



## Bexley See Change Programme

Solace's See Change is a new service in the London borough of Bexley that works with men concerned about their behaviour towards their female partner.

**solace**

**in Bexley**

[solacewomensaid.org](https://solacewomensaid.org)

Solace Women's Aid is a charity registered in England & Wales.  
Charity Number 1082450. Company Number 3376716.

## How do I know if the programme is right for me?

Take our Relationship Check below – if you answer “Yes” to any of the questions then you arrange an assessment with one of our workers. They can help you understand your behaviour and if the programme is right for you. Or just call us anyway to talk things through.

### Relationship Check: Does any of the following apply to me?

- I am worried about my behaviour towards my partner.
- My partner sometimes seems scared of me.
- My children get upset when I argue with my partner.
- My children seem afraid of me sometimes.
- Arguments with my partner are getting worse (louder/happening more often)
- Some arguments have reached a point where I get “physical” (grabbing, pulling, restraining, slapping, punching, kicking etc.)
- Some arguments reach a point where I shout at my partner or call her names.
- Sometimes I criticise my partner and tell her things like: “You’re stupid” “a bad mum” “useless” or “that she cannot manage without me”.
- I tell myself I only got angry because “I drank too much” “She wound me up” “I was stressed” “I was provoked” “I just lost it” “she deserved it”.
- After arguing I feel guilty about how I behaved.
- After arguing I feel anxious or depressed.
- I do not feel I could control how I behave on occasion.

**If you answered “yes” to any of the above, then call us on 07717 651 465**

**I am still not sure it’s for me. Are you just going to sit me in a room full of “wife beaters”? I am not like that.**

There is often a stereotype about the sort of men who attend our programme. We see men from a range of backgrounds, careers, and experiences.

The thing they have in common is that their behaviour makes them and their partners unhappy.

### Why would I need a programme to help me change?

Most of us do not find it easy to change our behaviours. We do things like apologise or tell a partner or children that we will not behave badly again. Then we repeat the same mistake. Other times, things calm down for a bit and we think we have changed but then act the same way. Most problems do not simply go away. We usually need support to change.

### What about my partner? She has got issues too.

A: We will offer your partner a separate confidential support service. However, See Change is a chance for you to look at your behaviour and the changes you wish to make. Sometimes one of the hardest things to learn is that you only thing you can control is you. You cannot control the behaviour of others, even if you might like to or think you are doing so for the right reasons.

### How long does the programme last?

The programme lasts for 26 weeks. We usually do this in a group and each session is for 2.5 hours one evening a week. Some men also do some 1-2-1 work. Sometimes, due to COVID, we might need to speak with you by phone or video call and work 1-2-1.

### That seems like a long time – why do I need to make that sort of commitment?

There is no “quick fix” for changing a pattern of behaviour. We know that different people learn in different ways and that takes time. Research on programmes like ours shows they are successful. Most men who complete the programme manage to change their behaviour.

### Then what happens next?

Call us on **07717 651 465** and we will take some details and arrange a proper time to speak with you. If you are working with another agency, like social services, they can refer you to us on your behalf and we’ll call you.



**0771 765 1465**



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