



*“One day you get up and say: I can’t go on like this”*

“I had to leave my home with my daughter. I lived there with a GPS telephone because my ex-partner was forbidden to be within 200 metres of us and he repeatedly breached this”. Mari Carmen tells her chilling tale as a gender violence victim, and how thanks to her work at Clece, she overcame her fears and re-built her life. She hesitated for 29 years but finally after numerous threats decided to cut her losses, leave and start fresh.

Since five years ago, she has been working in the dining hall of a centre for the elderly managed by Clece, where she has begun to smile again. “I came here without any sort of joy or hope, very sad, but you then see you are appreciated at work, that you are happy there, and the grief goes away” she says.

“If it weren’t for the company I don’t know what my life would be like, I believe I’d have been another statistic on the victim’s list”, Mari Carmen adds, emotionally. “Everything has changed for me, I have become strong, full of joy, I have managed to start a new life and am glad to see my daughter is happy” she adds.