

What Is It?

Pathways is the outreach centre for Foyle Women's Aid. It enables women and children who are or have experienced of Domestic Violence who need support and information to rebuild their lives.

Domestic Violence is a crime and needs to be accepted by our society as a crime. It crosses all social classes, all ages and all cultures. Foyle Women's Aid are the leading agency in eliminating violence against women and children in the L'Derry, Strabane and Limavady areas.

Who Runs It?

A team of qualified, trained staff and volunteers who are highly motivated in helping women and children survive Domestic Violence

Who Can Access Pathways?

Any woman who has in the past or is currently experiencing Domestic Violence. The centre opens from 9.30-5.30 Mon—Fri closing from 1-2 for lunch. You do not need an appointment to see a staff member but it is advisable as it guarantees allocated time.

What Support Is Available At

Pathways?

- One-to-One Support. You can talk to someone confidentially
- Specialised Group Work. Women's Aid provide group programmes that help you with your experience of Domestic Violence. The core programmes are:
 1. Journey to Freedom, a 15 week programme which supports women experiencing or who have experienced Domestic Violence. It enables them to understand more clearly what Domestic Violence is, the issue of power and control and how that impacts on their lives.
 2. Protective Behaviours is a 10 week programme based on two themes, "we all have the right to feel safe all of the time" and "There is nothing so awful or so little that we cannot talk about it with someone".

Other Support Services:

- Childcare Support. Pathways has an excellent crèche, fully equipped and the staff are highly trained. The aim of the crèche is to provide structured play for your pre-school child/children while you take part in the services offered to women.
- Where possible outside agencies can meet women at Pathways for support e.g. Domestic Violence Liaison Officer from the PSNI and other agencies.

FACTS & FEARS

One in four women in Northern Ireland experience Domestic Violence.

Two women are seriously assaulted everyday in Northern Ireland.

Approximately three thousand women and children are accommodated yearly in refuges in Northern Ireland.

Information support and advice provided to 17,713 people on average yearly throughout Northern Ireland.

Domestic Violence happens in all races, classes, ages and to people from all educational backgrounds.

Abuse can be emotional, physical, financial or sexual. Physical attacks is one sign.

Here are others: Your Partner

- Won't let you leave the house or spend time with friends and family.
- Constantly criticises you, tells you that you are worthless.
- Makes you fearful that you will do/say something "wrong".
- Makes you believe that it is your fault.
- Is jealous, and accuses you of being unfaithful.
- Damages your possessions or injures your pets.
- Threatens to take custody and/or not allow you to see your children.

PATHWAYS

Women's Community Support Centre

Useful Telephone Numbers and Addresses

Foyle Women's Aid Refuge Accommodation

(address confidential)

Tel: 028 71 344499

Women's Aid

24 hour Helpline

Belfast

Tel: 028 90 331818

Police Main Exchange, Strand Road

Tel: 028 71 367 337

Out of Hours Duty Social Worker

Tel: 028 71 345171

Definition of DV

Phone: 028 7128 0060

Fax: 028 7128 0061

Email: admin@foylewomensaid.org

www.foylewomensaid.org

Support & Information office no:

028 712 3293674

Strabane No:

Limavady No:

A Safety Plan.

- Know where the nearest telephone is located.
- Know where refuge can be sought.
- Make a list of important and emergency numbers.
- Save money for bus or taxi fare.
- Have an extra set of keys to home and car.
- Pack an emergency bag take enough clothes, including school uniforms and children's favourite possessions.
- Consider when it is best to leave. Discuss it with the children. It is important to try and leave with all the children.
- Keep important documents together e.g. benefit books, medical cards, certificates, bank books, legal orders etc.
- Keep a note of the family's essential medicine

**For Women,
With women,
By Women.....**

Love Shouldn't Hurt
028 71280060

Foyle
Women's
AID

Pathways Women's Support Centre

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