



**Re:Form**

**Reforming behaviours -  
re-forming relationships**

**Take the next steps to  
re-forming your  
relationship.**



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 Tel: 0800 197 4787  
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## What is the Re:Form Programme

Re:Form is a domestic abuse prevention programme for men and women who want to take positive steps to address their abusive behaviours in relationships. It consists of 28 group sessions on a weekly basis.

### How will Re:Form help me change?

By completing the programme you will be able to recognise abusive behaviours, take responsibility for these and acknowledge the effects that your abusive behaviours may have on your partner, ex-partners, children, and yourself. The Re:Form Team will support you throughout the programme and you will work towards changing your behaviour using the new skills that you learn to improve your relationships.

### Who can attend Re:Form?

Men or women aged 18 or over who feel that they need to change their behaviour and are ready to do so. In order that we can ensure that we support you properly, we will complete a risk assessment with you and ask you to consider your behaviour with others. We will also ask that you carry out a self-assessment around this to look at which package if any, is suitable for you.

### Is everything confidential?

Should you attend the group sessions, you will not be asked to provide your full name to the group. Information is kept confidential however, if any of the team feel that there is a cause for concern during the time that you are attending around safety to yourself or your family, then this information will be shared with appropriate agencies to ensure that you are supported appropriately.

### What support will be available?

Whilst attending the programme, support will also be offered to your partner, and ex-partners if required. They will be contacted throughout the time that you are attending the programme, at regular intervals. After completing the programme we will remain in contact for a maximum of 3 months, with you, your partner, ex-partners if it is felt that it is needed.

### How can I tell if a relationship is abusive?

Domestic abuse often includes a range of abusive behaviours, not all of which are, in themselves violent. Although every situation is unique, there are common factors within an abusive relationship. Acknowledging these factors is an important step in preventing and stopping abuse.

### How much does it cost?

There is no cost to anyone attending the programme; all that is required is the motivation to make changes.

### Can I refer myself onto the programme?

Yes - you can self-refer, but it may be that your keyworker or social worker will make a referral on your behalf; they will however need your consent to do this.

### What if I am in a same-sex relationship?

The programme is available to anyone wishing to understand and take responsibility for their behaviour with others, regardless of their sexuality.

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