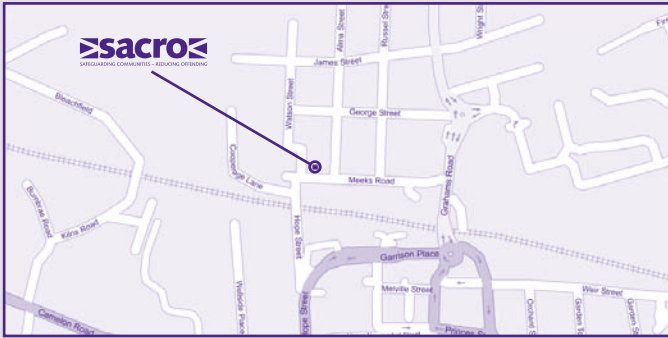


> How to get there

Sacro is near Falkirk town centre. We are located across from Grahamston Train Station car park. From Clackmannanshire, buses come along Grahams Road and you should get off at the last stop before the town centre. Trains run from Stirling direct to Grahamston train station. By car you can park in the car park directly opposite Sacro for free in the evening.

Sacro will pay you the standard public transport return fare on arrival.



In partnership with:

Clackmannanshire Criminal Justice Services:
01259 721069

Falkirk Criminal Justice Services:
01324 506464

Stirling Criminal Justice Services:
01786 463812

and the Scottish Executive



If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail info@national.sacro.org.uk quoting reference FAL/314.

This leaflet is also available in large print or Braille.

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'ı telefonla arayın veya eposta gönderip FAL/314 dosya numarasını söyleyin.

اگر آپ کو اس کتابچے کا ترجمہ درکار ہے تو براہ کرم 0131 624 7270 پر ٹیلیفون کریں یا info@national.sacro.org.uk پر ای میل بھیجیں اور ریفرنس نمبر FAL/314 کا حوالہ دیں۔

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 info@national.sacro.org.uk，並說明檔案編號 FAL/314。

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف **0131 624 7270** أو أرسل بريدًا إلكترونيًا إلى العنوان info@national.sacro.org.uk وانكر الإشارة رقم **FAL/314**

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর FAL/314 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub drogą e-mailową info@national.sacro.org.uk podając numer referencyjny FAL/314.

If you are uncertain about anything you have read in this leaflet or require further information, please do not hesitate to get in touch with the Service at:

Sacro Groupwork Services

22 Meeks Road, Falkirk FK2 7ET
Tel: 01324 627824
Fax: 01324 622006
Email: info@groupworkservices.sacro.org.uk
Web: www.sacro.org.uk

Leaflet FAL/314



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“Everyone on the group will be as nervous and anxious as you are. After a couple of weeks that will begin to subside and you should start to feel more comfortable.”

“The first night is the worst, not knowing what you are going into, but it's not as bad as you think. You might think 24 weeks is a long time but it goes quite fast. The programme does make you stop and think before you say something or act.”

“Go to the group with an open mind and a willingness to learn and you should enjoy and progress with some difficult times – you will leave feeling a better person.”

What other men have said about the group when they finished



Domestic Abuse Group
Information for men



> About the group – who is it for?

The Domestic Abuse Group is offered to men who have been convicted of an offence against their partner or ex-partner. The Group is usually an extra condition of your Probation Order.

The Group runs in the evening or during the day on a weekly basis for up to 24 weeks. The Group will generally take place at Sacro's premises in Falkirk and will consist of 6 – 10 men and two group workers

A report on your progress and participation in the Group will be forwarded to your supervising officer after each session. Your supervising officer will be able to offer you support with the work you are doing on the Group.

> Domestic Abuse and the Group

Abuse can come in the form of many types of behaviour from “putting your partner down” and “playing mind games” to physical violence. The Group can help you to understand why you have been abusive to your partner or ex-partner and how you can learn to live without being abusive.

If you find that you often get angry, then the Group can also help with this. However, the Group is not just about managing your anger and other feelings. The Domestic Abuse Group will help you look at what you are like in a relationship, when and why you are abusive, and how you can realistically change this.

It is important for both you and your partner to know that the programme offers no guarantees on whether your relationship will improve or whether or not you will change. This depends on yourself, on what work you put into the Group and how much you want to change. The more you put into the Group then the more you will probably get from it.

It may be easier to blame someone or something else for actions you are ashamed of than to change anything about yourself. Blaming other people or things gives permission to continue as you are. Taking responsibility for yourself and your actions is the first step towards changing and becoming safer to be around.

The work you will do in the Domestic Abuse Group and with your supervising officer will allow you to start looking at yourself and the way others view you. The more time and effort you put into this work, the more you will get from it and the more you will learn about yourself. Some of the vague thoughts you may have had but put to the back of your mind, will be brought out into the open. You may begin to make some more sense of why you are in the position that you find yourself in today.

Group Work staff will have contact with the Domestic Abuse Unit and Women's Services Worker. This will be explained to you at the meeting with Sacro before you start the Group

> The Programme

Induction: It can be difficult making that first step into a group and beginning to talk about yourself. The first four weeks is spent on you becoming familiar with being in a group and with the others in the Group. This time will also be spent introducing you to the difficulty faced by most men in talking about their feelings.

Offence Accounts: You will be taken through the events of the offence for which you are attending the Group. You will look at the lead up to this and what was going on for you. Even if you cannot remember much, we will be able to look at what you may need to change about how you were then.

Victim Awareness and Empathy: When we do something that we know is wrong or has hurt others, we often try and minimise how bad it must have been for them. The more you can understand the impact of your actions on others the more you may want to change.

Education: Beginning to understand how you 'tick' (keeping track of how you think, feel and behave). Recognising moods, anger, and emotions. Understanding your own early warning signals and patterns.

Skills Practice: What skills do you have? What skills can you improve on? What new skills can you learn? In the last part of the Group you will spend time practising skills that you have found difficult before.

Relapse Prevention: At this final stage of the programme, focus will be placed on you maintaining positive behaviour after the Group. Time will be spent on you planning for this in order to raise your awareness of warning signals, risky situations and support networks.

Finally, some people go through life without ever stopping to look at themselves or consider how other people might view them. Other people are faced with having to think about themselves only at times of crisis. The work you will do with your Supervising Officer and in the Domestic Abuse Group will be a starting point towards hopefully learning something about yourself. The more time and effort you put into this work the more you will probably get from this and the more you will learn about yourself. Some of the vague thoughts you may have had, but put to the back of your mind, will be brought out into the open. You may begin to make some more sense of why you are in the position that you find yourself in today.