

**“I don’t want to be like  
this anymore, I’m hurting  
the ones I love...  
I want to change!”**



**Love doesn't hurt**

**Do you need help?**

**Tel: 01245 258680**

**ext. 223**

### **What is Essex Change?**

Essex Change is a Community Domestic Abuse prevention programme for men who want to take positive steps to change the way they behave in relationships.

The programme is delivered in weekly sessions over 6 months, usually held in the evenings or weekends. Men will be asked to sign a contract to acknowledge that we will contact their partner intermittently during the programme to ensure her safety. Men will be expected to talk openly in the group about their abusive behaviour.

### **How will the programme help me change?**

Completing the programme will enable you to take responsibility of your abusive behaviour and to acknowledge the effects of your use of abusive behaviour on your partner, ex-partners, children, others and yourself. With this knowledge and the support of the Essex Change team, you will be working towards changing your behaviour to improve your relationships.

### **Who can attend the programme?**

Any man who is ready to change their behaviour can be referred to the programme, by either a self or external referral. A short assessment will be carried out to determine whether the programme is suitable for you.

**I am ready to change...  
what do I do now?**

**Call 01245 258680 ext 223  
or email  
essexchange@relate-norhsex.org  
for further information.**



**Take the  
steps to  
change**

**respect  
parenting  
partnership  
sexual respect  
non violence  
support and trust**

**honesty and  
accountability**

**negotiation and  
fairness**

**non threatening  
behaviour**

# Essex Change

Domestic Abuse Prevention Programme

“He wants  
to stop  
hurting us...

I don't know  
what to do...

I wish there  
was help for  
both of us”

## Love doesn't hurt

Do you need help?

**Tel: 07872 542573**

relate  
the relationship people

Charity No. 1053948  
Company No. 3167701

### What is Essex Change?

Essex Change is a Community Domestic Abuse prevention programme for men who want to take positive steps to change the way they behave in relationships.

The programme is delivered in weekly sessions over 6 months, usually held in the evenings or weekends. Men will be asked to sign a contract and accept that we will contact you at intervals, to ensure your safety.

### What support will I have?

A women safety officer will offer support for all partners or ex-partners of the men who attend the groups. The women safety officer will meet with you at a convenient time and location at regular intervals during the programme. Information will be provided at the meetings regarding the programme, safety planning will be discussed and details of further support will be offered.

### My partner has not hit me, can he still attend this programme?

Domestic abuse covers a range of behaviours. Any man who is ready to change their behaviour can be referred to the programme and will be assessed whether the programme is suitable for him or not. During the programme, 9 modules will be covered which look at various types of abusive behaviour.

### I'm not sure if I want to get involved?

You do not have to. The women's safety officer services are voluntary and whether you accept the service or not does not affect your partner or ex-partner's suitability assessment outcome. However the women's service is highly recommended.



For further information contact  
**Women's Safety Officer**

**Faith Walker**

**tel 07872 542573**

### Useful Contact Numbers

Victim Support	0845 456 5995
Samaritans	08457 90 90 90
Respect	0808 801 0327
Essex Police	999
25hr DV Helpline	0808 2000 247