

Eligibility

Initially, men need to have some acknowledgement that they have acted abusively and some motivation to address their behaviour.

The minimum age for men on the programme is 21; although consideration would be given to assessing the suitability of men aged 18-21.

Confidentiality

At Bridging to Change the safety of women, children and all vulnerable people is paramount. We believe that working together with other agencies to support the change the man is making is the surest way to promote safety.

Men are required to sign a confidentiality waiver enabling us to contact their partner or ex-partner and any other agencies involved, such as the police, social services, drug and alcohol agencies and health services.

Cost

Men who are not funded by other agencies are asked to make a contribution towards the cost of the service and this payment policy is discussed at their first session.

There is no additional charge for partner support. The cost for referring agencies is available upon request, please call **0161 872 1100** to speak with a member of our team.



Bridging to change

Contact us to see
how we can help.

0161 872 1100

9am - 9pm || Monday - Friday

bridgingtochange@talklistenchange.org.uk

www.talklistenchange.org.uk

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TalkListenChange

Domestic Abuse Service

Domestic Violence
Prevention Programme
and Integrated Partner
Support Service

Information for Professionals



RESPECT
ACCREDITED

Bridging to Change with TLC: Talk, Listen, Change

Our Domestic Violence Prevention Programme helps men who have been violent or abusive in their intimate relationships to change their behaviour. We also offer support to partners or ex-partners of men on the programme.

The Programme

The programme consists of up to 10 individual sessions (1 hour) and 30 group sessions (2 hours).

The individual sessions include:

- **Baseline and ongoing assessment of risk and suitability for the programme**
- **Developing motivation to change**
- **Taking personal responsibility for abusive behaviours through the recognition that the use of such behaviour is a choice**
- **Recognising trigger situations and thought patterns**
- **Learning new strategies to enable men to manage difficult feelings such as a sense of vulnerability**
- **Helping men to connect with his partner's feelings and needs**
- **Preparing for the group sessions**

The groups have a rolling programme with a maximum of 9 participants and 2 facilitators (one male, one female).

The timetable allows space to talk through difficult situations arising during the previous weeks.

The programme will have interactive exercises around the following seven topics:

- **Respect and negotiation as opposed to intimidation and coercion**
- **Non-violent, as opposed to threatening and aggressive behaviour**
- **Intimacy and vulnerability, as opposed to emotional abuse and resentment**
- **Support and trust, as opposed to jealousy and envy**
- **Partnership and participation, as opposed to gender and privilege**
- **Sexual respect, as opposed to coercive sexual acts**
- **Child-centred parenting, as opposed to abusive parenting**

Referral to Bridging to Change

Bridging to Change accepts professional referrals directly from Social Care departments who currently working with the family. We have also been approved by CAF/CASS as a domestic Violence Prevention programme contact activity, enabling men to be ordered to participate in this programme by the Family Courts.

Referral

Men who are not currently involved with social services or the family courts can refer themselves by calling us directly. The programme is open to all regardless of where they live.