

Eligibility and Suitability

Eligibility

We are unable to work with any individuals if:

- They are currently in criminal proceedings for an offence of domestic abuse
- They are currently in private proceedings related to child custody and/or are involved with CAFCASS (or have been within the last 12 months) – this can be explored further if other agencies (e.g. Children’s Services) are also involved.
- They have previously disengaged from our service, or a similar service within the last 6 months.

Suitability

To be found suitable for interventions, an individual must:

- Admit to having used some violent/abusive behaviour in a relationship.
- Take some accountability for their use of abuse.
- Demonstrate some motivation to change.
- Be able to reliably attend sessions.



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CONTACT US

Referral Information

To self-refer, please complete the self-referral form on our website www.freeva.org.uk or call us on **0116 2540101**.

If you have the local authority or another agency involved the referral must come from this agency. If you would like to self-refer and are open to CYPS or other statutory agency, we will decline the referral and request that an agency referral is made.

Are you a professional?

The Forces for Change Referral Form must be submitted electronically to:

forcesforchange@freeva.org.uk

or

Jenkins.Centre@freeva.cjsm.net

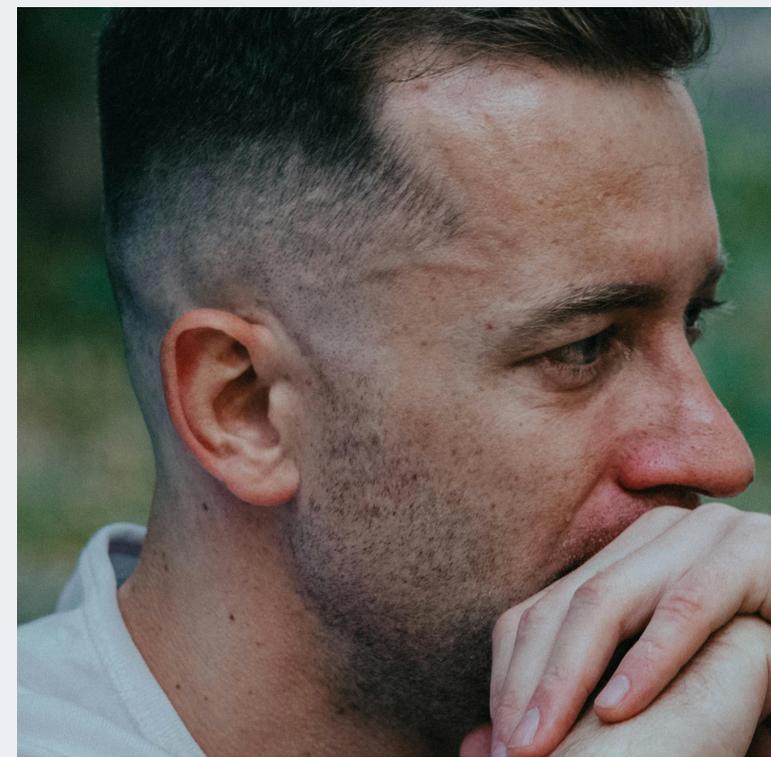
Please call us for support in relation to completion of a referral if required .

Once we have received your referral, we will send confirmation of receipt and referral processing shall commence.

 **0116 254 0101**

 **forcesforchange@freeva.org.uk**

 **www.freeva.org.uk**



TAKE A STEP TOWARDS HEALTHIER RELATIONSHIPS



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FORCES FOR CHANGE

SERVICES PROVIDED IN LEICESTER, LEICESTERSHIRE, RUTLAND, NOTTINGHAMSHIRE, LINCOLNSHIRE AND NORTHAMPTONSHIRE.

SUPPORTING THOSE SERVING IN THE ARMED FORCES, VETERANS AND THEIR FAMILIES.

Forces for Change provides an integrated service, which offers:

Interventions to aid individuals to change their behaviour, thinking and attitudes within relationships,

Partner Support Service – offers a bespoke emotional support service to (ex) partners of the individuals involved in assessment or interventions. This will also involve check ins, updates of progression through programmes, signposting/referrals to other services and safety planning.

Child and Young Person's support Service - provides a safe space for reflection and emotional support.

It has opened my mind of how to deal with situations

It's helped me be a lot calmer

I enjoyed the interaction. Hearing other people's views, struggles and achievements have given me the confidence and boost to be the best I can be for my children.

Service Users

THE PROGRAMMES

INTERVENTION

Our 22 week intervention can be delivered in groups or on a one to one basis.

The intervention covers topics such as:

- awareness and understanding of abusive behaviour,
- triggers and warning signs,
- impact on partners and children
- understanding and managing emotions (e.g. anger and jealousy),
- healthy communication.
- accountability,
- boundaries,
- parenting
- building insight and understanding of how life experiences impact on us and influence the way we think and behave

Foundations

An awareness building course. This discusses the difference between respectful and abusive relationships. It aids development of insight and understanding of problems within relationships and how things could be different.

This is generally for individuals that may not be ready for Intervention, due to not meeting the suitability criteria.

The course is 8 weeks if completed in a group setting and 6 weeks if completed on a 121 basis.

