelchair access, disabled parking. At present the public office remains closed due to Covid19 restrictions. However, the Family Law Court continues to operate and all other matters are being dealt with via phone and email.

## Clare Probation Service

Co. Clare



**065 6845952**

**Contact:** **065 684 5952** | Block 2, Government Offices, Kilrush Rd, Ennis.

If there is no-one to take your call, please leave your name and number and we will return your call.

### Outline of agency's role and service provision:

The Probation Service is an agency within the Department of Justice and Equality. We work predominantly with those referred to our Service from the Courts.

Through our work we aim to help in reducing the level of crime and increase public safety by working with those referred to us, helping them to make changes to their criminal behaviours and make good the harm done by crime.

In the course of our work we engage with perpetrators of domestic violence and in the process will have contact with their families and their victims when appropriate to do so.

As part of our overall work we collaborate with various relevant services in the local community which includes the domestic violence services.

## NCCWN Clare Women's Network

Co. Clare



085 1554800 / 083 8924700

**Contact:** NCCWN Clare Women's Network | 085 1554800 / 083 8924700 | Clonroad Business Park, Ennis, Co. Clare.

### About NCCWN Clare Women's Network:

NCCWN Clare Women's Network supports and encourages the coming together of women's groups and individual women in Clare. Our work is guided by women's equality, inclusion, community development and feminist principles. Our aim is to promote gender equality through our work with women who experience multiple forms of oppression and disadvantage. We work with all women but specifically our focus is on women who experience marginalisation and those from vulnerable communities.



### We support women living with domestic violence in a number of ways:

- Meet with women in confidential and supportive settings, including phone/email/zoom/social media
- Provide women with information on support services relevant to their situation
- Advocate for women in situations of domestic violence
- Educate and inform women around areas of domestic violence
- Hold seminars, training and workshops
- Liaise with other agencies
- Allow space for women to meet and connect



Facebook: [ClareWomensNetwork](#) | Twitter: [@Clare\\_Women](#) | Instagram: [nccwn\\_clare\\_womens\\_network](#)

## TLC Kidz - Barnardos

Co. Clare



086 0453985



[valerie.gleeson@barnardos.ie](mailto:valerie.gleeson@barnardos.ie)

**Contact:** Valerie Gleeson Co-Ordinator for Limerick and Clare | 086 1453985 | [valerie.gleeson@barnardos.ie](mailto:valerie.gleeson@barnardos.ie)

### Programme Overview:

The TLC programme is for children and mothers who have experienced domestic abuse. The Programme delivers the TLC Kidz group work programmes concurrently for children and their mothers. The group work programmes are delivered by professionals working in a number of different agencies and different disciplines across the Limerick and Clare areas and span over 12 weeks.

### The purpose of the programme is to:

- Provide children with the opportunity to process and understand the violence and abuse they have experienced.
- To give children who have been exposed to domestic abuse a voice, and to validate children's experiences.
- To provide mothers with the skills to respond to and support their child to express their feelings in a healthy way.

- To provide mothers with an opportunity to explore how their children may have been impacted by the domestic abuse.

### Objectives

- To raise awareness of domestic abuse and its impact on children.
- To increase capacity of organisations and service providers to identify and respond to domestic abuse and its impact on children.
- To link children with an appropriate response to their needs with regard to their exposure to domestic abuse.

### Referral criteria

- The programme is open to children between the ages of 6-16 (in appropriate groups) depending on availability
- Open to children from Co. Clare.
- Separation has occurred and the perpetrator no longer resides at the family home



## Clare Citizens Information Service

Co. Clare



076 1074000



www.citizensinformation.ie

**Contact:** Citizens Information Phone Service CIPS | 076 1074000 | www.citizensinformation.ie

Main office Ennis: ennis@citinfo.ie | Outreach offices - Kilrush: kilrush@citinfo.ie - Shannon: shannon.cic@citinfo.ie

Deirdre Power Manager | 076 107 4000 | Deirdre.power@citinfo.ie

Anne Marie O'Reilly Information Officer | 076 1075260 | annemarie.oreilly@citinfo.ie

If you visit www.citizensinformation.ie you can request a call back directly from the top of the page. Just click on the link and enter your details and an information officer will call you back.

