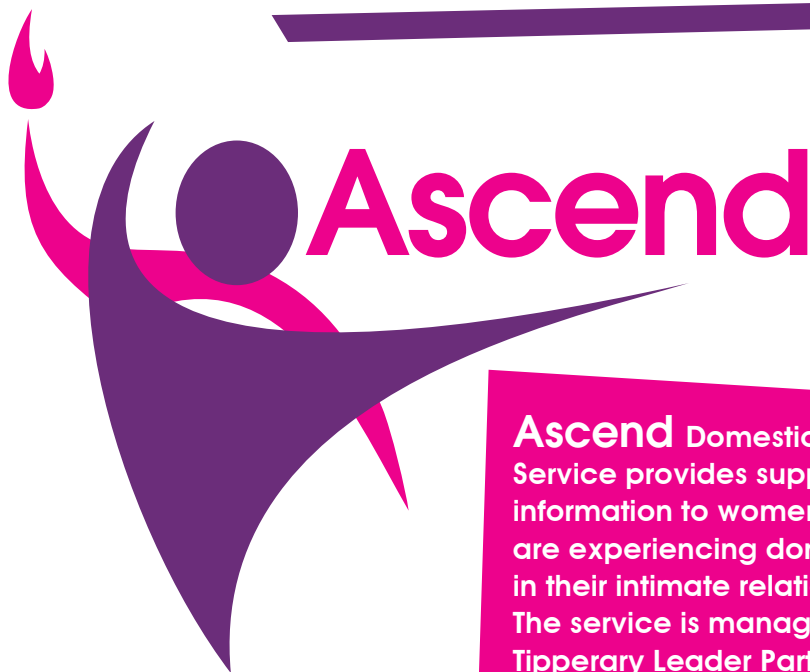


Domestic Abuse is **NOT** a private matter

Ascend Domestic Abuse Service for Women - North Tipperary



Ascend Domestic Abuse Service provides support and information to women who have or are experiencing domestic abuse in their intimate relationships. The service is managed by North Tipperary Leader Partnership (NLP) and funded by Tusla, The Child and Family Agency and Commission for the Support of Victims of Crime

For information or an appointment with Ascend contact:

Office Number: **0505 23379**

Confidential Number: **0505 23999 / 086 8283399**

E: ascendservices@eircom.net

W: www.ntlp.ie

 www.facebook.com/AscendDomesticAbuse

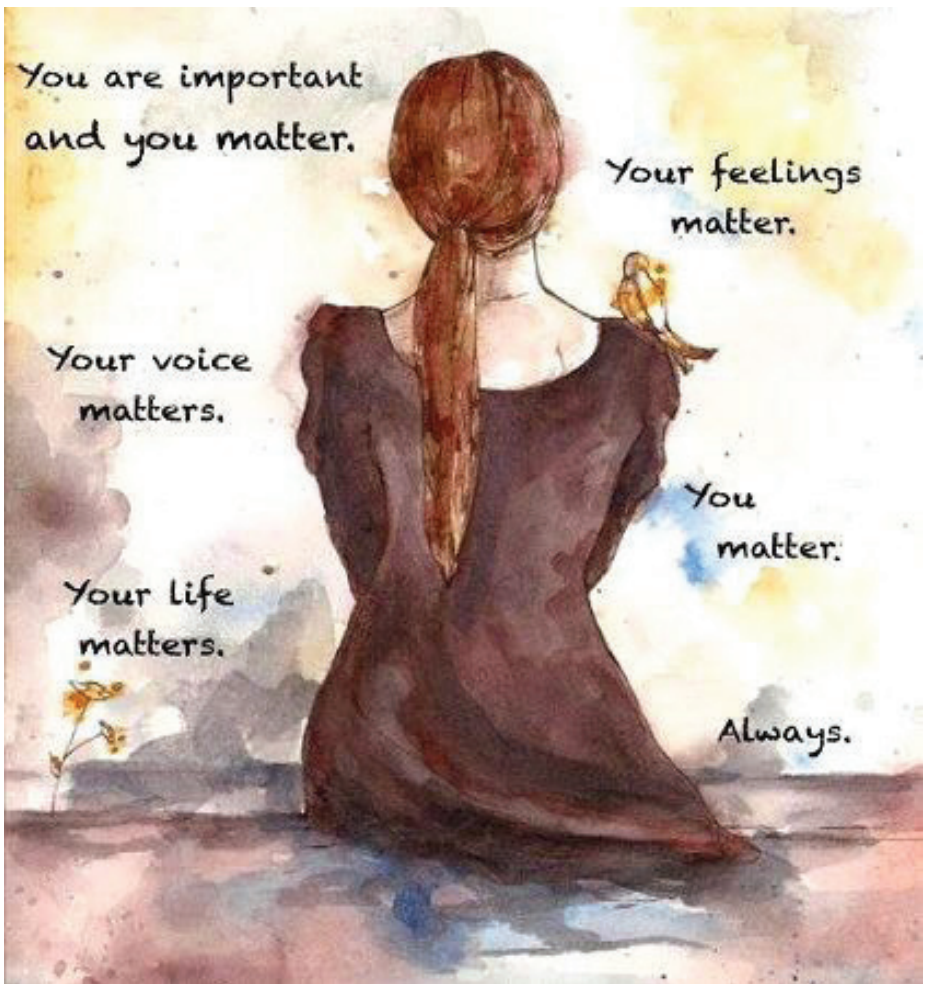
Are any of these things happening to you or anyone you know? ABUSE DOESN'T JUST HAPPEN WHEN SOMEONE HITS YOU

