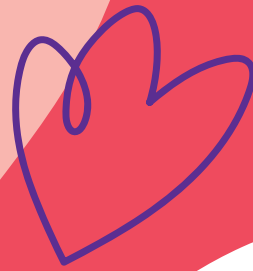


THE **GOOD** **NEWS**LETTER

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



Women's Aid

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

**We couldn't
do this
without you.**



Hello again and welcome to your Good Newsletter.

I'm delighted to have the chance to share with you the really impactful ways your kindness and solidarity are changing women's lives.

We know that 1 in 3 women in Ireland will be subjected to domestic abuse in their lifetime.

It's staggering to look around and think about what that means. In every family, friend group and workplace, every day, the sinister reality of violence against women lingers in the shadows.

The best solution to shadows? Light. And you have been that light and hope for so many women.

With your invaluable solidarity, we continue to be dedicated to driving awareness, social change, and legislative progress – as well as working on the ground to make sure every woman who reaches out to us can get the personal and confidential support she needs, at whatever stage we meet her.

We are always here to listen, believe support and empower women.

Your care is what makes it all possible. Quietly, loyally, and with great compassion, you are changing women's lives and giving them hope for a future free from fear.

Thank you for being here. I hope you enjoy reading about the impact and scale of your care.

With warmth and respect,

Sarah Benson

Women's Aid CEO



Your compassion in action.

Every day, your kindness makes sure that no woman is ever left to face domestic abuse on her own.



During **2025**,
thanks to you,
Women's Aid

Responded to a total of **37,790** contacts with our frontline services

Answered **28,179** contacts to our National Freephone Helpline

Supported **1,377** women with emergency funds to afford essentials

Accompanied **131** women to court on **260** occasions

Supported **1,543** women in our Face-to-Face Support Services

Facilitated **799** calls in **36** languages

This was the
busiest year to date
for Women's Aid
frontline services



“Emergency grants are not just about covering food or bills – it’s about restoring dignity and easing immediate stress for women already facing significant distress. Providing practical help allows us to support survivors in a more holistic way, focusing not just on safety but also on their well being and recovery.”

Linda, Support Worker



“Women were in tears and didn’t know how to thank us. We were extremely happy to be able to help, whether it was making day-to-day life a little easier, contributing to dinners for the week or for special occasions, or supporting with education costs.”

Maggie, Support Worker

Your kindness
goes a long way.
Thank you.

Breathing room. Made possible by you.

Emergency Funds for Women and Children are special vouchers and funds for women using our frontline services who are struggling to afford essentials for themselves, their children, or their own safety measures.

They can assist with everyday needs, special occasions like birthdays and Christmas, legal fees and representation in court, and home security measures.

For women being financially controlled or abused, these vouchers can make a life-changing difference.



The grant allowed me to buy school uniforms and books for my children. It meant they could start school feeling the same as everyone else.

MONIKA

The pressure and stress of the financial worries I have are crippling and relentless. You have helped me try and keep bills paid and food in the house. It takes me out of the prison I feel like we are in, even for a while.

CLAIRE

Having the locks changed on our house helps us to feel so much safer. I can sleep at night now.

NIAMH

It may seem like a small thing, but to me, it meant security and breathing space when I needed it most. That support helped me focus on my safety and recovery without the added stress of not knowing how I will manage. I am truly grateful for the kindness and assistance you showed me.

TERESA



Steps in the right direction.

We have been blown away by the wonderful support of our community this year. Thousands of supporters braved the **Cold Swim For Women** in support of Women's Aid on St Brigid's Day, showing their solidarity all across the country.

Our amazing community also took on an incredible array of challenges – from skydiving to walking challenges, marathons to coffee mornings, and so much more. It all makes a difference. Thank you to all of our lovely supporters for putting your care into action.

Would you like to take part in an event or challenge? You can find more information at www.womensaid.ie.

Supporting women everywhere.

A recent Irish Journal of Family Law publication shared research commissioned by Women's Aid that explains why the justice system must take domestic abuse into account in its systems. This ground-breaking project highlighted how abusers can use long guardianship and custody battles to intimidate, exhaust, or destabilise survivors. These experiences can be traumatic for women and children facing their abuser.

Scan this QR code to read more. →



A conversation worth having.

Last year, the **Too Into You** podcast was downloaded 6,543 times and was shortlisted for the Best Use of Sound award at the Digital Media Awards. You can listen at www.toointoyou.ie.



Thanks to Niamh, Grazia and all our cold swimmers for being part of our wonderful community!

You can learn how to help – for free.

The Women's Aid **Allies and Informal Supporters** course is a free resource for anyone who would like to understand how to safely support someone who is being subjected to domestic abuse or coercive control. It consists of one free self-paced eLearning module you can complete online.

You can access the course by signing up at www.womensaid.ie/get-training



Stronger together.



Women's Aid was delighted to launch a new three-year partnership with Avolon in March. Through this collaboration, Avolon will invest €100,000 to support the delivery of vital resources for Women's Aid, including a "What You Can Expect" guide video series for women considering contacting Women's Aid and support for our Too Into You project.

The partnership was announced on International Women's Day at an event for Avolon employees, where Women's Aid CEO Sarah Benson and Avolon's Chief People Officer Ciara Ruane spoke about the scale and impact of domestic abuse in Ireland, as well as the critical role workplaces can play in understanding domestic violence, responding safely and effectively, and fostering a workplace culture where all employees feel supported in accessing help when needed.

Have you considered Women's Aid as your charity partner? It's a way for your organisation to take a powerful stand against domestic violence. To learn more, please contact Caoimhe O'Connor, caoimhe.oconnor@womensaid.ie.



*Ciara Ruane & Sarah Benson at **Avolon** partnership launch.*