### Outline of agency's role and service provision:

We offer Information, Advice, Assistance and Advocacy to the General Public. Prior to Covid19 we offered a drop in service. Unfortunately, we have had to cease this service for the foreseeable future but our information officers are available to answer queries over the phone or by email. We do have an appointment system in place however this is for emergency's only and in circumstances where

the query cannot be dealt with over the phone. Procedures are in place should an offer of an appointment be necessary.

If you have a query or concern, you can contact our office on the above number, give the receptionist a brief description of your query and an information officer will return your call. Our aim is to return your call as soon as is reasonably possible and we strive to reply on the same day.

**Opening hours: 9.30am - 1pm / 2pm - 5pm  
Monday to Friday excluding Public Holidays.**

We have outreach offices in Shannon and Kilrush.

## Clare Adult Mental Health Services

Co. Clare - East / South / West / North



East 065 686 3708 South 065 686 3601

West 065 905 4100 North 065 707 5100

**Contact:** Martina Kilcommins agency representative | 065 6863710 | martina.kilcommins@hse.ie

**EAST:** Ennis Day Hospital 065 686 3708 | **SOUTH:** Shannon Day Hospital 065 686 3601

**WEST:** Kilrush Day Hospital 065 905 4100 | **NORTH:** Stella Maris Day Hospital 065 707 5100

**Older Adult Mental Health Service | Gort Glas, Ennis | 065 6865440 | General Office Opening Hours: 9.00am - 5.00pm**

Outside Office Hours: In an emergency, a person can be seen on the day of referral by the duty doctor/doctor on call. This often takes place in The Acute Psychiatric Unit, Ennis General Hospital, especially if out of hours. A crisis nurse service is available out of hours (4.30pm - 3.30am). Contact can be made via The Acute Psychiatric Unit. Tel: 065 6863208 or Crisis Nurse mobile number: 087 7999857

### Outline of agency's role and service provision:

The overarching aim of the service is to provide a comprehensive and holistic recovery oriented treatment programme for the community within the sector. It provides intensive mental health care to adults aged 18-65 years in the community who fulfil the criteria for acceptance by the sector multi-disciplinary team. For the purpose of delivery of services, the service is sectorised: North, South, East and West with a day hospital/Mental Health Centre attached to each sector. Referrals are generally made to the day hospital team of the sector by a woman's General Practitioner. A woman has access to a multidisciplinary team of professionals as appropriate following a referral by her G.P. and following discussion at the weekly team meeting. In an emergency, a woman can be referred by her G.P. to the psychiatrist on call who will enlist the appropriate team members as needed.

There is also an *Older Adult Mental Health Service* which serves the whole county. This service is for people over 65. Referrals are generally made by the person's G.P. to the team's headquarters in Ennis.

Screening and assessment of new and re-referrals for possibility of domestic violence is a routine part of the mental health assessment thus placing mental health difficulties in context when formulating a diagnosis and treatment plan.

### Various interventions may be offered including:

- Information and support in accessing frontline services that deal with violence against women.
- Counselling, psychotherapy and medical management as appropriate.
- Admission to acute admission in hospital if required.
- Documentation in case notes.

## Clarecare Services

Co. Clare



065 6828178



www.clarecare.ie

**Contact:** Clarecare Services | Harmony Row, Ennis, Co. Clare | [www.clarecare.ie](http://www.clarecare.ie) | [parentsupportline@clarecare.ie](mailto:parentsupportline@clarecare.ie)

### Outline of the Service:

Clarecare Family Support Services provide a broad range of support services for children and families, these include:

- **Parent Support Line.** Our team are offering parents and carers a listening ear, parenting tips, guidance and sign posting to other relevant services. The service is available on Monday, Wednesday & Friday, 10am-1pm
- **Individual support** for children and young people to support their understanding and management of emotional and behaviour issues that may be causing them difficulty at home, school or in their relationships with others.
- **Parenting Programmes** to support parents: These include evidence based programmes such as *Parents Plus*, a series of facilitated programmes on positive communication and behaviour management; the *Incredible Years*, a model of early intervention through *Parent, Teacher and Child* training programmes and *The Circle of Security (COS)* parenting programme which promotes attachment security in parent-child relationships. We also deliver Parenting when separated groups.
- **The Advocacy Service** for parents of children in care provides individual and group support for parents whose children are in the care of TUSLA. This support aims to enhance parents' participation in the care process.
- **The Aftercare Service** provides support for young people who have left, or are planning to leave, the care of TUSLA foster care and residential services. It aims to support young people to live independently.
- **Adult counselling service** provides individual counselling support to adults. People seek counselling for a variety of reasons. In the main, people want to develop and enhance personal skills and resources to cope with life difficulties such as bereavement, relationship difficulties and financial worries. This Counselling Service is offered to adults in our Ennis Office. It is provided on a one-to-one basis and we offer six to ten sessions.

