

The Wish Centre Behaviour Change Programme Newsletter



Welcome to the latest instalment of the WCBCN. This is an opportunity for us to share with you, the referrers, information relating to our perpetrator work monthly – namely the Gateway to Change workshop and the Make the Change programme. This will allow us to share case studies with you, not only on how the programme works, but how important your referrals are to making a difference in the lives of those affected by DA by enabling them the chance to make changes to their behaviours and, ultimately, their lives and the lives of those affected.

Important Updates for March 2024

- The CARA project is now expected to begin in May 2024.





INFORMATION ON SUBMITTING REFERRALS

We understand that time is precious when supporting people in the work we all do. In order to save you waiting time with referrals, there are a few key bits of information you may need to know.

- *There is a distinction between Make the Change and Gateway to Change. Gateway is a 2-session awareness raising workshop and comes with no report on completion. Make the Change is the full perpetrator programme which runs between 16-22 weeks (depending on the outcome of the assessment) which comes with a court accepted report upon completion.*
- *Make the Change and Gateway to Change are not anger management courses. They are for behaviour change in relation to DA.*
- *We can only look at referrals relating to DA towards an intimate spouse or ex/current partner.*
- *It is vitally important to complete the referral forms in as much detail as possible, providing relevant contact details where applicable. This saves time when processing the forms and enables the facilitator to have as clear a picture before going into any assessment.*
- *If open/known to Family Court/CAFCASS additional information/documentation will be requested.*
- *Men must acknowledge that their behaviour is or could be classed as abusive and want to change this.*
- *It is important to know that a referral does not guarantee a place. Acceptance on GTC and MTC is subject to assessment.*

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929

Domestic Abuse in the Media

Labour planning Emergency Powers for Police in Domestic Abuse Cases Act



Six police forces would gain powers to charge domestic abuse suspects independently of the CPS as part of Labour's crime-solving proposals announced Thursday. A future Keir Starmer government also promises support advisers for victims in domestic abuse, rape, and sexual assault cases throughout the legal process.

Other reforms include dropping police redaction requirements, a duty for chief constables and crown prosecutors to collaborate, and annual inspections to improve communication and charge rates. Former Victims Commissioner Dame Vera Baird said, *"These new proposals will bring a boost to charging by bringing CPS, police and victims' organisations closer together with shared duties, through cross-agency collaboration and in a joint effort to remove inter-agency friction and focus wholly on the public interest."*

Recent figures have revealed that men in Wiltshire are far more likely to be domestic abuse victims than in the rest of the UK.



Recent figures have revealed that men in Wiltshire are far more likely to be domestic abuse victims than in the rest of the UK. In 2023, nearly 2,000 men were reported as victims of domestic abuse in Wiltshire, which is above the UK average and is the equivalent of 5 referrals a day. The data, which comes from a Freedom of Information request sent to Wiltshire Police, revealed that 7,200 domestic abuse crimes were reported in 2022/23, accounting for 17 per cent of all recorded crimes last year. The Office for National Statistics found that on a nationwide scale, 751,000 men were domestic abuse victims in 2022/23.

Domestic Abuse in the Media

Scotland - Domestic abuse survivors 'spending hundreds of days in temporary housing'



Ministers are being urged to address the concerning situation where survivors of domestic violence often endure lengthy stays in temporary accommodation following their escape from abusive relationships.

Conservative MSP Pam Gosal is urging the Scottish Government to act considering figures obtained through a freedom of information request, revealing that survivors in the Edinburgh City Council area spend an average of 621 days in temporary accommodation post-abuse. Gosal is advocating for the Scottish Government to adopt various measures outlined in her newly launched policy paper titled "United Against Violence." This paper proposes that Police Scotland should recognise violence against women as a "national threat" and establish a specialised unit dedicated to combating Violence Against Women.

Furthermore, it emphasises the importance of councils and housing associations prioritising housing for survivors of abuse.

Gosal said: *"We must end the scandal of survivors being stuck in temporary accommodation for hundreds of days. Victims need confidence that they will have certainty and stability if they bravely choose to leave a violent household."*





News From Around the World – Jamaica **Tougher domestic violence laws in Jamaica come into effect.**



Jamaica's new Domestic Violence (Amendment) Act, effective January 2024, enhances protection for victims. Courts can now issue Protection Orders to shield victims from harm and harassment. Violators of these orders face up to one year in prison and a fine of up to \$1 million (£5,066), a significant increase from previous penalties of a \$10,000 fine (£50.66) or six months in prison. Minister Olivia 'Babsy' Grange announced these amendments, emphasising the government's commitment to combatting domestic violence.

