



Information for people who are concerned about their partner or ex-partner's behaviour in intimate relationships, and would like support for them to Make a Change

Do they need to make a change?

Relationships can have ups and downs. Pressures add up and outside stresses such as work, debt and all sorts of things can have an impact on how people feel and behave. But this doesn't mean that your partner or ex-partner has the right to hurt or scare you, to call you names, intimidate you, force you to do anything that you don't want to do, or to stop you from doing the things that you do want to do.

Whether it's a partner or ex-partner who's doing it, and no matter what difficulties they may be having, support is available to make a change.

Make a Change: What is it?

Make a Change is a service in Lincolnshire which works with people who are concerned that they might be hurting, scaring or controlling their partner and who want help to make it better.

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

We provide one-to-one assessments, and individual and group-work sessions which focus on understanding relationship difficulties, taking responsibility for abusive behaviour, and supporting people to make positive changes for themselves, their partners and ex-partners, and their children (if they have them).

Here's what other people have said about the difference Make a Change has made to their families



"It's the first time I've ever spoken to anybody about it".

"It's making me feel a lot stronger".

"It has lifted a weight off our shoulders, both of us just having the opportunity to talk about it and not being judged".

What about me?

If you or anyone else refers your partner or ex-partner to the Make a Change service, or if your partner refers themselves, a separate service will also make contact with you to offer confidential support.

Engaging with this is entirely voluntary; the purpose is to help you focus on your needs, offer support on your terms, and give you information about whatever services are offered to your partner or ex-partner.

COVID-19 safe delivery

Make a Change continued to provide support and deliver our service in alternative ways throughout the COVID-19 pandemic. We can conduct assessments and offer group and individual sessions to your partner or ex-partner online, via video conferencing software. We can also offer support to you in the same ways.

How can Make a Change help my relationship?

If they decide that they would like some support to understand and change their behaviour, the programme will cover topics such as:

- ▶ *Healthy relationships*
- ▶ *Understanding the links between thoughts, feelings and behaviour*
- ▶ *Understanding arguments with loved ones*
- ▶ *Intimacy*
- ▶ *Break-ups*
- ▶ *Managing stress and self-care*

If your partner or ex-partner has children, we can also help them to understand the impact that their behaviour can have on them, learn child-centred parenting techniques, and co-parent in a way that is respectful and focused on the needs of the children.

For most people, it's the first time they've ever talked about relationship difficulties, so we know that it can be difficult to ask for help.

Will it work?

Your partner (or ex-partner) is responsible for their behaviour, and they're also responsible for changing it. Make a Change services can support that process, but you are the best judge of whether things are getting better for you and your family. That's why we offer separate and independent support to the partners and ex-partners of people who choose the make a change service – it's an opportunity for you to think about your needs and work out what's best for you.

Is there a cost?

There is no charge for accessing the Make a Change service – either to you or your partner or ex-partner.

How can my partner start to Make a Change?

makeachange.uk.net | makeachange@respect.uk.net

