

# Domestic Abuse is **NOT** a private matter

**Ascend** Domestic Abuse Service for Women - North Tipperary



**SAFETY  
PLAN**

## SAFETY PLANNING HELPS YOU PREPARE IN CASE OF DANGEROUS INCIDENTS

For most women it may not be safe to put the plan in writing.

### SAFETY PLAN 1: IF LIVING IN AN ABUSIVE RELATIONSHIP:

- If you feel that you are going to get physically assaulted, get out of the house. If this is not possible, avoid places without an exit such as the kitchen and bathroom. These rooms are dangerous as they have hard surfaces increasing your risk of getting hurt. If safe and possible, bring your children with you.
- If a physical assault starts curl up in a ball and protect your head.
- If you are assaulted notify the Gardaí and see your Doctor or go to your local hospital to have your injuries checked.
- Ensure your children know that they should never try to intervene when abuse starts and that they should go to a safe place (e.g. neighbour's house) and stay there.
- Phone 999 and if you are unable to talk for long just shout your name and address so that the Gardaí can find you.
- Tell your children, grandchildren or neighbours to call the Gardaí if they hear angry or violent noises.
- If you have children, teach them how to call the Gardaí immediately.
- Keep your phone charged and with you at all times. Have important phone numbers saved in your phone such as Gardai, family, friends or a neighbour and Ascend Domestic Abuse Service.
- Save the number for your local Garda station on speed dial.
- You can get a Safety or Barring order under the Domestic Violence Act. Ascend will be able to support you in this. Contact the Gardaí to ensure they have received a copy once you have been granted an order. Keep a copy of your court order in a safe place.

- Save and hide some emergency money or open a bank account. Keep cash aside for a taxi in case of emergency.
- Your location may be traced by your partner using a tracking app on your phone. Be vigilant about who has access to your phone.
- Always park your car in a position that allows you to drive away quickly. Try to park in the direction in which you plan to leave and where you won't find yourself blocked in.
- Keep your car keys in a place where you can access them. Keep duplicates so you are not trapped if your partner takes them.
- If your partner has access to a gun or any other weapon, notify Gardaí immediately.
- Tell someone you trust about the abuse. Make up a code word that you can use with a trusted person when you need help.
- Record all violence, noting dates, event and threats. Take photographs of any injuries.
- Plan where you will go if you have to leave home, even if you don't think you will need to.
- Going to any Garda Station is safe.

### **Other Useful numbers:**

1. Taxi.
2. Your doctor.
3. Your employer.
4. Your children's school.

### **Have a bag ready with all your important documents in a safe place at home or if this is not possible in a friend's house:**

- Passports
- Birth and marriage certificates
- PPS cards for you and your children.
- Court orders
- Copies of keys
- Some spare clothes
- Bank details and bank cards.
- Any medication that you your children might need.

## **SAFETY PLAN 2: IF LEAVING AN ABUSIVE RELATIONSHIP**

If you are leaving a violent relationship you are likely to be at increased risk.

Follow all of the steps above but remember your safety comes first.

Do not worry if you have to leave anything behind. You can ask the Gardai to come with you later for your protection to collect your personal items.

## **SAFETY PLAN 3: IF YOU HAVE LEFT AN ABUSIVE RELATIONSHIP**

Remember you are at the greatest risk in the weeks following separation or leaving you partner.

- If you do not have a safety or barring order apply for one under the Domestic Violence Act. Ascend will be able to support you in this. Contact the Gardai to ensure they have they have received a copy once you have been granted an order.
- Find a lawyer experienced in dealing with domestic violence to assist you with court orders, custody, access and maintenance. Contact Ascend for support with the court process.
- Ascend will support you in getting Legal Aid.
- Change the locks on the doors and windows if you are the sole owner.
- Consider better outdoor lighting, smoke detectors and fire extinguishers.
- Have a safety plan and review it regularly.
- Change your phone number. Screen your calls if you have an answering machine or caller ID.
- You can block numbers from your phone if you are receiving threatening messages.
- Save all threatening messages. Contact your local phone company about getting an unlisted phone number.
- Your location may be traced by your ex-partner by using a tracking app on your phone. Be vigilant about who has access to your phone.
- Your abuser may be recommended to attend an abusers intervention program. Talk with your support worker to find out about potential risks to you while your ex-partner participates.

- Advise school, crèche and any clubs your children attend of the situation at home. Clarify who has permission to collect the children.
- Contact Ascend about support for you and to help you explore issues of custody/access in ways that will protect you and the children.
- Ascend will assist you in getting support for your children.

## SAFETY ONLINE

If private, sexually explicit material is posted online without your consent, notify the platform or website immediately. If you know the person who uploaded the material notify them also to take it down immediately. Take a screen shot of your complaint xso you have a record of it.

You have a right of access, rectification and erasure in relation to personally sensitive data under the Data Protection Acts 1988–2003, so request the internet site to take it down under Data Protection laws.

If the material relates to a person who is under the age of 18 years the material may be classed as child pornography. Possession or distribution of child pornography is an offence.

**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 (NTLP) and funded by Tusla, The Child and Family Agency and Commission for the Support of Victims of Crime

# Ascend Domestic Abuse Service



Office, Roscrea	0505-23379
Confidential Helpline	0505-23999 / 086-8283399
Coordinator	086-8283399
Outreach Worker, Thurles	086-8576719
Outreach Worker, Nenagh	087-9501299
ADAPT Services 24 hour Helpline	1800 200 504
Community Welfare Office	067-46504
Court Clerk's Office	067-31319

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## Gardaí

Roscrea	0505-24230
Nenagh	067-50450
Templemore	0504-32630
Thurles	0504-25100
Homeless Person's Unit	067-46503
Legal Aid	067-34181
Rape Crisis Midwest	1800 311 511
Shannondoc	1850 212 999
Social Welfare	
Thurles	0504-25900
Nenagh	067-50902
Roscrea	0505-22840
MABS	0761 07 2760
St. Vincent de Paul	
Roscrea	087-9835787
Nenagh	087-9501954

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For information or an appointment with Ascend contact:

Office Number: 0505-23379

Confidential Number: 0505-23999 / 086-8283399

E: [ascendservices@eircom.net](mailto:ascendservices@eircom.net)

W: [www.ntlp.ie](http://www.ntlp.ie)



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