

Support for people who are concerned about their relationship with their partner or ex-partner

Is it time to Make a Change?

Relationships can be challenging and make us feel vulnerable. Being intimate with someone means getting close enough to get hurt. This means our emotions can feel stronger than they do with other people - we can get frustrated, feel jealous and worry when things aren't working as we want them to. We sometimes find ourselves in a cycle of behaving in ways which hurt or scare the people around us and make us feel bad about ourselves, too. But it's never too late to Make a Change.

Make a Change: What is it?

Make a Change is a service in Trafford, offered by TLC: Talk, Listen, Change and TDAS. Make a Change works with people who are concerned that they might be hurting, scaring or controlling their partner – and who want help to make it better.

The service is completely free of charge, and tailored to meet your needs. We provide one-to-one assessments, and individual and group-work which focuses on understanding your behaviour in relationships, and supporting you to make positive changes for you, your partner or ex-partner, and your children (if you have them).

COVID-19 safe delivery

Make a Change has continued to provide support and deliver our programmes in alternative ways since the outbreak of COVID-19. We can conduct assessments and offer group and individual sessions online, via video conferencing software. We also offer telephone support and online sessions to the partners and ex-partners of anyone who is referred to the Make a Change service. We will be offering face to face support, when it is safe to do so.

Here's how other people feel about starting to Make a Change:

“100% worth giving it a go, real eye opener. There's a lot more to it than you realize, it's not just telling you off for behaviour, it goes much deeper. A bit like a relationship, you have to keep working at it”.

“Every man should go, regardless of whether you think you're abusive or not. It teaches you so much about relationships and being a man”.

“Give it time, stick with it and in time, you will see the benefit of it”.

"The nice feeling at home is back".



I've never done anything like this before. What should I expect?

If you decide that you would like some support to understand and change your behaviour, the programme will cover topics such as:

- ▶ Healthy relationships
- ▶ Understanding the links between our thoughts, feelings and behaviour
- ▶ Understanding arguments with loved ones
- ▶ Intimacy
- ▶ Break-ups
- ▶ Emotional resilience and self-care
- ▶ Managing stress

If you are a father, you will learn about the impact that your behaviour and parenting style can have on your children, child-centred parenting techniques, and how to co-parent in a way that is respectful and focused on the needs of your children.

For most people, it's the first time they've ever talked about relationship difficulties, so we know that it can be difficult to make that call.

What if my partner and I have already separated?

We can't change the unhelpful things that we have said or done in the past. But we can change the way we act now, and we can also look to the future and make choices about how we want our lives, and the lives of people we care about, to be. It's never too late to make a change.

What about my partner or ex-partner?

When you work with us, a separate and entirely voluntary service is also made available to your partner or ex-partner. We don't share information about this with you; their focus is on understanding what support needs your partner or ex-partner may have, independently of you.

Do I have to pay?

There is no charge for accessing the Make a Change service – either to you or your partner or ex-partner.

How do I start to Make a Change?

makeachange.uk.net | makeachange@respect.uk.net



If you would like to refer yourself or make a referral to Make a Change, please contact TLC: Talk, Listen, Change on 0161 872 1100. or email makeachange@talklistenchange.org.uk

For queries regarding support for partners and ex-partners, please contact TDAS on 0161 872 7368