- Are you afraid of your partner?
- Are you shouted at or threatened, being constantly humiliated and put down, being unjustly accused of being unfaithful?
- Does your partner insult or belittle you, sulk or ignore after you have had a disagreement?
- Do you 'walk on eggshells' rehearsing what you will say so not to set him off?
- Does your partner make all the financial decisions without consulting you, question you on any money you spend, deprive you or your children unfairly of sufficient money or prevent you from getting a job?
- Have you experienced any of the following from your partner or anyone else at home - pushed or punched, kicked, slapped, bitten, hit with objects, drowned, threatened with guns or knives, squeezed around the neck or injured in any other way?
- Do you have visible injuries such as cuts, bruises, or burns, which you often explain away as 'I fell' or 'I'm so clumsy'?
- Does your partner or anyone else in your home insist you have sex when you don't want to, or insist you do or view things with which you are uncomfortable?
- Does your partner threaten to harm your loved ones, pets or children?
- Does your partner control you by only letting you pursue your interests if you meet his conditions?

These are some examples of verbal, emotional, financial and physical abuse

YOU ARE NOT ALONE

- ▶ Do you feel isolated, not allowed to contact friends and family and miss scheduled appointments because of your partners' demands?
- ▶ Are you constantly called and texted if you are out of the home, having to explaining where you go, what you do and who you see?
- ▶ Are you told how you should dress or behave in company?
- ▶ Is your partner extremely jealous or possessive?



SERVICES YOU CAN EXPECT FROM ASCEND

1. This service offers support, information, listening and an understanding of domestic abuse issues. We can meet you at a place and time of your convenience throughout North Tipperary.
2. We offer a confidential listening and information telephone service where you have the opportunity to discuss any concerns you may have about domestic abuse in your life.
3. We will provide you with, emotional support; someone will listen to you, believe you, and help you get clarity on your situation. We are here to help a woman identify her options.
4. A safety plan will be created in consultation with you. This can be done in person or initial contact can be made over the phone.
5. If we have concerns about your safety or that of your children we will make a referral to specialised services within TUSLA - Child and Family Agency.
6. We can accompany you and participate in Child protection conferences and other relevant meetings as requested.
7. We offer a Court accompaniment service through which we:
 - can support you in court on matters relating to domestic violence, maintenance, child access, separation and divorce
 - can give you a clear understanding of the procedures of court
 - accompany you to appointments with solicitors at your request
 - explain the different court orders to you
 - will explain what is required of you by the courts when orders are granted
 - provide on-going service to you throughout your court history and follow-up
 - can support you to make a complaint if Court orders are breached

8. We make referrals to programmes such as TLC Kidz, MOVE, Caring Dads; to Barnardos Family Support Services, external Counselling services, Pieta House and any other relevant agencies according to your needs.
9. We provide support with regard to the following agencies: Referral to a refuge, or alternative temporary housing through Social Work, Social Welfare, Housing and homeless services, Child Protection, Gardaí, Legal Aid, St. Vincent de Paul and many others.
10. We offer the possibility of participating in personal development courses or group support where you can meet other women in a similar situation.
11. We can arrange Irish Sign Language and other language interpreting on request.

WE DO NOT PROVIDE LEGAL ADVICE OR COUNSELLING SERVICES.

