

WOMEN'S AID

16 Days of Action Opposing Violence Against Women

25th November – 10th December 2015

Women's Aid 'One in Five Women' Campaign

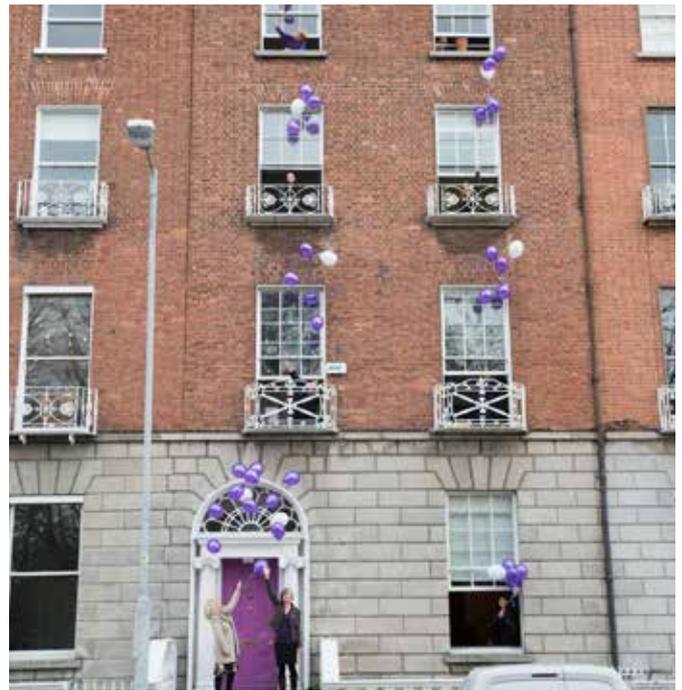


Welcome to the 2015 edition of the Women's Aid newsletter on the annual International 16 Days of Action Opposing Violence against Women. This update will showcase some of last year's most creative events and direct you to resources that we hope will inspire you to organise your own local events, joining women all over the world in a united campaign against violence.

With this year's campaign, Women's Aid will draw attention to some of the most pressing current challenges in preventing and responding to domestic violence against women. We will host a **conference in Dublin on the 25th of November where a panel of international experts will examine the emerging issue of domestic violence and cybercrime.** As always, we will also promote the services that we provide to women experiencing violence or abuse at the hands of their partners. We will use the 16 Days to reach out to women and help them to seek support.

We hope your organisation will join us in this year's 16 Days Campaign by carrying out an action to show solidarity with women experiencing domestic violence. Taking part in the annual One in Five Women National Balloon Action is a simple but powerful way to remember the 1 in 5 women affected by domestic violence in Ireland. This can be an opportunity to highlight the important work your organisation is doing throughout the year to respond to domestic violence in your community.

If you would like to participate in the balloon action this year, please contact us directly to request a Balloon Action pack.*



Margaret and the team at Women's Aid launch the National Balloon Action 2014. Photograph: Paul Sharp/Sharppix.

We are also inviting guest bloggers to contribute articles to our 16 Days blog which will run for the duration of the campaign. As well as this, Women's Aid will make a number of interactive online resources available to support you in your awareness-raising.

Read more on how to organise your 16 Days participation inside.

**Warm regards,
Margaret Martin, Director**

*Women's Aid encourages local groups to be mindful of the impact that balloon releases can have on the environment and wildlife. The balloons in our packs are 100% biodegradable and are made of natural latex. They decompose at the same rate as a brown leaf. We recommend using helium to fill the balloons which is 100% natural gas, non-flammable and disperses into the atmosphere. An alternative option is planning a secure balloon release, where balloons are attached to long strings and released to make a display.



WOMEN'S AID
Making Women and Children Safe

National Freephone Helpline
1800 341 900

10am to 10pm, 7 days a week

Join the One in Five Women National Balloon Action

Join the One in Five Women National Balloon Action

In 2014, over 130 local groups across Ireland took part in the 16 Days of Action campaign. These included women's groups, student organisations, family resource centres, local development companies, partnerships, unions, women's support services and others.