**For further information on these services contact Clarecare by phone, email or on [www.clarecare.ie](http://www.clarecare.ie)**

## Mid-West Traveller Health Service

Co. Clare



061 469144



[Judith.mulcahy@hse.ie](mailto:Judith.mulcahy@hse.ie)  
[mary.garrahy@hse.ie](mailto:mary.garrahy@hse.ie)

**Contact:** Judith Mulcahy Community Development Worker | 065 6865815 | [Judith.mulcahy@hse.ie](mailto:Judith.mulcahy@hse.ie)  
Designated Public Health Nurse for Travellers: Mary Garrahy | 065 6865810 | [mary.garrahy@hse.ie](mailto:mary.garrahy@hse.ie)

### Outline of Service:

The Mid West Traveller Health Unit (THU) spans counties Clare, Limerick and Tipperary. It has a core staff of a coordinator, 2 community development workers in Clare and Limerick, 3 Designated Public Health Nurses in Clare, North Tipperary and Limerick and administrative staff.

The THU funds 4 Primary Health Care projects in Clare, Limerick City, West Limerick and North Tipperary and it supports other organisations to support Traveller initiatives through seed funding.

The THU works with Travellers and Traveller organisations to identify Traveller health priorities and plan responses to these. The THU targets specific health initiatives to address Traveller health inequalities and respond to particular Traveller health needs while improving Traveller access to mainstream health services and initiatives. The THU works to improve healthcare encounters with health service professionals and works with Travellers to have greater trust in the health services.

## Clare Money Advise and Budgeting Service

Clare MABS



0761 072430



www.mabs.ie

**Contact:** Ennis Office | 0761 072 430 | ennis@mabs.ie | Monday - Friday 9am - 5pm  
**National Helpline | MABS Helpline** 0761 072 000 | Monday - Friday 9am - 8pm | www.mabs.ie

Clare MABS is government funded through the Citizens Information Service and was established in 1993.

It operates as a completely free, confidential, independent and non-judgmental service to people requiring support to deal with financial difficulties or for more general advice on managing household budgets.

Financial difficulty often arises due to a change in circumstance such as marital breakdown, illness, addiction or unemployment and the shock of this can be extremely difficult to deal with alone.

MABS' money advisors can assist people by looking at their circumstances and working out how much money is available to pay back debts. MABS can contact client's creditors and negotiate affordable repayment plans. In certain circumstances solutions

such as insolvency options can be provided also. MABS is recognised under consumer legislation and as a point of referral by banks and financial institutions for their customers who are in difficulty.

MABS has Dedicated Mortgage Arrears advisors to assist people in mortgage arrears and provide support and intervention with mortgage lenders, attend court cases and provide vouchers to avail of legal and insolvency advice.

Above all, MABS acknowledges the personal stress that money worries leads to and the impact of this on people's physical and mental health.

MABS money advisors provide a listening ear and emotional support – a truly holistic service is offered in complete dedication to each client's individual needs.

## Haven Horizons Ending Relationship Abuse

National / International



087 7379813



www.havenhorizons.com

### National Education and Research Centre

**Contact:** Madeline Mc Aleer Research and Development Director | 087 7379813 | madeline@havenhorizons.com

#### Outline of agency's role and service provision:

Ending Relationship Abuse Through Education and Research

Our key activities include:

- Exploring and promoting new education and research initiatives
- In partnership with third level institutes, developing and delivering accredited training modules which expand and deepen knowledge on relationship abuse
- Networking and developing partnerships and prevention responses

- Researching international evidence-based best practice prevention models
- Promoting Irish demonstration sites for international models of good practice

Haven Horizons - Shaping Our Future Through Education and Research.



