

- There must be no active Criminal Investigation\* regarding any domestic abuse or violence
- There must be no active private family court proceedings or been any within the last 12 months.

\*We would not be able to work with the couple until any criminal investigations are fully completed.

**We do not offer couples mediation or counselling.**

#### **What clients have said about Turning the Spotlight:**

*"I would one hundred per cent recommend the programme to other people, and I think that if more people knew about it and the impact it has had on people that have finished the relationships course, more people would benefit and not be scared to engage. I didn't think I would go back, but I ended up really enjoying it and looking forward to the next session."*

A service by:



#### **Where to go for support:**

**Tel: 0300 30 30 157**

Monday to Friday, 9am to 5pm – call our 24/7 Supportline outside of these hours

**Email:**

[turningthespotlight@victimsupport.org.uk](mailto:turningthespotlight@victimsupport.org.uk)

**Online:** [victimsupport.org.uk/cumbria](http://victimsupport.org.uk/cumbria)

We are an **independent** charity offering **free, confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: [victimsupport.org.uk/live-chat](http://victimsupport.org.uk/live-chat)
- using BSL: [victimsupport.org.uk/bsl](http://victimsupport.org.uk/bsl)
- Online: [victimsupport.org.uk](http://victimsupport.org.uk)

To find out how you can help us, visit [victimsupport.org.uk/get-involved](http://victimsupport.org.uk/get-involved)



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Registered office as above.



**Turning the  
Spotlight**

because relationships matter

## What is Turning the Spotlight?

Turning the Spotlight (TtS) is a service offered by Victim Support in Cumbria. We support couples and offer extensive support to families and those whose relationship range from unhealthy to medium risk domestic abuse. We are funded by the Police, Fire and Crime Commissioner (PFCC). We are a **free, confidential and non-judgemental** service.

## What is Turning the Spotlight? (TtS)

**TtS works with couples (separately) with or without children. They need to live in Cumbria and be 18 or over.**

**We offer a range of programmes which are delivered in a group work setting. We accept self-referrals or other agency referrals. On receipt of a referral, a full assessment is carried out with each client. A decision is then made on the most appropriate route to meet their needs.**

**Working with our clients in a group delivers the most benefit for the participants, regarding learning, building confidence and self-esteem. Participants learn more from the challenges by their peers.**



## We offer the following programmes:

**12-week Healthy Relationship (HR) online programme** for unhealthy to medium level domestic abuse. This programme is delivered online for nine sessions and three face-to-face sessions. It is primarily aimed at men but can be delivered to women on a one-to-one basis where they have been assessed as the primary aggressor.

**7-week Partner Healthy Relationship programme** which is delivered in a group setting for women whose partner/ex-partner is on the 12-week HR programme. We may offer this programme to ex-partners if there is a need for both parties to communicate effectively when co-parenting.

**4-week Children Matter (CM) programme** which is delivered online and/or face-to-face. This aims to increase awareness of the impact domestic abuse has on children. This is offered to couples to attend together (if safe to do so), after the participants have completed one of the above programmes.

We also offer a two-on-two session for those on programme to help them develop a personalised "Time Out" strategy to prevent any escalation of behaviour, which may lead to a further incident.

The couples will be expected to work separately and will be assigned their own worker. The only exception is the Children Matter Programme where they may work together if safe to do so.

## What else can TtS offer?

- Support from one of our caseworkers
- Risk assessment and planning
- Referrals to other agencies, such as drug and alcohol services
- Facilitated group programmes.

## Benefits of attending:

- Improved communication
- Less conflict
- Improved confidence and self-esteem
- Happier family and children.

## If I am referred or self-refer, what happens next?

A member of the team will contact you as soon as possible and discuss the situation and challenges that you are personally facing. Each client will be given their own caseworker to help you access our programmes. The caseworker will carry out an assessment to decide if our service is right for you.

## Referral criteria

- Both perpetrator and any linked victim must consent to contact from TtS. We must have at least one victim who consents to contact from us for each referral
- Living in Cumbria
- Aged 18 or over
- Accept and recognise there is a problem and be motivated to do something about it
- Aware that information sharing is part of working with TtS and consent to this