

If you think your behaviour may be harmful

Take responsibility now

Join our programme and learn strategies and techniques to change your behaviour

Our group work programme

Covers 5 areas

1. Physical respect
2. Intimacy and sexual respect
3. Emotional respect
4. The impact of domestic abuse on children
5. Rebuilding trust and respect

Sessions run weekly and last 2¼ hours.

To join the group, men are required to attend an assessment interview and commit to the full 25 week programme.

How do I join the programme?

We work on a first-come first-served basis. There may be a waiting list for these groups. Men must be 21 years of age or older. Younger men are accepted on a case by case basis.

You can either contact us directly or be referred by another agency you are already working with.

Voluntary agencies and statutory services can signpost men who are seeking help to change violent, controlling or harmful behaviour.

This service is free of charge. The programme is delivered to Respect standards.
(www.respect.uk.net)

RESPECT
ACCREDITED



LOTTERY FUNDED

Contact Us

Tel: **01225 775276** (9am - 5 pm)
Email: **dvpp@splitz.org**

Splitz Support Service
Oak House
White Horse Business Park
Trowbridge
BA14 0XG

Charity no: 1064764

If you require this leaflet in another format please let us know.

SPLITZ
Support Service

Turnaround Programme

A group for men who may have caused pain or harm to their female partner



You're not alone: we can help you.

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01225 775276

Abusive behaviour is any action which causes pain or harm to someone else. Initially it may not be intentional, but can become a harmful pattern.

The following list contains some examples of abusive, controlling and violent behaviour. If you have done anything on the list below the chances are that you are already damaging your relationship, perhaps without realising it.

If you want to stop doing these things we can help you.

- Do you think your partner is ever afraid of you?
- Do you think your children might be afraid of you?
- Have you ever hit, pushed, grabbed, threatened, frightened or intimidated your partner?
- Have you broken promises about changing your behaviour?
- Have you ever punched a wall or door, banged a table or broken something during a disagreement?
- Have you ever tried to stop your partner from leaving, locked her in or restrained her in any way, isolated her or discouraged her friendships?
- Have you ever checked your partner's mobile phone or put a tracker app on it?
- Do you pressure your partner to do things your way, even when you know she doesn't want to?
- Has your partner ever said "you're always trying to control me"?
- Do you use names, put-downs, belittling or swearing to control your partner?
- Do you sometimes blame your partner for things you are responsible for?
- Have you ever found yourself 'keeping score' of the wrongs your partner has done to you in order to hold those things against her?
- Have you ever blamed your abusive behaviour on alcohol, drugs, stress or family problems?
- Have you ever insisted on sex when you knew your partner didn't want to?
- Have the children ever seen you be abusive either with tone of voice or action towards their mother?
- Have you ever hurt a family pet?
- Have you ever sulked when your partner has said No to something you wanted to do?
- Have you ever encouraged your children to criticise or undermine their mother?
- Has your partner complained about jealous or possessive behaviour on your part?
- When you do something that hurts your partner, do you say "I'm sorry" and then expect acceptance of your apology without making any change in how you were hurtful?
- Have you ever done any of the above when your partner was pregnant?



If you answer yes to any of these questions it's likely that you are being abusive.

This can destroy your relationship and drive your partner and children away - get help now.

Groups are free and available in Amesbury and Trowbridge.

01225 775276