NATIONAL EDUCATION & RESEARCH CENTRE  
 ENDING RELATIONSHIP ABUSE

## Clare Traveller Primary Healthcare Project

Co. Clare



087 1041848



bbrady@cldc.ie

**Contact:** Brid Brady Primary Healthcare Coordinator | 087 1041848 | bbrady@cldc.ie

### Outline of agency's role and service provision:

Delivered through a Community Development model by Primary Healthcare workers and Community Link workers from the Travelling community, the programme focuses on promoting health and improving the health status of Travellers throughout the county. The peer led programme includes the

delivery of health information on key health topics e.g. Cardiovascular, mental health and diabetes etc. The project also informs the Travelling community of the various Health Services available locally and at times acts as a link between the broader Travelling community and the services, increasing the uptake of services in the area.

## Homeless Action Team (HAT)

Clare County Council



065 6846291



hat@clarecoco.ie

**Contact:** HAT | New Road, Ennis, Co. Clare | 065 6846291 | hat@clarecoco.ie

### Outline of Service:

The Homeless Action Team provide support and advice to people who are homeless or at risk of homelessness to residents of Co. Clare.

Whilst the office is currently closed, this service can be accessed by calling 065 6846291 or emailing hat@clarecoco.ie

## Clare Immigrant Support Centre

Co. Clare



065 6822026



www.clareimmigrantsupportcentre.com

**Contact:** 065 6822026 | www.clareimmigrantsupportcentre.com | ciscennis@gmail.com

Ennis part time office: Orla Ni Eili Coordinator | 087 2385990 | orlacisc@gmail.com

Outreach services: King Thomond DP Centre Lisdoonvarna | Clare Lodge Asylum Seeker accommodation centre

### Outline of Agency:

Clare Immigrant Support Centre (CISC) works to ensure access to appropriate state and community services and the upholding of all the rights and entitlements of all in the immigrant community. Clare Immigrant Support Centre also works to support better outcomes for individuals and families in their engagement with and access to state agencies and authorities, by providing translation, information, accompanied visits and advocating where necessary. Clare Immigrant Support Centre (CISC) is a part time office which provides a range of services to all

immigrants including asylum seekers and refugees living and working in Co. Clare. CISC office is based in Ennis, outreach clinics are conducted in Kilrush and there is a dedicated outreach service to Asylum Seekers in Lisdoonvarna Direct Provision Centre and Clare Lodge Centre. The organisation delivers a variety of services to meet the needs of immigrants in Co. Clare and works in collaboration with a wide range of local state and other agencies. It is also involved with National networks feeding into immigrant issue policy development.

**Service available in Arabic, French and English.**

## National Support Services

The following pages list the National Support Services available. Included is a brief summary of each service and their contact details.

### Women's Aid National Support Service



**1800 341 900**  
24hour Confidential Helpline



[www.womensaid.ie](http://www.womensaid.ie)

**Contact: 01 678 8858 | [info@womensaid.ie](mailto:info@womensaid.ie) | [www.womensaid.ie](http://www.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 and for women who are deaf or hard of hearing through its Text Service facility (both services are 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 National Support Service



**090 6479078**



[www.safeireland.ie](http://www.safeireland.ie)

**Contact: 090 6479078 | [info@safeireland.ie](mailto:info@safeireland.ie) | [www.safeireland.ie](http://www.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.



# National Support Services

## Rape Crisis Mid-West

National Support Service



**061 311 511**



**info@rapecrisis.ie**

**Contact:** 1800 311511 | info@rapecrisis.ie | Monday to Friday: 9am to 5pm  
**Rape Crisis Midwest:** 3 centres | Limerick | Ennis | Nenagh

### Outline of Agency:

Rape Crisis Midwest provides support and counselling to men and women who have survived any form of sexual violence either recently or in the past.

Services include counselling for survivors, garda and court accompaniment.

## Men's Aid

National Support Service



**01 554 3811**  
 Confidential Helpline



**www.mensaid.ie**

**Contact:** 01-5543811 | www.mensaid.ie | 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



**1800 816 588**



**men@mens-network.net**

**Contact:** 1800 816 588 | 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

# National Support Services

## Men Overcoming Violence MOVE Ireland Co. Clare



065 6848689



www.moveireland.ie

Contact: 065 6848689 | Move@moveireland.ie | www.moveireland.ie | twitter@MOVEireland  
MOVE Ireland, National Office, Unit 2 first floor, Clare Road Business park, Clare road, Ennis, Co. Clare.  
Local Coordinator: 086 4149613

### Outline of Service:

**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 programme has been designed for men who are concerned about the impact of their behaviour on their families and are ready to make a change.

