

THE GOOD NEWSLETTER

Read the latest news on how your amazing support helps women escape terrifying abusers.



Women's Aid

**Thank you for
being part of our
life-changing team**

You're such a vital part of our team.

Thank you for keeping women safe and creating happy, fulfilled futures.

Dear friend,

Violence against women, emotional and mental abuse, including coercive control, are a grave national and social problem. But it's a problem we can solve as a society too.

If government, An Garda Síochána, charities like Women's Aid, community organisations and individual kind and caring people like you work together, I truly believe we'll keep many more women safe. We can build a future where domestic abuse has no place.

This is why your ongoing support for Women's Aid is so important. This is why we think of you as such an incredibly important part of our team. And this is why I'm so thankful to have you standing by our side.

You are the one that ensures we're there listening, believing and supporting women every hour of every single day of the year.

You are the one that empowers us to extend our support, innovate and launch vital services and campaigns like Too Into You and our Emergency Fund.

You are the one that helps us to commission new research, educate key frontline responders, and

challenge systems and structures that are simply not serving women and children well.

As I write to you, I could not be more proud and energised to be part of this incredible team with you. We've achieved so much together recently, which is highlighted in every story of your Good Newsletter. And looking forward, I feel we have the momentum to achieve so much more in the future.

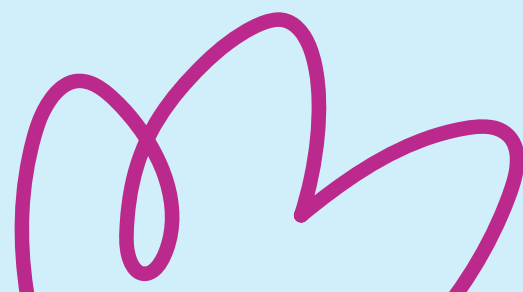
Thank you again for showing women in danger they're not alone, for putting the right supports in place and creating happy, fulfilled futures. You are such a powerful force for good!

With the warmest wishes,



Sarah Benson

Chief Executive, Women's Aid



2022: highest number of domestic abuse contacts ever received by us.

But your life changing impact made sure we were always there.

31,229 contacts

were made in 2022 with our national and regional support services.

A 16% increase compared to 2021.

Meanwhile, every system for domestic abuse victims/survivors is under pressure and the cost of living and housing crises makes things so much worse for women and families.

But thanks to your kindness, women living in danger can access crucial support.

For instance, in 2022:

20,905 calls were answered by our National Freephone Helpline.

You made it possible for:



1,808

online conversations to happen with our **Instant Messaging Support Service** team.

389

women to have **1,399 contacts** with our **One-to-one Support Service**.

890

women to visit our **Drop-in Service** in Dublin and receive free, confidential support.



You make sure we're always there – day and night – for thousands of women. Thank you.

You give vital financial support.

In 2022:

Our **Emergency Fund** keeps women and children safe by providing vouchers for essentials such as food, clothes and accommodation.

You helped us give over €62,000 worth of support to over 200 women.

Our Legal Fund pays for legal help, including consultations and representation in court.

You helped us provide nearly €16,000 worth of assistance to 40 women.

Our Security Fund pays for home security measures such as CCTV to help women feel safe.

Your generosity meant we could give over €44,000 worth of support to 44 women.



You increase our reach.

Because of your support, more and more women who need our help are finding out about our life-changing services



330,727

visits were made to our website – a 55% increase on 2021.

107,195

followers across all of our social media channels.



Thank you for being part of our incredible team and improving the lives of so many women in Ireland.

Empowering young women.

Intimate relationship abuse is a growing problem for young people in Ireland, and especially 18-25-year-old women. Yet most are not aware of the red flags of abuse or know what to do if they are worried about how their partner treats them.

This is why your support for our Too Into You website and social media campaigns is so incredibly important.

We see the Too Into You project as empowerment work. The more informed young people are around what healthy and unhealthy relationships look like, the more equipped and hopefully empowered they are to pursue happy and healthy relationships, free from emotional, sexual, physical, online and economic abuse.

If you know any young people - maybe a family member or friend - please tell them about toointoyou.ie. It features lots of helpful information, an instant messaging support service, as well as a quiz that can help them understand whether their relationship is healthy or not.

Thanks to you, there were over 36,000 visits to the Too Into You website last year.

Mary Hayes, Too Into You Project Lead at Women's Aid



Read your impact story.

Every positive fact, statistic and story that features in our 2022 impact report is down to amazing supporters like you.

Please read about the great impacts you made possible by downloading our new report at womensaid.ie/impact2022

You'll get an in-depth picture of how your kindness and generosity is saving and improving the lives of hundreds of women and children across the country.

Our impact report also shows that we still have a long way to go before all women and children are safe. But thankfully, you are by our side.



One in four women

in Ireland has experienced domestic abuse.

But with you standing by our side, we have been there for thousands of them, including Susan, Karen and Tara.

“The support I got from Women’s Aid to make my life, my children’s lives and my home safer has allowed us to move on from our previous life of fear. The security measures that Women’s Aid helped me add to my home are invaluable.”

– Karen

“Being believed was the biggest thing when I called the Women’s Aid helpline. So many of my family and friends don’t believe my partner would control every aspect of my life. Now, I’m working with a Women’s Aid outreach worker to explore my options and how I can keep safe if I end my relationship.”

– Tara

Thank you for helping women and children suffering domestic abuse and violence get the safety and support they need.

The power of a gift in your Will.

A world without fear.

After taking care of your loved ones in your Will, would you consider leaving a gift to Women’s Aid?

Your generosity could help us move closer to an Ireland where domestic violence has no place. Your kindness could transform the futures of our daughters and granddaughters.

This could be the power of a gift left in your Will to Women’s Aid. This could be your incredible legacy.

If you want to know more, just visit **womensaid.ie/support/legacy** or contact our Gifts in Wills team in confidence at **legacy@womensaid.ie** or **01 678 8858**.



Thank you, fundraisers!

Our incredible fundraisers continue to go above and beyond to support women in dangerous circumstances and end domestic violence in Ireland.

Mini-marathons, sea swims, coffee mornings, quizzes, 100km runs and 80km walks – you smashed them all!

Make sure to keep an eye out on our website and social media for our upcoming fundraising challenges and events – or email challenges@womensaid.ie for more info.

Emma Greally, Digital, Community and Events Project Leader



GAA and Women's Aid – Team Mates.

The GAA is at the heart of our communities. So we're thrilled to be their partner for 2023 and have awareness of Intimate Relationship Abuse – and opportunities to raise vital funds to tackle it – at the heart of our communities too.

Stand Strong launches.

In February, we launched our Stand Strong movement with Allianz, the financial services provider.

We invited people from across Ireland to come together and show their support for women who suffer domestic violence, start life-saving conversations about abuse and raise vital money for our services.

For more information, please visit standstrong.ie

STAND STRONG



**Listening. Believing.
Supporting. Empowering.**
www.womensaid.ie

Women's  Aid