For each organisation taking part, the balloons signal a place or a group where women will be met with listening, support, and information. The balloons are a message to women who are experiencing abuse that they are not alone and that people in their communities support them.

Five balloons, four purple and a single white, visually represent the one in five women in Ireland who experience domestic abuse during their lifetime. **Please note that in order to take part, you must request a National Balloon Action Pack from Women's Aid.**

Request your Balloon Pack

To receive a National Balloon Action Pack, please contact Women's Aid by email at 16days@womensaid.ie or by phone at 01 6788858. We will then post a pack containing 25 balloons and further information to your organisation.* The deadline to request a pack is 12pm, Monday 2nd November 2015.

You can hold your event on any of the 16 days between the 25th of November and the 10th of December 2015. Here are some ideas to add to its impact:

- Invite other local groups or service providers who may be able to support women, or who your organisation wants to strengthen links with, to the balloon action.
- Invite community members who can learn more about your services and projects.
- If you are organising an event, whether it's a walk, an installation, an information stand, an exhibit, a display, a conference, a talk, a coffee morning or other awareness raising projects, use the balloon action to launch the campaign and encourage people to attend.
- Get a local youth group or transition year class involved in staging the balloon release.
- Display the balloons at all events on your premises during the 16 Days of Action.
- Make a video highlighting the campaign and your organisation's work and services.
- Stage a photograph for the local media.

Women's Aid will launch the One in Five Women 16 Days campaign with a balloon release at 11am on 25th November 2015 as part of our international conference.

*Additional Balloon Packs may be available depending on stock levels.

The International 16 Days of Action in brief

The International 16 Days of Action runs between two significant UN days of human rights awareness raising. The 25th of November is **UN International Day Opposing Violence against Women**, and 16 days later, the 10th of December, is International Human Rights Day. Holding the campaign within these global days of action sends a strong message that violence against women is a violation of their fundamental human rights. This year, the campaign is particularly special, as it marks the 20th anniversary of the agreement of the Beijing Platform for Action. The Declaration from Beijing was the most progressive global agreement ever produced on women's equality, and it strongly called on States to take all possible measures end gender-based violence. This makes the year 2015 an especially good opportunity to take stock and demand more action to realise women's right to be safe and free from violence.

The 16 Days of Action began in 1991. Since then, over 4,114 organisations in approximately 172 countries have taken part. Participating in 16 Days is a public political statement to local elected representatives and the media that we want positive change and better protection of women and children from violence and abuse.

These are its overarching aims:

- Increase women's safety and protection, including by lobbying governments
- Strengthen and highlight local work to tackle violence against women
- Recognise violence against women as a human rights issue
- Show solidarity among and with women around the world



Members of An Garda Síochána and Staff at the University of Limerick One in Five women National Balloon Action in November 2014.

The 16 Days Online

Women's Voices Video during the 16 Days campaign

This year, Women's Aid interviewed survivors of domestic violence as part of our ground breaking 'Testimonies' Project. The women's stories were put together in a new awareness raising video which aims to build better understanding of the complexities of domestic violence. Aimed at women who are currently in abusive relationships, the 8 minute long video uses the voices of women who have experienced emotional, physical, financial and sexual abuse. Women's Aid hopes that it will help women recognise abusive behaviour, know that they are not alone and encourage them to reach out for support.



Still from the Women's Voices video

Use the Women's Aid 'Women's Voices' awareness video as part of your 16 days event. The video can be viewed here <http://www.womensaid.ie/testimonies> or contact us to let us know if you need a DVD version. Email 16days@womensaid.ie or phone 01-678 8858.

Online Resources

#oneinfivewomen

The 16 Days of Action campaign page on the Women's Aid website links you with all the necessary resources on how to get involved in the 16 Days Campaign. Visit the campaign page at www.womensaid.ie/16days.

