Domestic abuse isn’t always physical. Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of their liberty and reducing their everyday behaviour.

Women’s Aid campaigned and succeeded in making coercive control a criminal offence. This marked a huge step forward in tackling domestic abuse. But now we need to make sure everyone understands what it is.

Coercive control creates invisible chains and a sense of fear that pervades all elements of a victim’s life. It works to limit their human rights by depriving them of their victim. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of their liberty and reducing their everyday behaviour.

Women’s Aid have developed a Coercive Control KIT to help women and groups recognise what it is, know the signs and reach out for help. If you want more information call Women’s Aid on 01 6788858 or email info@womensaid.ie

Are you 21 or over? Are you thinking about skilling up for a new career? Are you unemployed for 12 months or more? Would you like to hear more about a career in Youth Work?

There is a Youth Work Support post at Pobail Le Chéile as part of the DYS Community Employment Scheme. See page 2 for details...

Groups

Tá an grúpa Fáistí le Chéile thart don tSamhradh, ag siúl go mór le síbí uilig a fhéasctheadh i mEachair Luísinas.

Páistí le Chéile, Parent, Baby & Family Support Group is now recruiting again for the new term starting 10.30am Thursday 29th August at Ionad Garradh Chomcille in Falcarragh. We are always looking for more volunteers to make calls either through Irish or English and for people to receive calls through ALONE. ALONE also hopes to offer a one-to-one service in the near future in Cloughaneely if you would like more information contact the main ALONE office in Buncrana on 074 9321998

Members of the Donegal Intercultural Platform visited Pobail Le Chéile recently. The group members come from many different parts of the world including South Africa, Egypt, Spain, Germany, Haït, Slovakia and Latvia. They enjoyed their morning in Falcarragh. Thanks to Ciara and staff at Batch for the lovely lunch.

The Donegal Intercultural Platform helps organise free English conversation classes every week at Letterkenny library between 10.30am and 12.30. The classes take place in the basement events room and are open to anyone who would like to improve their English – from beginner to advanced level. The classes are in partnership with Fáilte Isteach – the national organisation that coordinates volunteer-led language supports for migrant and their families. If you would like to find out more or volunteer as a tutor call/text Paul Stark 087 6547384.

Good Morning Service

The Good Morning Service has now incorporated into the wider family of ALONE, allowing the national charity that supports older people living alone - this is to great news as it provides more opportunities for GM to get involved in the community & more secure funding for GM that has been working hard across Donegal over the year basis. There is a caller team based with Pobail le Chéile at Garradh Chomcille in Falcarragh and we are always looking for more volunteers to make calls either through Irish or English and for people to receive calls through ALONE. ALONE also hopes to offer a one-to-one service in the near future in Cloughaneely if you would like more information contact the main ALONE office in Buncrana on 074 9321998

The 4Cs Derryveagh Project

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A Young Carer is a child or young person under the age of 24, whose life is affected by caring for someone who is ill, disabled, or has needs that are difficult to meet. This can affect their learning, education, and development.

The project provides support for young carers and their families, including information and advice, practical support, and a range of activities and events. The project is open to any young carer in Donegal, including those who are not known to social services.

To find out more or to get involved, please contact Tara Gallagher at Pobal le Chéile on 074 91 29630, or email: frankie.mcgregor@donegalyoungcarers.ie

For more information about the project, please contact us on (074) 91 29630, or email: frankie.mcgregor@donegalyoungcarers.ie