

Lives free from domestic abuse

The Change Hub

The Change Hub is a funded a community domestic abuse service for perpetrators in Southend, Essex and Thurrock aged 16 and over who want to make positive changes in how they behave in relationships with others, regardless of gender, ethnicity, background or sexual orientation.

For further information, contact;
sarah.griffin@thechangeportfolio.org

Caring Dads

Caring Dads is a 17-week group-work programme to help fathers value and parent their children. The course has been developed to engage men in the process of examining their fathering and motivating them to instigate change. The programme is designed to increase men's application of child centered fathering. Dads will build awareness of, and responsibility for abuse and neglectful fathering.

The group will support them in understanding the impact of domestic abuse and the maltreatment of children and help them to rebuild their children's trust and plan for the future.

clare.whalley@thechangeportfolio.org

Counselling

We provide counselling services to families, couples, individuals, children and young people, to promote their wellbeing and foster healthy relationships. We address client's sexual problems through psychosexual therapy improving all aspects of their intimate relationships. We offer Cognitive Behavioral Therapy to help clients manage their problems by changing the way they think and behave. All of these services are offered at affordable rates.

The Change Project, c/o Chelmsford CVS,
Burgess Well House, Coval Lane, Chelmsford
CM1 1FW

Email: tcp@thechangeportfolio.org

Website:

www.thechange-project.org

Changing harmful relationships for positive futures

Domestic Abuse Perpetrator Programme (DAPP)

Who is the service for?

The Domestic Abuse Perpetrator Programme (DAPP) is for individuals who want to stop being abusive towards their (ex) partners and are motivated to change their behavior. We accept both statutory and self-referrals for both males and females.

The Integrated Support Service (**ISS**) will assess and manage risk and can provide emotional and practical support. They are also able to refer survivors into our BACP accredited counselling service. The Integrated Support Service works alongside other agencies and can signpost or refer survivors into other agencies that would be beneficial or perhaps increase their safety.

How to refer?

Referrals are welcomed from any professional working with an individual/family where domestic abuse is a concern.

Clients can self-refer, however if they are open to services, referrals should be made by an agency working with the individual/family.

Referrals from professionals require the client's consent. Where possible, the referral should also be discussed with the victim/survivor in advance.

Enquiries?

For more information, and to make a referral, please contact:

Email: clare.whalley@thechangeportfolio.org

Phone: 07713 307636