MOVE Ireland work with men both in a one to one setting and in a group for at least 6 months in total. Your (ex) partner will also be offered support. The focus of these programmes is not to save relationships, but to help people living in abusive situations to change their destructive behaviours and look at their choices with the safety of women and children the main priority for the work.

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



twitter@MOVEireland

# Appendix

## County Clare Domestic Abuse Resource Pack CLAN Members

### CHAIRPERSON

**Sergeant Catriona Holohan**

An Garda Síochána

**Aiden Lonergan**

An Garda Síochána

**Aisling Mulhall**

Tusla PPFS and Parent Support Champion

**Ann-Marie O Reilly**

Citizens Information Service

**Brenda Sheehan**

MOVE Ireland

**Damien McMahon**

Clare County Council, Homeless Action Team

**Deirdre O Neill**

Primary Care Social Work Services

**Dr. Siobhan O Conner**

Clare Haven Services

**Elaine Clifford**

Clare MABS

**Fionnula Collins**

MOVE Ireland

**Hedvig Coughlan**

Probation Services

**Inspector David Finnerty**

An Garda Síochána

**Madeline McAleer**

Haven Horizons

**Martina Kilcommins**

Adult Mental Health

**Mary Howard**

Rape Crisis Mid-West

**Maura Fennell**

MOVE Ireland

**Paul Fitzgerald**

Court Services

**Siobhan O Donovan**

Court Services

**Therese Collins**

Primary Care Social Work Services

**Valerie Gleeson**

TLC Kidz

**Yvie Murphy**

Clare Women's Network

## 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>42</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>43</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>44</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>45</sup>

# Directory

## Co. Clare Services

### Clare Haven Services

Abbey Lodge, Limerick Road  
Ennis, Co. Clare  
(065) 6842646  
clientcare@clarehaven.ie

### Primary Care Social Work Services

St Joseph's Hospital Ennis  
Co. Clare  
(065) 6863808  
www.hse.ie

### Citizens Information Service

Bindon Lane, Bank Place  
Ennis, Co. Clare  
(076) 107 5260  
ennis@citinfo.ie  
shannon.cic@citinfo.ie  
kilrush@citinfo.ie

### Clare Duty Social Work Tusla

Child and Family Agency  
River House, Gort Rd  
Ennis, Co. Clare  
(065) 6863935  
claredutysocialwork@tusla.ie

### NCCWN Clare Women's Network

Clonroad Business Park  
Ennis, Co. Clare  
(085) 1554800 or (083) 8924700  
nccwnclarewomen@gmail.com

### Child and Family Support Network

Coordinators Tusla PPFS  
River House, Gort Rd  
Ennis, Co. Clare  
(065) 6863902  
info@tusla.ie

### Clare MABS

8 Harmony Row  
Ennis, Co. Clare  
(076) 107 2430  
ennis@mabs.ie

### Clarecare Services

Harmony Row, Ennis  
Co. Clare  
(065) 6828178

### Shannon Family Resource Centre

Respond Community Building  
Rineanna View, Shannon  
Co. Clare  
(061) 707600  
shannonfrc@gmail.com

### North West Clare Family Resource Centre

Parliament Street  
Ennistymon, Co. Clare  
(065) 7071144  
info@northwestclarefrc.ie

### West Clare Family Resource Centre

Community Centre, O'Gorman  
Street Kilrush, Co. Clare  
(065) 9052173 or (086) 752477  
info@westclarefrc.ie

### Killaloe/Ballina Family Resource Centre

The Green, Killaloe, Co. Clare  
(061) 374741  
info@kbfrc.ie

### Clare Adult Mental Health Services

**EAST:** Ennis Day Hospital  
(065) 686 3708

**SOUTH:** Shannon Day Hospital  
(065) 686 3601

**WEST:** Kilrush Day Hospital  
(065) 905 4100

**NORTH:** Stella Maris Day Hospital  
(065) 707 5100

### TLC Kidz Programme

Barnardos, Southill, Limerick  
(086) 0453985  
valerie.gleeson@barnardos.ie

### MOVE Ireland National Office

Unit 2 first floor, Clare Road  
Business Park, Clare road  
Ennis, Co. Clare  
(065) 6848689 or (086) 4149613  
move@moveireland.ie

