

Changes is a voluntary programme assisting those concerned they might be hurting, scaring, or controlling their partner and want help making changes



Do you 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.

You do not have the right to hurt or scare your partner (or ex-partner), call them names, intimidate them or force them to do things they do not want to do.

You do not have the right to choose who they can or cannot see.

But it's never too late to start making changes.

Do you want to change your behaviour?

We can help you to start to make positive changes.

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

We provide individual assessments, 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 (ex) partners, and their children (if they have any).

Eligibility Criteria:

Males, aged 18 years or over who are not currently involved in any Criminal proceedings, and not actively involved in Private Family Law proceedings, or have been within the previous 12 months.

Using violent and/or abusive behaviour towards their partner or ex-partner and identified as Low or Medium risk

Ready and willing to learn and take accountability for their actions.

If any mental health needs/concerns, or any drug/substance/alcohol misuse have been identified which may impact on service provision, the client must be actively seeking/receiving support for this in order to be accepted onto the program.

Professional Referrals:

If you suspect or know that someone you are working with is mistreating their partner, please get in touch. We can help them make positive changes in their life so they stop their abusive behaviour towards others. We also provide practical 1-2-1 support to survivors who are partners/ex-partners of those who are participating in the Changes programme.

Project aims:

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



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.

01773 483430

CHANGES@ncha.org.uk