Here you can:

- **Join the conversation:** Use our Women's Voices video and other interactive resources to help raise awareness and communicate the message of zero tolerance of violence against women.
- **Get informed:** Find the most up-to-date research and statistics on domestic violence in Ireland and internationally.
- **Take action:** Join the campaign with the support of our resources including a sample Photocall Notice and Media Release to send to local or national media.
- **Connect and contribute:** Our dedicated 16 Days page is a forum for interaction with other groups and for highlighting the work of your organisation locally and nationally on our **map of events**. The site will have up-to-date information on events taking place nationwide and messages of support from well-known Irish public figures. The site will also connect your organisation to the wider international 16 Days Campaign.*

How to highlight your organisation's work on the 16 Days site:

- [Send us information on your planned 16 Days events for 2015 and we will include on our map of 16 days events](#)
- [Check the blog regularly to see what ideas and opportunities for 2015 might suit your organisation.](#)

*On the blog, the menu on the left hand side allows you to look at all entries and events by organisations similar to yours, as well as allowing you to look at events in your own county or on a certain date. You can also use this menu to search blog posts by other categories such as guest posts and national events or news.

About Women's Aid

Women's Aid is the national organisation providing support and information to women experiencing domestic abuse in Ireland since 1974. We work to make women and children safe from domestic violence, offer support, provide hope to women affected by abuse and lobby for justice and social change.

The Women's Aid National Freephone Helpline 1800 341 900 operates from 10am to 10pm, every day of the year (except Christmas day), and provides support and information to callers experiencing abuse from intimate partners. We also offer a One to One Support Service, where women in the greater Dublin area can receive in-depth information and support from our Support Services Team. Women's Aid also offers a Court Accompaniment Service and refers women to local domestic violence support services around the country.

Featured Campaigns: Local Action in Ireland



Lifeline Carndonagh's Balloon Release

Longford Women's Link held its annual Domestic Violence Awareness Morning to coincide with the 16 Days of Action. This included a Walk of Remembrance ending in the Balloon Release. The Walk of Remembrance commemorated the women who have been murdered in Ireland since 1996 to date, while the Balloon Release highlighted the prevalence of domestic violence against women.

The aim of this event was to increase the visibility of the issue of domestic violence by raising awareness in a public space. By doing this, **Longford Women's Link** provided hope to women who may be suffering and communicated a message of zero tolerance of violence to perpetrators from the community.

2015 marks the 20th anniversary of **Longford Women's Link**, and they will hold a special event to mark this occasion.



Longford Women's Link Walk of Remembrance and Balloon Release



Pavee Point's Expect Respect Campaign. Photograph: Derek Spiers

In 2014, **Pavee Point** decided to coincide the 16 Days Balloon Release with the launch of the 'Expect Respect' campaign, which is aimed at preventing domestic and sexual violence against young women. The launch included a panel of speakers including Michael McKenna, Youth Action Northern Ireland, Jennifer Molony, Domestic Violence and Sexual Assault Investigation Unit and Rebecca McDonagh, **Pavee Point Violence against Women Programme**. This provided a good opportunity for **Pavee Point** to collaborate with Women's Aid in raising awareness of the issue of domestic violence against women.

This year, **Pavee Point** will use the 16 Days again to highlight another aspect of the Expect Respect campaign, which will be launched online.

At the end of November 2014, **Lifeline Carndonagh** got into the festive spirit by holding a Christmas Fayre to raise awareness of domestic violence. **Lifeline** also held a Balloon Release to mark the 16 Days and to show solidarity with the 1 in 5 women affected in Ireland.

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National Freephone Helpline 1800 341 900

Registered charity number: 6491



WOMEN'S AID
Making Women and Children Safe

COSC
The National Office for the Prevention of
Domestic, Sexual and Gender-based Violence