### Probation Services

Block 2, Government Offices  
Kilrush Rd, Ennis, Co. Clare  
(065) 684 5952

### Mid-West Traveller Health Service

HSE Mid-West Community  
Healthcare Museum House  
Francis St, Ennis, Co. Clare  
(065) 6865814

### Clare Immigrant Support Centre

Unit 6, Clonroad Business Park  
Clonroad, Ennis, Co. Clare  
(065) 6822026  
ciscennis@gmail.com

### Court Services

Ennis Court Office, Courthouse  
Lifford Road, Ennis, Co. Clare  
(065) 6867500  
enniscourtoffice@courts.ie

## An Garda Síochána

### **An Garda Síochána Ennis**

Abbey Street, Lifford  
Ennis, Co. Clare, V95 TR83  
(065) 6848100  
Ennis.SergeantOffice@garda.ie  
**Open 24 Hours**

### **An Garda Síochána Shannon**

Shannon Town Centre,  
Co. Clare, V14 VH27  
(061) 365900  
Shannon.SergeantOffice@garda.ie  
**Open 24 Hours**

### **An Garda Síochána Kilrush**

Ennis Road, Kilrush,  
Co. Clare, V15 Y191  
(065) 9080550  
Kilrush.SergeantOffice@garda.ie  
**Open 24 Hours**

### **An Garda Síochána Tulla**

Ashler, Tulla, Co. Clare, V95 F978  
(065) 6835103

#### **Limited Opening Hours**

Please email or phone Killaloe  
Garda Station for appointment

### **An Garda Síochána Sixmilebridge**

Shannon Road, Sixmilebridge  
Co. Clare, V95 Y063  
(061) 369133

#### **Limited Opening Hours**

Please email or phone Shannon  
Garda Station for appointment

### **An Garda Síochána Killaloe**

The Green, Killaloe  
Co. Clare, V94 NH73  
(061) 620540  
Killaloe.Sergeants@garda.ie  
**Open 24 Hours**

### **An Garda Síochána Scariff**

Drewsborough, Scariff  
Co. Clare, V94 FP30  
(061) 922790  
**Limited Opening Hours**  
Please email or phone Killaloe  
Garda Station for appointment

### **An Garda Síochána Ennistymon**

Ennistymon, Ennis Road  
Ennistymon, Co. Clare  
V95 WF51  
(065) 7072180  
Ennistymon.SergeantOffice@garda.ie  
**Open 24 Hours**

### **An Garda Síochána Kildysart**

Ennis Road, Kildysart  
Co. Clare, V95 P402  
(065) 6832102

#### **Limited Opening Hours.**

Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Crusheen,**

Crusheen, Co. Clare  
V95 VF59  
(065) 6827122

#### **Limited Hours Only**

Please email or phone Ennis  
Garda Station for appointment

### **An Garda Síochána**

#### **Miltown Malbay**

Church Street, Miltown Malbay  
Co. Clare, V95 A788  
(065) 7084222

#### **Limited Hours Only**

Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Kilmihil**

Kilmihil, Co. Clare  
V95 AV62  
(065) 6834152  
**Limited Hours Only**  
Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Kilkee**

Circular Road, Kilkee  
Co. Clare, V15 X440  
(065) 9056002  
**Limited Hours Only**  
Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Ballyvaughan**

Ballyvaughan Garda Station,  
Ballyvaughan, Co. Clare  
H91 X0X8  
(065) 7077002

#### **Limited Hours Only**

Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Corofin**

Baunkyle, Corofin, Co. Clare  
V95 Y032  
(065) 6837622

#### **Limited Hours Only**

Please email or phone Kilrush  
Garda Station for appointment

### **An Garda Síochána Lisdoonvarna**

Garda Station, Main Street,  
Lisdoonvarna, Co. Clare  
V95 73XR  
(065) 7074222

#### **Limited Hours Only**

Please email or phone Kilrush  
Garda Station for appointment



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