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Featured Video

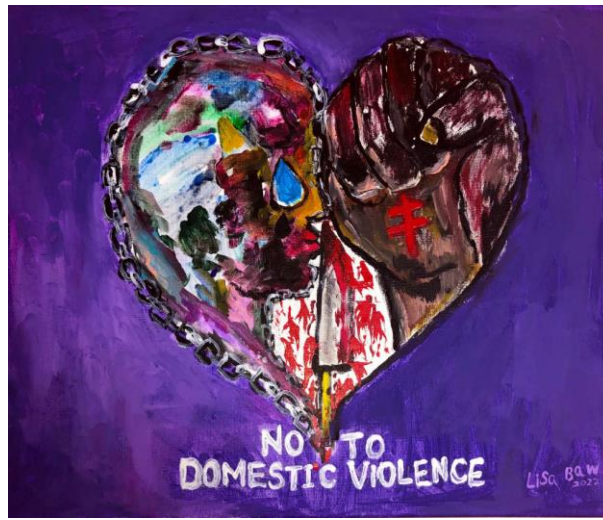
'I feel like I'll always live in fear':

Victims of domestic abuse say they're being failed, by Sky News

Click the image below to go to the video on YouTube.



Domestic Abuse Behaviours



Are you or someone you know in an abusive relationship?

Let us learn more about domestic abuse, including the subtle signs to look out for. These may also help you identify behaviours of men who may benefit from a referral to attend our Make the Change programme. *Thank you to the PSNI and Women's Aid for the information on this article.*

What are the signs of domestic abuse?

All relationships are different and it's not always obvious that someone is being abused. However, if you recognise any of the signs below in a friend, family member, or co-worker, it is important to speak out.

- Their partner puts them down in front of other people.
- They are constantly worried about making their partner angry.
- They make excuses for their partner's behaviour.
- Their partner is extremely jealous or possessive.
- They have unexplained marks or injuries.
- They've stopped spending time with friends and family.
- They are depressed or anxious, or you notice changes in their personality.

The Wish Centre Behaviour Change Programme Newsletter

How to recognise domestic abuse behaviour

Domestic abuse can include a range of behaviours, such as physical abuse, financial abuse, emotional abuse, and sexual violence.

Physical abuse can include:

- Punching, kicking, and slapping.
- Hair pulling
- Biting
- Burning
- Hitting
- Choking



Emotional abuse can include:

- Being verbally abused and humiliated
- Being constantly blamed
- Being put down in front of other people
- Being kept away from family and friends



Sexual abuse can include:

- Rape
- Being forced to watch or act out pornography.
- Being talked to in sexually degrading ways
- Indecent phone calls






Financial abuse can include:

- Being kept without money
- Having money being taken away from you
- Having to account for all your spending.



The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929

The Wish Centre Behaviour Change Programme Newsletter

Coercive control can include:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time
- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep.
- Depriving you access to support services, such as medical services.
- Controlling your finances
- Making threats or intimidating you



If you are experiencing domestic abuse, here are some important things to remember:

- Recognise it is happening to you.
- Accept that you are not to blame.
- Seek help and support.
- Make a crisis safety plan - seek advice from support agencies, for example Women's Aid, Police, LVS, The Wish Centre etc.
- Get advice about your legal rights and protection.





Other abuse you may have seen or heard:

- Threatening and intimidating arguments, which may involve violent language or escalate to smashing up the furniture.
- Arguments where the partner blames the other for their actions, saying they are "asking for it" or deserve the abuse.
- Individuals with bruising or other visible marks, which may have been caused by physical abuse.



The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

End of Programme Participation Feedback - RT



Programme completed in March 2024

Looking back, do you recognize your role in perpetrating abuse in relationships and do you accept responsibility for it?

Yes, unfortunately.

Do you feel you have a better understanding and control of your own feelings?

Yes, 100% I'll always be emotional, but now I know how to control it. I'll probably continue to get help containing my emotions.

Do you feel you have a better understanding of other people's feelings and perspectives?

Yes.

What do you hope to achieve in future relationships?

Less arguing, where I can actually sit down and talk to someone instead of letting emotions guide us.

What part are you going to play in having a non-abusive relationship in the future?

By reminding myself of the icebergs and of what I've been through and learnt. I'm going to remember all of this.

How do you feel about the victim now you have completed the programme?

I've never hated her anyway. I feel more understanding of how she's feeling. I feel apologetic that it's got to this stage. I'm sorry for that and how it's got to this and how

The Wish Centre Behaviour Change Programme Newsletter



it ended. I'm just ready to be civil and try and move on with our lives and do the best for our son.

Can you identify any of your belief system that has been challenged on the programme?

My defence system – shifting the blame i.e. victim blaming.




What was difficult for you on the programme?

Talking about my son. Not seeing him. I've spoken to you the most about him. More than anybody. Just opening up about him has been the hardest.

***Please do continue to
send referrals for
GTC/MTC to
info@thewishcentre.org***

The Wish Centre | Unit 21 | Business Development Centre Eanam Wharf | Blackburn | BB1 5BL

thewishcentre.org

 info@thewishcentre.org  0300 5610440  @WishCentreBDDWA  @wishcentre

Blackburn & Darwen District Without Abuse

Registered Charity No: 1116444 - Company No: 5834929