“ Only for you, I'd be lost. I didn't even know there was such a place as Ascend. Brilliant service. ”

“ Words fail me, to describe this wonderful service, the support I got in my court process combined with totally professional knowledge of the system, non-judgemental, empathic and the ability to challenge me to the place of freedom and empowerment where I am today. ”

“ Ascend was the one place where I was believed, heard and listened to. ”

“ I would not be alive today, if it were not for Ascend ”

“ Working with Ascend gave me strength to see inside myself that I had the strength to break free from the hell that was keeping me from living a normal life. ”

HOW CAN YOU HELP?

PRACTICAL SUPPORT

- Tell her about Ascend Domestic Abuse Service and give her the number **0505-23999 / 086-8283399**
- Let the Gardaí know that you or someone you know is in danger. Call the police if you see or hear evidence of domestic violence. You can contact them on 999 or by calling your local Garda station. If the gardaí know the address, they can get help to you faster
- Reach out to support someone whom you believe is a victim of domestic violence
- Do not try to reason with or confront the abuser. Your own safety is important
- It isn't a child's responsibility to protect their mother. In an emergency they should call for help from the police, go to a neighbour, a relative or someone they trust
- Add the Ascend Domestic Abuse Service number **0505-23999 / 086-8283399** to your list of contacts in your mobile phone should you or your friend need it
- If she has suffered physical harm offer to go with her to a hospital or to see her GP. Suggest that it might be useful in future to have records of any injuries as abuse frequently escalates over time. If possible photograph the injuries with the woman's consent
- Encourage her to think of ways in which she can increase the safety of her children
- Help her to report the assault to the Gardaí if she chooses to do so
- Plan safe strategies for leaving an abusive relationship. Let her create her own boundaries of what she thinks is safe and what is not safe; don't urge her to follow any strategies that she expresses doubt about
- Offer to keep spare sets of keys or important documents, such as passports, benefit books, in a safe place for her so that she can access them in an emergency

- Give her a small amount of money to put away in case she needs a taxi or bus in an emergency to leave the house and go to family or refuge. Give her mobile phone credit so she can make calls in case of emergency
- Encourage your neighbourhood watch to become as concerned with watching out for domestic violence as with burglaries and other crimes

EMOTIONAL SUPPORT

- Listen to and believe what she tells you – too often people do not believe a woman when she first discloses abuse
- Try to be direct and start by saying something like, “I’m worried about you because.....” or “I’m concerned about your safety...”
- Do not judge her
- Acknowledge that she is in a frightening and very difficult situation
- Tell her that no one deserves to be abused, despite what her abuser has told her. Reassure her that the abuse is not her fault and that you are there for her
- Don’t tell her to leave the relationship or criticise her for staying if she is not ready to do this. This is her decision.
- It is important to remember that research shows an abused woman is at most risk at the point of separation and immediately after leaving an abusive partner
- Leaving takes a great deal of strength and courage. An abused woman often faces huge obstacles such as nowhere to go, no money and no-one to turn to for support
- If she has not spoken to anyone else, encourage her to seek the help of a local domestic violence service that understands what she is going through and offers specialist support and advice
- Be patient. It can take time for a woman to recognise she is being abused and even longer to be able to make safe and permanent decisions about what to do. Recognising the problem is an important first step

ADDITIONAL SERVICES ADDRESSING DOMESTIC ABUSE IN NORTH TIPPERARY

TLC Kidz is an interagency group-work programme hosted by Barnardos for children and mothers who have been exposed to domestic abuse.

CONTACT: 0504 20018

The **CARING DADS** Programme run by North Tipperary Community Services helps fathers improve their relationship with their children and end controlling, abusive and neglectful behaviour. **CONTACT: 067 31800**

DO NOT SUPPORT DOMESTIC ABUSE THROUGH YOUR INACTION OR SILENCE.

Remember to look after yourself while you are supporting someone through such a difficult and emotional time. Ensure that you do not put yourself into a dangerous situation; for example, do not offer to talk to the abuser about your friend or let yourself be seen by the abuser as a threat to their relationship.

Other Useful Numbers and websites:

Adapt Services, Limerick
24 hour Freephone Helpline 1800 200 504

Community Welfare Office: 067 46504

Court Clerk's Office: 067 31319

Homeless Person's Unit: 067 46503

Legal Aid: 067 34181

Shannondoc: 1850 212999

AMEN

(Male Victims of Domestic Abuse) 046 9023718

Rape Crisis Midwest 1800 311 511

SOCIAL WELFARE

Thurles: 0504 20210

Nenagh: 067 50902

Roscrea: 0505 22840

GARDAÍ

Roscrea: 0505 24230

Nenagh: 067 50450

Templemore: 0504 32630

Thurles: 0504 25100

MABS: 0761 072760