

NEWSLETTER

*Dear friends, donors and supporters,
This year 2011 is nearly over and we would like to express our thanks for your ongoing commitment, trust and support. Below, please find an overview of ACORUS' recent activities.*

Indian Summer

Indian Summer, the annual meeting of the ACORUS staff with former and current clients, took place in the ACORUS shelter at the end of September. This year's autumn social event was inspired by Betty McDonald's books and included a theatre performance, workshop and games. It was a very pleasant day for all adults and their children.



Berlin visit



The Prague Interventionist Centre organized a tour in Berlin from October 18-20 to visit several organizations focused on helping people in need (BORA – a centre for women, victims of domestic violence; LARA – a centre for abused women; BIG – an Initiative against violence and Interkulturelle initiative – a multicultural centre). ACORUS's Director, Mrs. Bednářová, joined 12 other experts from their Czech partner non-profit organisations. The tour was beneficial for all participants as possible future cooperation was outlined and with hope will result in improvement of services for victims of domestic violence.

Exhibitions

ACORUS organised two poster exhibitions devoted to domestic violence issues in cooperation with the Prague 8 and Prague 9 city districts and students of the Václav Hollar Higher School. Further exhibitions will be announced in newsletters and web pages.



"How to resist" Project



The Prague City Hall financially supported an ACORUS Project focused on domestic violence prevention. In 20 lectures with high school students, ACORUS experts introduced aspects of domestic violence, signals of possible future violence in relationships and effective help to victims of domestic violence.

Accredited Educational Courses

ACORUS has organized the following accredited educational courses since September: Individual planning in social services; Communication with a person threatened by domestic violence, Domestic violence; How to work with children - victims of domestic violence and Post-traumatic stress disorder. The great success of these courses, mainly from social workers, municipal and state officers and workers in non-profit organisations, motivated us to carry them into the beginning of next year as well.

Vodafone Foundation Project with Stanek s.r.o.

Thanks to the Vodafone Foundation Project and Stanek s. r.o., ACORUS employees were offered a three-month programme to enhance their experience in areas of human resources, fundraising and public relations - areas which were always seen as underdeveloped.



New Web Pages

In October ACORUS introduced a new design for its web pages. We hope that you will also find our web pages improved and full of new and interesting information. Our new poster and leaflet is in the Documents section: <http://www.acorus.cz/cz/dokumenty/letaky.html>

A Story



Andrea (35), a primary school teacher, began by calling the ACORUS helpline looking for advice about her domestic situation. More and more frequently, her partner was physically attacking her, locking her in their home and checking up on her phone calls and messages. He also didn't want her to leave the house without him. He was accompanying her nearly everywhere and when he was not satisfied with her behaviour in public, he would beat her at home as a punishment. Andrea was always excusing him. "He is just an angry person who could not control himself. He only did it because he loves me" – And he was always bringing her presents and apologizing afterwards.

Finally, Andrea left home and decided to stay in the ACORUS shelter. Her two small daughters were the main reason. She did not want to leave them at home alone and unattended when she had to run away from her partner to escape his escalating violence. Gradually at the shelter, Andrea got better both physically and psychologically and found herself a job. But after 3 months of persuasion by her partner who was promising "a new beginning" for their relationship (he even started to see a psychologist), she left the shelter and returned home.

Unfortunately, Andrea had to return to the ACORUS shelter within a month. She again undertook psychotherapy counseling there. After few months she felt strong enough to move out. She continued attending group psychotherapy sessions at the ACORUS' counselling centre for a number



of months after leaving the shelter. These days, Andrea lives independently with her daughters and works as a primary school teacher. She is also studying at the university in order to increase her qualification. Unfortunately, her younger daughter has become a victim of school bullying (mirroring the experience of her mother). Andrea now uses Acorus' counseling centre to help solve her daughter's problems.

FINANCIAL HELP

How you can help us:

- _ by providing us with a one-off donation of your choice to help us with our services
 - _ by setting up a standing order for a pre-determined amount each month from your account to help us with the smooth running of our organisation
 - _ by providing a fixed financial amount to support an activity of your choice which you can select from the table
- http://www.acorus.cz/userfiles/files/English/Lend_us_a_hand.pdf

We would like to thank to our first individual donors who make a regularly monthly donation into our bank account. In order for us to be able to pay for the running cost of ACORUS.

WHY NOT BECOME A REGULARLY DONOR and MAKE A DIFFERENCE TODAY! More information http://www.acorus.cz/userfiles/files/English/Lend_us_a_hand.pdf

Standing order to bank account number: 19-3938820257/0100

For financial aid from abroad:

KOMB

Swift: OMBCZPP

account number: IBAN: CZ0401000000193938820257

The money accrued on this account will help us significantly with the smooth running of our organisation and at the same time you will be helping all people suffering from domestic violence who turn to us for help.

More information about Acorus you can find at www.acorus.cz



[In conclusion, we want to thank you once again for everything you have done for Acorus and the people we help. We appreciate your commitment, inspiration, professional support and kind willingness to lend your support.](#)

Financial support:

AVON Cosmetics s. r. o. – 500.000,- CZK

Diplomatic Spouses' Associaton – 250.000,- CZK

Nadační fond Vodafone – project “ROK JINAK” 138.000,- CZK

The PRAGUE BRITISH SCHOOL Vlastina – 60.000,- CZCK

Veolia Transport ČR, a. s. – 33.000,- CZK

GE Money Bank, a. s. – 30.000,- CZK

TÜV SÜD Czech, s. r. o. – 28.000,- CZK

Městská část Praha 9 – 25.640,- CZK

Karolína PEAKE – 20.000,- CZK

ALLTOYS – 15.000,- CZK

ZONTA Club – 15.000,- CZK

Carat Czech Republic, s. r. o. – 10.000,- CZK

AMI Communications, s. r. o. – 10.000,- CZK

WELLEN, a. s. – 10.000,- CZK

International Women Association of Prague – 10.000,- CZK



Acorus, o.s.
pomoc osobám ohroženým domácím násilím
tel.: +420 283 892 772
info@acorus.cz
www.acorus.cz

Material support:

ELFUN, o. s.

C&A Moda ČR, v.o.s.

Česká federace potravinových bank, o. s.

The Prague British School Vlastina, Praha 6 – toys, clothes, Christmas presents for children and mums

KFC – vouchers to KFC restaurants, Christmas event

Providing free services

Rosmarin Business centre , AMI Communications, Studio FTG, Mrs. Martina Zoubková (graphic support), Rychetský&Partners, s. r. o., The Prague Public Transit Co. Inc.

NONSTOP LINKA 283 892 772

www.acorus.cz info@acorus.cz

DMS ACORUS na 87 777

b.a. 19-3938820257/0100



Best wishes from ACORUS