

## SUPPORT FOR MY PARTNER

Once accepted onto Changing Ways, your partner (or ex partner) will be offered the support of Women's Aid.

Once attending Changing Ways your partner (or ex partner) will be contacted by Lakeside Consultants to give them information about your participation on the programme.

**Changing Ways believe that everyone has the right to live free from violence and abuse, and the threat of violence and abuse.**

## WHO DO I CONTACT?

To make a referral to Changing Ways (either self, or agency), call **John Roberts** on **07818 054 563**

If you are a woman seeking help for domestic abuse, you can contact Women's Aid:

- **Berkshire Women's Aid** (Bracknell or Wokingham) on **0118 950 4003** or
- **Berkshire East & South Bucks Women's Aid** (Royal Borough of Windsor & Maidenhead or Slough) on **01753 549865**, or
- **SAWIN** (Slough Asian Women's Information Network) on **0800 923 2852**

*The Changing Ways programme has been designed and provided by Lakeside Consultants for Bracknell Forest Council, Royal Borough of Windsor and Maidenhead, Slough Borough Council and Wokingham Borough Council*



**A programme for any man aged 18 years and over, living in Bracknell Forest, Royal Borough of Windsor and Maidenhead, Slough, or Wokingham Borough, who accepts he has been violent, abusive or threatening to his female partner or ex partner, and wants to change**

## HAVE YOU EVER FELT OR SAID ANY OF THE FOLLOWING...?

- 🔍 "I don't really hurt her, it was just a slap"
- 🔍 "I had had a few drinks and things just got a bit out of hand"
- 🔍 "You don't know what she's like and what I have to put up with"
- 🔍 "I don't like her going out with her friends or seeing her family – they are always interfering in our business"
- 🔍 "I get angry with her and totally lose it"
- 🔍 "I hit her once – I said that I would never do it again but I have"
- 🔍 "Sometimes I shout at her and the children – I can see they are scared of me"
- 🔍 "I'm afraid of what I might do next – things are getting out of control"
- 🔍 "If only she didn't nag then I wouldn't be like this"

## Or done any of the following...?

- 🔍 Restrained her from moving
- 🔍 Threatened to harm or kill her or the children
- 🔍 Been violent towards her?
- 🔍 Called her names?

**Abuse does not just happen. Rather than being about loss of control, most of the time it is about you trying to be in control. Everyone has a choice – you can choose to stop the abuse and stop blaming your partner for your behaviour.**

## WHAT IS THE CHANGING WAYS PROGRAMME?

The purpose of Changing Ways is to enhance the safety of women and children. It is a free, voluntary domestic abuse perpetrator programme, for men who physically or emotionally abuse their female partners or ex partners.

You can either self refer to the programme, or be referred by a local agency you are working with, for example Children's Social Care.

## WHAT WILL I BE EXPECTED TO DO?

To start with, you will have to attend a one to one initial assessment interview before being accepted onto the programme.

Once accepted onto the programme, you will be given a start date after which you will be expected to turn up regularly, and on time, to a group session once a week for two hours, for 30 weeks. During the sessions, you will take part in exercises and discussions as well as being asked to do a short assignment in between each session.

The programme is made up of three modules (looking at violence, controlling behaviour and the issue of masculinity), each lasting ten weeks. It is a rolling programme so you can join at the beginning of any module, subject to availability of a place.

Changing Ways runs from a local venue in Maidenhead on a Monday evening with a group of up to ten men attending at any one time as well as two facilitators (one male and one female).

## WHAT CAN I LEARN FROM CHANGING WAYS?

The programme is designed to help you understand and accept responsibility for your violence and abuse. It provides learning opportunities to help you stop and replace it with non-violent, non-abusive behaviour.

What you learn is up to you and how seriously you want to change. The programme offers no guarantees and it is important that both you and your partner know this.

## WILL CHANGING WAYS HELP MY RELATIONSHIP?

Changing Ways can offer no guarantee about whether your relationship will improve. It will however offer you a chance to examine the way in which your behaviour affects your partner, you and your children, and will provide you with a real opportunity to change.

Changing Ways is NOT an anger management or counselling group; it focuses on changing your attitudes and behaviours.