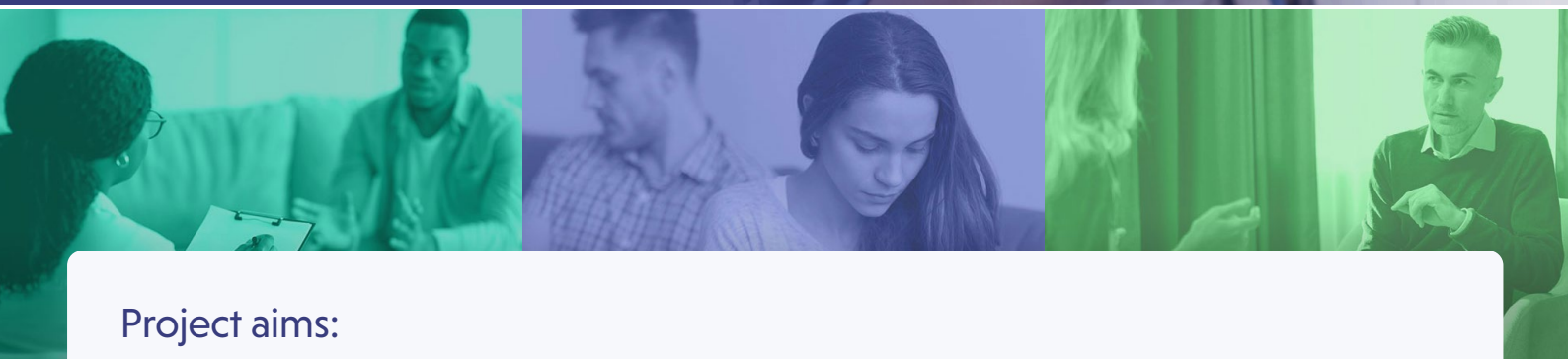


Let's make changes

A voluntary programme assisting those concerned they might be hurting, scaring or controlling their partner and who want help making changes.



Project aims:

- ✓ Increase the safety for victims of domestic abuse and their children
- ✓ Assess and manage risk
- ✓ Support social change
- ✓ Provide services to diverse communities
- ✓ Promote respectful relationships
- ✓ Hold perpetrators to account
- ✓ Deliver a co-ordinated response
- ✓ Evaluation and development

For Partners & Ex-Partners

Relationships have their ups and downs. Pressures add up and outside stresses can have an impact on how people feel and behave.

However, that doesn't mean your partner or ex-partner has the right to hurt or scare you, to call you names, to intimidate you, to force you to do anything you don't want to, or to stop you from doing the things you do want to do.

Whether it's a partner or ex-partner who's treating you like this, and no matter what difficulties they may be going through, we can help them to start making positive changes.

For Professionals

If you suspect that someone you know is mistreating their partner, get in touch.

Changes is a voluntary programme that assists those who are concerned that they might be hurting, scaring or controlling their partner and who want help to make it better.

We help them make positive changes in their life so they stop their abusive behaviour towards their partners or ex-partners.



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I want to make changes

Relationships can be challenging and make us feel vulnerable.

Being intimate with someone means getting close enough to get hurt. This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to. We sometimes find ourselves behaving in ways which hurt or scare the people around us, and make us feel bad about ourselves. But, it's never too late to start making changes.



This service is completely free of charge and tailored to meet individual needs.

We provide one-to-one assessments, and individual and group-work sessions which help people to understand relationship difficulties, to take responsibility for abusive behaviour, and to make positive changes for themselves, their partners and/or ex-partners, and their children (if they have any).

We accept referrals from a variety of sources, including self-referrals.

Our referring criteria is as follows:

- Person is aged over 18
- Who is using violent and abusive behaviour to their partners/ex-partners
- Who has some recognition of their abusive behaviour and show some willingness to change it
- Person cannot be on bail, be currently under investigation or be going through family court.

Project Providers

The Changes project is managed and delivered by a consortium of three organisations, who deliver intervention, guidance and support to those individuals referred to the project.

The consortium is made up of three specialist domestic abuse support providers:

The Elm Foundation, Crossroads Derbyshire and Derbyshire WISH Domestic Abuse Services and together the consortium provides cover throughout Derbyshire.



Who should change?

If you know someone who you think would benefit from the Changes programme and would be motivated to attend, please contact us.



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