

## HOW CAN I ACCESS AIM FOR CHANGE?

You can refer yourself by calling the BWA Helpline on:

**0808 801 0882**

Please note participants must refer themselves and we cannot accept referrals from partners or family members.

Partners are encouraged to speak to the Helpline before discussing this programme with someone they believe is abusive.

You can also be referred by a professional such as a social worker, police officer, housing officer or your GP. Professionals who would like to make a referral can find a copy of our referral form on our website:

[www.berkshirewomensaid.org.uk](http://www.berkshirewomensaid.org.uk)

## WHAT HAPPENS ONCE I HAVE BEEN REFERRED?

Once we have received your referral, the Aim for Change team completes a three stage assessment to review your eligibility for the programme.

We aim to call you within a week of referral but the eligibility assessment can take a few weeks.

Assessments will include contact with a current or former partner, contact with professionals and an assessment with the participant. Eligibility to participate is kept under regular review.



## HOW LONG DOES THE PROGRAMME TAKE?

Depending on the frequency of your sessions, this may take between 6-12 months. Regular and consistent attendance is a requirement of the programme.

## DO YOU HAVE TO SHARE MY INFORMATION?

Information that you share with us will be confidential within BWA unless there are exceptional circumstances. We aim to get your consent to share information unless it is considered that doing so will increase someone's risk. Although we aim to get your consent to share your information, in exceptional circumstances we may have to override your consent for example, if we believe you or someone else may be at risk of significant harm.

More information about information sharing will be provided in the confidentiality and support agreement.

against domestic abuse  
**bwa**

**AIM FOR CHANGE**

## WHO ARE BWA?

BWA are a specialist provider of domestic abuse prevention and intervention services.

Our mission is to provide domestic abuse support and advocacy services to everyone who comes to us experiencing domestic abuse, as well as services to those who are concerned they may be behaving abusively towards a current or former partner or family member.

**We aim to listen, support and empower people to act for themselves and believe everyone should be able to live free from fear and domestic abuse in their own lives.**



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## WHAT IS AIM FOR CHANGE?

It is a 26 week programme for people who are perpetrating domestic abuse (the participant) and provides safety planning and support to the person at risk (survivor), and to any children over the age of five.

The programme aims to increase the participant's awareness and understanding of domestic abuse and to reduce abusive behaviours.

The programme is divided into two stages and is designed to work with individuals who may not feel they behave abusively. Phase one explores a participant's readiness to change and raises awareness of abuse. If the participant acknowledges their behaviour, they can move to phase two to work towards making changes.

## PHASE 1: READINESS TO ENGAGE

Participants are supported to understand what domestic abuse is and how their behaviour can affect their partners and children. The main goal for this phase is for the participant to acknowledge their behaviour and the abuse. Participants are assessed at the end of phase one and those who acknowledge the abuse and show a desire to engage in behaviour change work will be able to progress to phase two.

## PHASE 2: WORKING TOWARDS BEHAVIOUR CHANGE

Participants will explore their own abusive behaviour and be supported to examine non-abusive ways to engage in relationships. We aim to increase empathy and understanding for those who have experienced the abuse, as well as exploring more detailed topics relating to domestic abuse and how these relate to their own situation.

## WHAT DOES SURVIVOR SUPPORT INCLUDE?

All survivors are supported throughout by a dedicated Partner Support Worker (PSW). The PSW provides essential risk assessment and safety planning with the survivor, as well as support, advocacy and psychoeducational sessions throughout the programme.



## WHO CAN ACCESS AIM FOR CHANGE?

The programme is for participants who meet the following criteria:

- Participants live in the Reading area.
- Participants are seeking help in relation to domestic abuse: Domestic abuse is defined as any single incident, course of conduct or pattern of abusive behaviour between individuals aged 16 or over who are personally connected to each other as a result of being, or having been, intimate partners or family members, regardless of sex or sexuality.
- Participants do not have any active police investigations and are not awaiting a court hearing related to domestic abuse.
- Participants consent to the referral, and are motivated to take part.
- Participants are able to engage with the programme: BWA aims to support everyone to engage with their programme but in some cases, participants with additional support needs around mental health, alcohol or substance use may need to access support for this first.
- Participants must not pose a high risk of harm to others.