

THE GOOD NEWSLETTER

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



Women's Aid

**Thank you for standing
with women across Ireland.**

You are part of a strong community. And you make it stronger.

Hello again,

I am delighted to welcome you to your Good Newsletter. It's always a privilege to write to you and to imagine kind, compassionate people like you holding this newsletter in your hands.

Even amidst continued threats to women's safety and a recent rise in disclosures of domestic abuse – your ongoing support brings hope. Because of you, women facing horrific abuse are not alone. They have a community standing with them – and that's something truly powerful.

I wish I could say domestic abuse is on the decline. But sadly, that's not yet the reality. Already this year, four women have lost their lives in violent circumstances.

At Women's Aid, demand for our services continues to grow. Every day, thanks to care and kindness like yours, we are providing women with vital safety planning, counselling, one-to-one support, court accompaniment, emergency grants, security measures and more. At the same time, we're advocating for meaningful change at every level, from local communities to government policy, to stop this insidious violence at its root.

What's clearer than ever is this: for real change to happen, it takes all of us. It takes community. It takes people like you.

You'll see the importance of community echoed in the beautiful letter to you by Marie, a woman whose life was changed by caring supporters like you. She says it best – that at those lowest points, community can play a powerful role in giving women the hope and courage they need to see a new way forward.

So thank you. Thank you for being a vital part of this life-saving work, and for standing with women when they need it most. In these pages, you will see how your compassion protects, empowers and even saves women.

Your compassion is stronger than you know. We are so grateful for you.

Thank you once again for your remarkable support.

Sarah Benson

Women's Aid CEO



Surrounded by good.

Your amazing Women's Aid community is making a remarkable impact every day.

Thank you for your solidarity and support. It is vital. It saves lives.

In 2024:

Women's Aid responded to **32,144** contacts with our frontline services

24,396 contacts to our Helpline **(17% increase on 2023)**

706 calls answered through **32 different languages** on our Language Line

2,135 Instant Messaging Support conversations

7,748 contacts with regional services including one-to-one support and court accompaniments

Every five minutes, someone reaches out to Women's Aid.

Your support makes all of these precious moments of hope and safety possible. Thank you.



Where we're headed (with your amazing help).

Women's Aid goals and priorities for the next year include:

Continuing to deliver and strengthen frontline support as demand increases.

Driving real social change through partnerships, public campaigns, specialist research, training, education and awareness initiatives.

Including and amplifying survivor voices to inform our work.

Continuing to influence national policy to support women living with domestic abuse – and to stop the violence before it starts.

"With your support, we continue to work every day toward a future where every woman and girl lives free from fear. There is no place for domestic abuse in Ireland. As ever, we have been buoyed by the courage of the women and girls we work with, and the unwavering support of this community."

Sarah Benson, Women's Aid CEO

Let your voice be heard.

As part of this incredible Women's Aid community of support, your views are very important to us. Would you please fill in the short supporters survey included in this envelope? Your unique perspectives can help shape Women's Aid – and make sure every woman can get the help she needs.



A gift that lasts a lifetime.

A single legacy gift made something extraordinary possible: the purchase of Women's Aid's very first home in Cabra, Dublin 7. It was more than bricks and mortar – it meant the security of a permanent presence. Our teams could now operate under the same roof to offer wraparound care to women.

A gift in your Will can have a truly lasting impact. One that spans years and generations. One that gives security, practical help, and life-changing support.

As a small token of our appreciation, we light a candle to honour every incredible individual who leaves a gift in their Will to transform women's lives.

To learn more with no obligation, please contact Cora on 01 678 8858 or email legacy@womensaid.ie. Thank you.

“Please check inside the envelope for your quick two-minute supporters survey. Thank you!”

Sarah Benson, CEO at Women's Aid

Great news: You can make your donations go even further with just your signature.

If you donate €250 or more in any year, Women's Aid can claim tax back on your donations – at no extra cost to you!

Last year, wonderful supporters like you were **able to raise an extra €84,745** to support our vital work this way.

A big thank you to everyone who completed a tax form for us.

To find out more, or request your CHY Tax Form, please contact us at fundraising@womensaid.ie



**Listening. Believing.
Supporting. Empowering.**

“There is life after abuse. You can come back even stronger.”

From Cold Swims to Coffee Mornings, Mini Marathons to trekking to Mount Everest, our incredible supporters have gone above and beyond to raise vital funds for Women's Aid to help women trapped in abusive relationships.

Would you like to take part in an event or challenge? You can find more information on our website, womensaid.ie and go to **Ways to Fundraise**.

From top to bottom:

Louise McKeever trekked all the way to Everest Basecamp, raising more than €2,000 for Women's Aid.

Mikayla Curran flew to London to take on the London Marathon, proudly supporting Women's Aid.

Castleknock Lawn Tennis Club braved the winter sea to take part in this year's Cold Swim Challenge.

Some of our lovely supporters taking part in this year's International Women's Day Coffee Morning.



You are all so inspiring – thank you for your wonderful support.

Not just a podcast – but a platform.



You are helping us to reach young women with our new Too Into You podcast! This podcast is the first of its kind. It's a place for honest chats, expert insight, and practical advice on where to go for support. It helps young people identify healthy relationships and the red flags of abuse. With 1 in 5 young women in Ireland experiencing abuse, the need for these conversations has never been more vital.

To learn more, please visit www.toointoyou.ie.

“Too Into You is more than a podcast – it’s a platform for real conversations that help young people understand that love should lift you up, not hold you back.”

Mary Hayes, Project Coordinator

Your care, in words.

Women who you have helped often write to share how your care has changed their lives. Here are some of their inspiring messages.

The care I got from Women's Aid was invaluable - it helped me remember who I was and find my feet again. More importantly, it helped me create a safer life for myself and my daughters. I'll never forget you.

Marie

I honestly don't know what to say and you have no idea how much this will help. I am extremely grateful for the vouchers. I really, really am. I spent all weekend worrying whether I would be able to manage this Christmas and genuinely now I can.

Stephanie

It was so good talking to you on the Helpline. You confirmed what I knew - that what he was doing was wrong. I am getting stronger now. Thank you.

Jane

I can't thank you enough. Being able to put up cameras has made our home feel safer.

Ger

Women's Aid held my hand and helped me walk to freedom and safety. I've now completed a degree in college. Thank you - you changed my life.

Kasia

50 years of Women's Aid - 50 years of advocacy, vital support, and brighter futures. Thanks to you.

Women's Aid
womensaid.ie