

Mná Feasa

You don't need a bruise... to be abused.

Annual Report 2018

This report details the support services, programmes and initiatives delivered by Mná Feasa from the period 1st January 2018 to 31st December 2018. Once again, it has been both a busy and productive year for the project.

On behalf of the Management, Funders, Staff, Volunteers and especially the women who come to Mná Feasa for support I would like to thank:

Helen Ruddle, Joan Murphy (Domestic Violence Social Worker), The Legal Aid Board, Cuan Lee Refuge, One Stop Shop, Court Staff and The Gardaí who always respond respectfully to our numerous requests for information and support for the women. I would also like to thank our funders TUSLA and Victims of Crime without whose financial and other support we could not operate.

Thanks to our Voluntary Management who met on 5 occasions during the year and our volunteers whose on-going commitment, contributions, experiences and qualities enrich the Project and to acknowledge that without their continued dedication the Mná Feasa Project would be unable to provide the range of services we currently offer. We would also like to thank the city hall for selecting us as the overall winner of the Lord Mayor's Community and Voluntary Awards.

On behalf of Mná Feasa,

Ann O'Mahony,

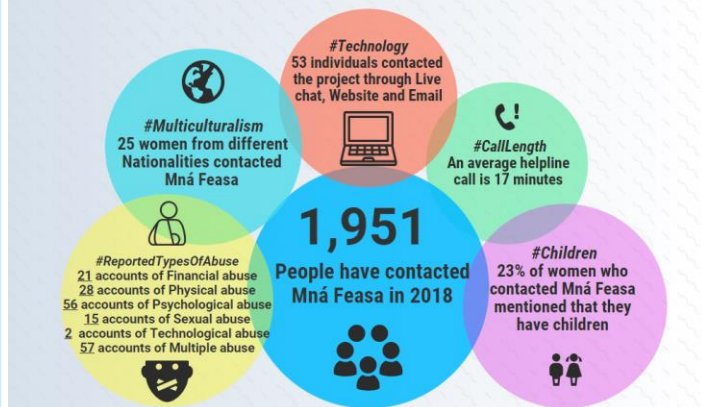
Project Co-Ordinator.

OUTREACH WORK: We regularly have stands in shopping centres and distribute information, bookmark and pens to the public, particularly women, to raise awareness to promote Mná Feasa and the work it does. This year we spent time with 78 people on outreach days.

2018

Mná Feasa Statistics

Jan - Dec 2018



STATISTICS

Type of Contact	Number
Helpline Calls	1,104
Support Group Spaces Facilitated	440
Unanswered	242
Administration	113
On Behalf of Others	74
One to One Meetings	173
Court Accompaniments	36
Outreach	78
Total Number of Contacts	1951

Website Information:

The usage of the website has shown a marked increase as the year went on; 1,585 unique visitors, in total the site was visited 2,137 times. The average monthly visit was between 100-200 visits, however, for Oct-Dec the average was over 250 visits a month.

FUNDING: We appreciate and would like to acknowledge the ongoing funding which we receive from:

- Tusla – Child and Family Agency.
- Department of Justice, Equality and Law Reform under the Commission for the Victims of Crime Programme.

The finance received from these sources has enabled Mná Feasa to form a more solid base from which to work, to plan ahead and to focus our energies on the primary objectives of the Project. We are also supported by loyal regular donors including:

- Johnson and Johnson.
- Janssen Pharmaceuticals.
- Heineken Ireland

Who contribute gifts, vouchers and toiletries to the women we support.

NETWORKING: Engaging with other groups within the community sector and with statutory agencies is an important mechanism for sharing information, giving mutual support and creating a wider community of shared interests. We attend meetings with:

- **Domestic Violence Interagency Network** – meetings held on a bi-monthly basis.
- **Victims of Crime Forum Meetings.**
- **St Marys Campus Governance**
- **Child to Parent Violence Group**
- **Funding and information meetings with Tusla**

SERVICE CHANGE: Court services are still in Washington Street. The Circuit Court has moved into the Anglesea Street Premises as renovations are now complete.

VOLUNTEERS: Mná Feasa has always relied on the generous support of volunteers, they are the women who keep the project working and support the women who contact us.

Mná Feasa encourages the volunteers to avail of personal training to support them in carrying out the work with more awareness of themselves and of the issues that can arise for the women. Personal awareness training assists the volunteers to be fully present to the women we support. Everyone in the project avails of on-going in-service training every six weeks. In 2018 we trained 5 new volunteers to work primarily on the Helpline but also doing Court Accompaniment, Outreach and One to One meetings.

Hosted a Coffee Morning marking 16 Days Action Against Violence Against Women with the purpose of promoting our services and sharing information with the Local Gardai, Domestic Violence Social Workers, Members of the St Mary's Health campus and prospective funders.

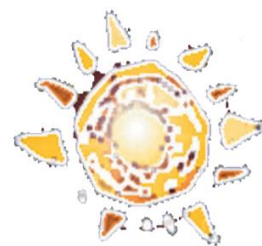


The Mná Feasa project provides the following supports for women experiencing difficulties:

- Help-Line,
- Two Support Groups,
- One-to-One Support,
- An accompaniment service for women attending courts, Garda stations, doctors, hospitals, mediators, solicitors, social welfare offices,
- Holistic Health Care Programme,
- Outreach awareness raising,
- Schools Programme.

In addition to our main body of work we also participated in and attended:

- Safe Ireland Summit
- International Organisation for Migration
- Facilitated Community and Development Students,
- Interagency Meetings,
- Interviews with Local Media, 96Fm,
- Local Gardaí
- Training with Women's Aid
- The Wheel Social Media Awareness
- 40th Celebration of CAPRN
- Extended our outreach Programme
- Set up a moving on from DV group



CORK ANTI POVERTY RESOURCE NETWORK C.L.G

TRAINING: Training is an ongoing requirement for Mná Feasa to keep up to date with best practice, laws and legislation. We participated in various different training and awareness building.

- **Helen Ruddle:** Reaching your true potential and ongoing supervision for staff and volunteers.
- **Fitzgerald's Solicitors: Training on the new DV Bill.**
- **Women's Aid:** Best Practice for supporting Women and Children in Domestic Violence

AWARENESS/INFORMATION:

During the past year, articles about the work of Mná Feasa have been published in the local newspapers. We regularly advertise our project and continually mail information leaflets and posters to hospitals, family resource centres, solicitors, dentists and chemists, credit unions and third level colleges.

Outreach work takes place at least once a month in shopping centres giving information and making the issue of domestic violence visible to the public. During the year the project provided workshops, information sessions and or held meetings with the following:

- St Vincent's residential home
- Teen/Parents Project Paul Street
- Threshold Housing
- Respond Housing
- Edel House

SCHOOLS PROGRAMME:

Mná Feasa went to 16 different school and colleges to raise awareness of relationships, domestic violence and to help break the cycle of continued abuse. It is delivered to both male and female students. We are fortunate to be able to avail of the facilitation and group work skills of members of Cork Men's Action Group who co-facilitate the sessions.

The numbers of students reached by the school intervention programme this year was in excess of 940. This figure includes a number of students at third level institutions.

Over all Winners of The 2018 Cork Lord Mayor's Voluntary and Charity Awards.

